Author's response to reviews

**Title:** A Mobile Phone Application for the Assessment and Management of Youth Mental Health Problems in Primary Care: A Randomised Controlled Trial

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**Author's response to reviews:** see over
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Dear Dr Jigisha Patel,

Re: A Mobile Phone Application for the Assessment and Management of Youth Mental Health Problems in Primary Care: A Randomised Controlled Trial

I am pleased to submit this manuscript for review for your consideration for publication in BMC Public Health.

Mental health problems are the leading global cause of disease burden in young people. Amongst this group of health problems, depression and anxiety rank as the leading single cause of disability. Developing new clinical responses to these problems has become a priority and assisting those in front-line management (i.e. primary care setting) to assess and manage mental health problems is critical.

In that context, this paper outlines the mental health outcomes of the first Randomised Controlled Trial of a mobile phone application (mobiletype) designed to assist clinicians in assessing, detecting and managing mental health problems in young people.

Some interesting findings resulted from this study. Overall, the mobiletype intervention significantly increased young people’s awareness of their emotions. For the sample as a whole, mental health decreased significantly over time and this was a large size of effect. On further investigation, we found that participating in the study was an intervention in itself for General Practitioners and lead to positive mental health outcomes for their clients.

This paper is not under consideration for publication elsewhere.

I look forward to hearing from you in due course,

Yours sincerely,

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