Author's response to reviews

Title: Gamified Physical Activation of Young Men - a Multidisciplinary Population-Based Randomized Controlled Trial (MOPO study)

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Author's response to reviews: see over
Dear Editor-in-Chief,

Please find enclosed our manuscript entitled: “Gamified Physical Activation of Young Men – a Multidisciplinary Population-Based Randomized Controlled Trial (MOPO study)” by Riikka Ahola, Timo Jämsä, Matti Mäntysaari, Riitta Pyky, Heli Koskimäki, Tiina M Ikkäheimo, Maija-Leena Huotari, Juha Röning, Hannu Heikkinen and Raija Korpelainen

Inactive and unhealthy lifestyles are becoming more common among adolescent men. Physical activity provides important health benefits already in adolescence and these effects are tracked to adulthood. Hence, an early intervention promoting physical activity and decreasing sedentary behaviour at young age may prevent any future adverse health outcomes. At present it is not known what the appropriate method for the physical activation of young people is. This would require understanding of the factors related to engagement in or abstaining from physical activity among youth. A successful intervention requires it to be developed in an appropriate sociocultural concept. We believe that an efficient means for promoting physical activity is through utilizing elements from youth culture and developing the methods in cooperation with young people.

The submitted research protocol describes a unique multiscientific approach to develop a novel gamified model and methods for the physical activation of young men. The developed service will be tested in a broad randomized intervention study which combines the assessment of health and factors affecting health behavior, measures of body composition and fitness. The activation group utilizes an online gamified activation method in combination with communal youth services, objective physical activity measurement, social networking, tailored health information and exercise programs according to baseline activity level and the readiness of changes of each individual. The study will provide new information of physical activity, health and health behaviour of young men. Furthermore, a novel model and methods for increasing physical activity among young people is developed and tested. This unique gamified service to activate young men can provide a translational model for community use and be utilized as such or tailored to other selected populations or age groups.

The authors of this manuscript adhere to the Uniform Requirements for Manuscripts submitted to Biomedical Journals. Furthermore, the authors declare no conflicts of interest. I would appreciate if you could consider this work to be published in BMC Public Health. Looking forward to hearing from you at your earliest convenience.

Sincerely,

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