Author’s response to reviews

Title: Motivational Interviewing as an Intervention to Increase Adolescent Self-Efficacy and Promote Weight loss

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Jigisha Patel MRCP, PhD
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Dear Dr. Patel,

Please find attached our manuscript entitled, “Motivational Interviewing as an Intervention to Increase Adolescent Self-Efficacy and Promote Weight loss” that we would like to submit as an original article (methodology paper) for evaluation to BMC Public Health.

Our research group at the Hospital for Sick Children (part of the "HISTORY: High Impact Strategies Towards Overweight Reduction in Youth: Obesity Team Grant") is currently conducting a randomized controlled trial to test the effectiveness of adding psychological support to a weight-loss program for obese children and adolescents. Research shows that most interventions in kids focus on diet and exercise alone and do not address ambivalence or readiness to change. We are hoping to understand whether Motivational Interviewing (MI - a method of therapy that promotes improved motivation and confidence in someone's ability to make changes) is an effective intervention for childhood and adolescent obesity. We will attempt to explore the effect of MI on self efficacy, psychological wellbeing, health behaviors, and health outcomes in adolescents.

Although consensus statements regarding effective treatment for childhood and adolescent obesity are mixed given the scarcity of research in this area, results from the adult literature show promise for MI as a successful intervention. There is a paucity of studies evaluating MI in adolescents. Publication of this paper would allow others to see the transparency behind our study design and objectives as well as provide an opportunity for feedback from readers.

There are no prior publications or submissions with any overlapping information. This work will not be submitted to any other journal while under consideration by BMC Public Health. The authors have nothing to disclose. Each author listed has seen and approved the submission of this version of the manuscript and takes full responsibility for the manuscript.

We appreciate the opportunity to submit our manuscript to BMC Public Health and we look forward to your reply.

Yours sincerely,

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