Author's response to reviews

Title: The 40-something randomized controlled trial to prevent weight gain in mid-age women: study protocol and baseline results

Authors:

Lauren T Williams (lauren.williams@canberra.edu.au)
Jenna L Hollis (jenna.hollis@newcastle.edu.au)
Clare E Collins (clare.collins@newcastle.edu.au)
Philip J Morgan (philip.morgan@newcastle.edu.au)

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QUESTIONS from the Editorial office are shown with my responses immediately below

Ed: 1. As you may be aware, it is the policy of the journal not to peer review study protocols where ethical and external funding approval have been obtained, as these processes usually involve peer review and as there is little possibility to change a protocol after enrolment begins.

Response: The study HAS received ethical approval as listed in the method section of the paper (Human Research Ethics Committee of the University of Newcastle approval number 2010-0030.

Ed: Therefore, could you please clarify whether you have ethical approval and external funding for your study, and if so, could you send evidence of your approvals to the address below?

• A study is considered to be externally funded if the authors have been awarded a grant for the study by a major funding body (e.g. governmental funding/ award from a charitable foundation).

• If a study has not received external funding, then the study protocol will be sent for peer-review with a member of our Editorial Board.

• If a study has received funding/assistance from a commercial organization, this should be clearly stated in the ‘competing interests’ section of your manuscript, and the study protocol will be sent for peer-review by a member of our Editorial Board.

• If your documents are not in English, please could you provide translated versions of the relevant parts. These should be endorsed and signed by a contactable person at the institution. Please also include the original documents.

• N.B. Proof of external funding should include details of the amount of funding that was awarded for your study.

Response: The study has NOT received external funding with any body.
Ed: Could you also provide a list of any manuscripts that are under submission with other journals based on this study protocol?

Response: There are NO other manuscripts under submission with any other journals based on this study protocol.

Ed: BioMed Central requires all controlled clinical trials to be registered in a suitable publicly accessible registry prior to consideration for publication. The trial registers that currently meet all of the ICMJE guidelines can be found at http://www.icmje.org/faq.pdf.

Response: As detailed on the submission immediately below the abstract, the trial is registered with the Australian New Zealand Clinical Trials Registry (ACTRN12611000064909) which is listed on the ICMJE site as meeting their guidelines.

Ed: Once you have made these changes, please upload the revised version by following these instructions:

Response: Please note that there have been NO changes to the manuscript as a result of answering these questions. Therefore i left the manuscript the same.