Author’s response to reviews

Title: Clustering of health-related behaviors, health outcomes and demographics in Dutch adolescents: a cross-sectional study.

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Author's response to reviews: see over
Dear editor,

Please find enclosed the manuscript of our original research paper entitled: “Clustering of health-related behaviors, health outcomes and demographics in Dutch adolescents: a factor and cluster analysis approach”.

Recent studies show several health-related behaviors to cluster in adolescents. This has important implications for public health since programs targeting specific behaviors have been shown to be most likely to be effective, whereas multimodal interventions addressing wider-ranging improvements in lifestyle seem better suited to tackle interrelated behaviors. However, few previous studies have taken into account a multi-disciplinary range of health-related behaviors from both medicine and psychology and/or related these behavioral patterns to health-related outcomes. With our study we demonstrate particular behavioral patterns to underlie individual health-related behaviors in adolescents. Furthermore, we relate these behavioral patterns to relevant demographics such as gender, ethnicity and socioeconomic status as well as to health-related (e.g. BMI and psychosocial problems) via a cluster analysis approach. Our findings add to the literature since no study, to our knowledge, has combined such a broad range of health behaviors in a similar approach.

Due to the importance of our findings to public health intervention practice and health behavior research, we believe our manuscript to be of interest to your readers and we hope you will consider our paper to be suitable for peer review.

This manuscript is not under revision by another journal and has not been published electronic or in print. Also, there are no competing interest with any of the authors.

We very much look forward to your response.

With kind regards,

Also in behalf of my co-authors dr. Henk van Stel, prof. dr. Guus Schrijvers and dr. Rob de Leeuw,

Sincerely yours,

Vincent Busch, MSc.