Author's response to reviews

Title: Drop-out and mood improvement: a randomised controlled trial with light exposure and physical exercise

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Author's response to reviews: see over
To the Editorial Board of *BMC Psychiatry*,

Please find as an attachment file the revised version of our manuscript (MS: 3280916003030293 - Drop-out and mood improvement: a randomised controlled trial with light exposure and physical exercise), ISRCTN36478292. We have made the formatting changes requested. Our response to Dr Youngstedt’s helpful comments is on a separate page.

We hope that the manuscript, in its revised form, is found suitable for publication in the *BMC Psychiatry*.

Yours truly,

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Response to the reviewer’s report

Reviewer: Dr Youngstedt

We wish to thank Dr Youngstedt again for his constructive criticism.

Major Compulsory Revisions

1. "It would be of interest to explicitly report how the 3 treatment compared..”
   We agree. However, we have reported these in an earlier paper (ref 14), which we do not wish to duplicate.

2. "..explain further how number needed to treat is defined.”
   1 / absolute risk reduction, as is customary. The calculations have been checked and were found to be correct. However we thank Dr Youngstedt and Prof Blumenthal (in an earlier review) for pointing this out. Reader may found these figures confusing, mainly because of the study protocol. The NNT’s are counted per intervention: light and exercise in this case. However, this time we did not have a group with no light / no exercise condition for comparison, as in our earlier trial (ref 12).

3. "Page 10.. whether exercise also had a significant effect on the number of responders.”
   Only significant results are reported, and thus, in this analysis, exercise did not significantly affect the number of responders.

4. "Association of baseline data with other questionnaires is not stated. Are we to assume there is none?”
   Yes, this is the case. Only significant associations are reported.

Minor Essential Revisions

1.-2. The corrections suggested by Dr Youngstedt have been made.