Author's response to reviews

Title: Are reach, dose and fidelity of an individually tailored lifestyle intervention associated with improvements in LDL cholesterol and multiple lifestyle behaviours in people with Familial Hypercholesterolemia?

Authors:

Karen Broekhuizen (k.broekhuizen@vumc.nl)
Judith GM Jelsma (j.jelsma@vumc.nl)
Mireille NM van Poppel (mnm.vanpoppel@vumc.nl)
Lando LJ Koppes (lando.koppes@tno.nl)
Johannes Brug (j.brug@vumc.nl)
Willem van Mechelen (w.vanmechelen@vumc.nl)

Version: 2 Date: 22 December 2011

Author's response to reviews: see over
Amsterdam, December 12, 2011

Dear member of the editorial board,

Hereby we would like to submit the paper entitled: *Are reach, dose and fidelity of an individually tailored lifestyle intervention associated with improvements in LDL cholesterol and multiple lifestyle behaviours in people with Familial Hypercholesterolemia?* for publication in *BMC Public Health*.

We believe this manuscript to be of importance to the readers of *BM Public Health*. As far as we know, this study is one of the few to systematically evaluate the association between exposure to intervention components and efficacy, contributing to a more transparent evaluation of a public health intervention. This paper describes a thorough, theory-based process evaluation, incorporating the most important process indicators reach, dose and fidelity. This process evaluation contributes to the building of an evidence base underpinning the efficacy of public health interventions.

Further, this manuscript is of relevance since it suggests that implementing an individually tailored lifestyle intervention, incorporating computer-tailored advice and personal counselling, is feasible. It emphasises that strategies to let participants optimally engage in using computer-tailored interventions are needed, and that the implementation of Motivational Interviewing techniques in face-to-face lifestyle counselling sessions is challenging and requires more extensive MI training and monitoring. Consequently, facilitators and barriers in translating this intervention into practice and suggestions for further research were formulated.

The material in this manuscript has not been published elsewhere. All authors named contributed substantially to the research presented in this paper. There is no conflict of interest. All authors acknowledge that they have read and provided approval for the content presented in this manuscript and for its submission.

We are looking forward to your response.

Best regards,

Also on behalf of the co-authors,

Karen Broekhuizen, Msc