Author's response to reviews

Title: The role of self-regulating abilities in long-term weight loss in severely obese children and adolescents undergoing intensive combined lifestyle interventions (HELIOS); rationale, design and methods.

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Author's response to reviews: see over
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Dear editor,

On behalf of myself and my co-authors, I submit our revised manuscript entitled “The role of self-regulating abilities in long-term weight loss in severely obese children and adolescents undergoing intensive combined lifestyle interventions (HELIOS); rationale, design and methods.” to your journal BioMed Central Pediatrics.

The following changes are made:

§ Under ‘study population’, on page 13, in the sentence “Criteria for exclusion from the study are: syndromal/chromosomal determined obesity, obesity caused by endocrine disorders (e.g. hypothyroidism, Cushing syndrome, primary hyperinsulinemia, pseudohypoparathyroidism, acquired (structural) hypothalamic damage) or use of medication (e.g. antiepileptic drugs, antidepressants), psychiatric disorders (e.g. severe depression, schizophrenia) that may obstruct adequate treatment, presence of eating disorders (binge eating disorder, bulimia nervosa) to such a degree that it is expected to undermine effective group therapy, children/adolescents or parents that can or will not give ‘informed consent’, parents that can or will not participate in the treatment, children/adolescents with an IQ below 75 or attending a school for intellectually challenged children.”:

The words “it is expected to undermine effective group therapy” are replaced by “specific therapeutic attention is needed before starting the intervention”.

§ Under ‘interventions’, on page 15, in the sentence “The treatment further addresses: disordered eating behaviors, self-worth, self-efficacy, behavioral and emotional problems, autonomous motivation, body image, outcome expectations, depression, eating and exercise behavior, interaction between parent and child, parental feeding styles, relationships with peers, body acceptance and coping.”:

The word “depression” is replaced by “mood disorders”.

§ Under ‘interventions’, on page 16, in the sentence “Another applied technique is motivational interviewing in which part of the staff is trained and that is used to assess and if necessary help change the phase of behavior change the patient is in.”:

The words “part of” are deleted.
§ Under ‘discussion’, on page 24, in the sentence “The study population is very severely obese and has not been able to profit sufficiently from previous treatments, which may suggest that these patients are relatively therapy resistant.”:

The word “very” is deleted.

Sincerely,

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