Reviewer’s report

Title: "ASUKI Step" pedometer intervention in university staff: rationale and design

Version: 2 Date: 6 July 2012

Reviewer: Kaumudi Joshipura

Reviewer’s report:

This is an interesting study with some good ideas such as creating teams within the same working environment to provide social support, and team names. However, the manuscript only describes methods and design. It has limited utility since the results are not reported.

Major Comments

Major limitations of the study include a non randomized design and no control group.

Minor Comments
1. Background, first paragraph “early death” is repeated in the same place.
2. Please comment on why the 20 week program referenced showed a decrease.
3. In the study design, please describe how and when the participants quantify and record the steps on the website.
4. In the study design as well, the prize for the participants might bias voluntary participation.
5. What is the justification for the 1 week for the accelerometers? Is that enough time to capture the variations and the fact that participants may change their behavior when wearing accelerometers? Were there day to day variations from early in the week to later in the week?
6. In the outcome measures please check text for repeats.
7. Under the physical fitness and objective assessment of physical activity, please clarify how you were able to distinguish between time and intensity from the accelerometers.
8. Need to reference table 1 in the text.
9. Should adherence measures include: “wearing accelerometers and pedometers”?
10. In the limitations, add that the questionnaire data was “prior to baseline”, not before the walking intervention.