Author's response to reviews

Title: Diet, physical exercise and cognitive behavioral training as a combined workplace based intervention to reduce body weight and increase physical capacity in health care workers. A randomized controlled trial

Authors:

Jeanette R Christensen (jrc@sport.au.dk)
Anne Faber (afh@nrcwe.dk)
Dorte Ekner (dek@nrcwe.dk)
Kristian Overgaard (ko@sport.au.dk)
Andreas Holtermann (aho@nrcwe.dk)
Karen Søgaard (ksogaard@health.sdu.dk)

Version: 4 Date: 1 August 2011

Author's response to reviews:

Dear Editor

The article, Diet, physical exercise and cognitive behavioural training as a combined worksite based intervention to reduce body weight and increase physical capacity in health care workers – a randomized controlled trial, has once again been revised taking into account all suggestions from reviewers. We think the paper has further improved.

Responses to the reviewers are in the following.

Kind regards

Jeanette Reffstrup Christensen
Department of Sport Science, Aarhus University
Telephone: +45 60202798
E-mail: jrc@sport.au.dk

Response to reviewer – Evan Atlantis

Reviewer's report:
The Atlantis paper was incorrectly cited.
The authors may wish to consider citing the following papers:

For the statement of public health policies:

For the citation of similar trials of diet, exercise, and health counselling:
Atlantis E, Chow CM, Kirby A, Fiatarone Singh MA. Worksite intervention effects on physical health: a randomized controlled trial. Health Promot Int. 2006 Sep;21(3):191-200. Epub 2006 Apr 4

Response:

Thank you again for reviewing our paper: “Diet, physical exercise and cognitive behavioral training as a combined workplace based intervention to reduce body weight and increase physical capacity in health care workers. A randomized controlled trial”.

We apologize for the incorrect citation and have revised the paper taking into account your suggestions. Both papers are added and we think the paper has improved.

Action:

The paragraph in the introduction is therefore altered to:

Strength training has been shown to improve physical capacity and reduce musculoskeletal pain [16]. Meanwhile, different strategies to reduce overweight have been suggested, as well as several consensus statements regarding weight loss maintenance for individualized interventions, for taxes, tariffs and trade laws policies, and the built environment [17,18]. Diet alone has shown limited effectiveness for long term weight loss maintenance [19]. Programs combining diet and physical exercise are therefore recommended to avoid reductions in energy metabolism with dietary restrictions [20]. Grave and colleagues suggest that weight regain is due to failure to keep up physical activity, as maintenance of physical activity is fundamental for long-term weight loss [21]. The key to maintaining physical activity is new cognitive procedures and strategies that will help weight-loser’s to build a mind-set of long-term weight control. In summary, more multidisciplinary interventions are recommended [21] and should include a combination of the three elements - dietary change, physical exercise and cognitive behavioral training [22]. However, only few studies have combined these initiatives [23] and to our knowledge, no previous studies have investigated the combined effects of these initiatives on weight loss at a high-risk group like health care workers in a workplace setting.

Response to reviewer – Mogens Theisen Pedersen

Reviewer’s report:

The paper have been revised according to all the reviewers suggestions and have improved considerably. I have no further suggestions.

Response:

Thank you again for reviewing our paper: “Diet, physical exercise and cognitive behavioral training as a combined workplace based intervention to reduce body weight and increase physical capacity in health care workers. A randomized controlled trial”.
We are very happy that you find the paper have been revised according to all your suggestions and have improved considerably.