Author's response to reviews

Title: Relaxation training for anxiety: a ten-years systematic review with meta-analysis

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Version: 3 Date: 9 April 2008

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This represents the reply to Prof. Peter Norton and his second review of our revised manuscript titled “Relaxation training for anxiety: a ten-years systematic review with meta-analysis.”

Thank you for your acknowledgement of the improvement of our revised paper.

You wonder if there was an argument for including only studies from the previous ten years. Simply, we wanted to make a picture of the current situation in the field of relaxation techniques for anxiety management. Your comments are valuables, but we did not mean to do an exhaustive meta-analysis of published studies, as a work for Cochrane would be. We just wanted to analyse the recent literature and we declared this in the manuscript. Further, we believe that the number of the studies included is enough to reach our goal, especially considering that a lot of published meta-analyses are based on much lower studies and a lower span of time. Given this premise, we do not understand if your suggestion is a simple advice or if we must comply to reach the publication.