Author's response to reviews

Title: The INSPIRED Study: A randomised controlled trial of the Whole Person Model of disease self-management for people with type 2 diabetes

Authors:

David M Clarke (david.clarke@monash.edu)
Donita E Baird (donita.baird@monashhealth.org)
Dinali N Perera (dinali.perera@monash.edu)
Virginia L Hagger (VHagger@diabetesvic.org.au)
Helena J Teede (Helena.teede@monash.edu)

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To whom it may concern,

Please find enclosed our manuscript entitled “The INSPIRED Study: A randomised controlled trial of the Whole Person Model of disease self-management for people with type 2 diabetes” by Clarke et al. We would like to have this manuscript considered for publication as a study protocol paper in the BMC Public Health Journal.

We know that the prevalence of type 2 diabetes is increasing rapidly. Type 2 diabetes is a chronic condition which can lead to significant health complications, disability and early death. Management of this chronic disease is vital in controlling the effects of diabetes. Diabetes is commonly associated with depression, which can impact significantly on a person’s ability to manage their illness. The Whole Person Model was developed by the authors DC and DB, as a mechanism to integrate emotional and behavioural aspects into a disease self-management program for people with type 2 diabetes; the rationale being that a model that explicitly integrates these components will lead to greater empowerment of the person to effectively manage their condition.

In this manuscript, we describe a randomized controlled trial designed to test the efficacy of the Whole Person Model of disease self-management in type 2 diabetes. If proven effective, this model will strengthen the capacity of the healthcare workforce to foster and support effective diabetes self-management.

This study has received funding from the BUPA Foundation and ethical approval has also been received (please see attachments). This trial has also been
registered on the Australian New Zealand Clinical Trials Registry (Trial registrationACTRN12613000391774).

We confirm that this manuscript has not been published elsewhere and is not under consideration by another journal. All authors have approved the manuscript and agree with its submission to BMC Public Health. We have no conflicts of interest to disclose.

Please address all correspondence concerning this article to Professor David Clarke, Department of Psychological Medicine, Monash University. Level 3, P Block, Monash Medical Centre, 246 Clayton Rd, Clayton, Victoria, Australia, 3168. Email: david.clarke@monash.edu

Thank you for your consideration and we look forward to hearing from you at your earliest convenience.

Yours Sincerely,

Professor David Clarke