

Review of: "Individualized exercise in chronic non-specific low back pain: a systematic review with meta-analysis on the effects of exercise alone or in combination with psychological interventions on pain and disability"

Shizheng Du

Potential competing interests: The author(s) declared that no potential competing interests exist.

Thanks for the invitation to review the paper. For patients with chronic low back pain, it is highly important to implement exercise therapy and psychological intervention. This interesting systematic review is to evaluate the effects of individualized exercise interventions consisting with or without psychological intervention on pain and disability in patients with chronic non-specific low-back-pain. Generally speaking, I believe the methodology of the study is scientific and rigorous, and the findings are robust to support the application of exercise. In addition, I also have two concerns as follows.

1. The choice within a review of a primary outcome might well reflect the content.

Since the systematic review focused on pain and disability, I recommended only studies which regarded pain and/or disability as primary outcome(s) should be eligible to be included.

2. About study risk of bias assessment, the Methods section showed that the authors used traditional assessment tool of Cochrane; however, the Results section illustrated that the tool was exactly ROB 2.0 of Cochrane (D1-D5). Please have a check on it.