Title: Implementation of preventive strength training in residential geriatric care: a multi-centre study protocol with one year of interventions on multiple levels [ISRCTN55213782]

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Version: 2 Date: 23 October 2009

Author's response to reviews: see over
Revision:

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Dear Editor.

Thank you very much for considering our manuscript. You requested a power calculation used to determine the sample size of the study. Please find attached the revised manuscript.

The following paragraphs deal with (a) the determination of the sample size, (b) the seeming missing of a power calculation and (c) copy-editing changes

(a) Sample Size
Considering the sample size, we discriminate the institutional level (nine geriatric care institutions) and the individual level (152 seniors). We regret that the manuscript did not contain sufficient explanations on what number of individuals and institutions the trial targeted, and why we ended up with 9 institutions and 152 seniors:
According to the grant application, up to ten exercise groups were planned in the first instance. At the individual level, a group size of 8 - 12 was required. Thus, 80-120 seniors were expected to take part in the trial.

We added this information at step 6 and step 7 in the Methods section (Recruitment, inclusion and exclusion) and in the Preliminary results section of the revised manuscript, respectively.
(b) Statistical power
The present study is part of phase 1 of the overall "fit for 100" project. The
aims of phase 1 are the development of the programme and testing of
feasibility and adoption. The strategy of phase 1 focused on building
sustainable models. Therefore, instead of random sampling, a distinct
recruitment procedure was carried out, in order to find optimal candidate
institutions. Thus these institutions do not represent a certain population.
Consequently, inferential statistics are not indicated in phase 1. However,
they will play a central role in later phases of the project, which will deal
with dissemination.

This clarification was added to section Methods (Overview: Conception
and design of the study)

(c) There were also several grammar and spelling errors corrected
throughout the whole manuscript.

Please don't hesitate to contact me, if you need any further information. We
also are looking forward to your comments.
With kind regards

Michael Brach
(submitting author)