Author's response to reviews

Title: Weight management in a cohort of Irish inpatients with serious mental illness (SMI) using a modular behavioural programme. A preliminary report.

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Author's response to reviews: see over
Dear Sir
Please find the revised manuscript

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Weight management in a cohort of Irish inpatients with serious mental illness (SMI) using a modular behavioural programme. A preliminary report.
Chris J Bushe, Dermot McNamara, Cliff Haley, Mary Fleming McCrossan and Pat Devitt

The reviewers have made some very helpful comments all of which have been incorporated into the revised manuscript.

Reviewer 1

1. We do plan to collect and publish further data and are considering feasibility of undertaking clinical studies to obtain better data.
2. As this is a service evaluation data had not been collected on all parameters that would be wished for. We have thus included in the limitations this issue.
3. In view of this being a brief report we chose not to extensively review the literature. CB has previously reviewed the literature in a review in 2005 and in collaboration with Pendlebury et al in 2007. I have made references to these conclusions. Additionally the rationale for writing this paper was the absence of data in these inpatient populations. I have included a very recent paper from Lee SJ et al, in which some of their cohort were inpatients. The discussion has further been added to by other references.
4. We have caveated strongly our findings and put forward these data as preliminary and hypothesis generating and confirm the need for further controlled research.

Reviewer 2

1. We have clarified that these data are very separate from the outpatient data referred to and there is no cohort overlap
2. We accept the absence of a control group but are unable to provide these contemporaneous data. We will address this in future work which will include this.
3. We would not wish any change to clinical practice based on these data. These are preliminary hypothesis generating data and make the point that weight prevention/reduction programmes in acutely unwell inpatients should not be regarded as impossible but worthy of future research.
4. There are indeed some randomised studies but to our knowledge none on inpatient cohorts (other than the 2008 paper by Lee SJ et al as above). We have tried to make the discussion relevant to the prevention of weight gain in subjects in the more acute stage of their illness. Relevant references have been included to expand these discussions.
5. Service evaluations do not normally require ethical approval and patients gave informed consent. We have clarified the process as far as Ireland currently understands this.
Reviewer 3

1. We have expanded the methods to explain the small adaptations made
2. We have clarified in the methods section how subjects were selected to enter the study by their ward nursing staff. The limitation of these data as regards extrapolation of these data has also been expanded.
3. We have attempted to obtain further data but essentially this has been a negative process. The lack of complete demographics is included as a limitation.
4. Demographics have been expanded to cover the issues raised
5. the abstract and manuscript have been amended to be less conclusive regarding our findings

In summary all the reviewers’ comments have been helpful and where possible have been addressed. We would again emphasise that this is a preliminary analysis of a service and has provided us with ideas for future work. Despite its limitations the authors consider that our findings may be helpful for clinicians whom have an interest in this area

Regards

Chris Bushe