Author's response to reviews

**Title:** The effectiveness and applicability of different lifestyle interventions for enhancing wellbeing: The study design for a randomized controlled trial for persons with metabolic syndrome risk factors and psychological distress

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**Author's response to reviews:**

March 24th, 2014

Dear Editor – BMC Public Health
Victorino Silvestre
BioMed Central

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Study protocol
The effectiveness and applicability of different lifestyle interventions for enhancing wellbeing: The study design for a randomized controlled trial for persons with metabolic syndrome risk factors and psychological distress

Raimo Lappalainen, Essi Sairanen, Elina Järvelä, Sanni Rantala, Riitta Korpela, Sampsu Puttonen, Urho M Kujala, Tero Myllymäki, Katri Peuhkuri, Elina Mattila,
I am submitting the revision of a research protocol entitled “The effectiveness and applicability of different lifestyle interventions for enhancing wellbeing: The study design for a randomized controlled trial for persons with metabolic syndrome risk factors and psychological distress”.

The authors appreciate the comments of the manuscript.

Requested responses

1) Ethical and Funding Approval Documentation

Copies of ethical and funding approval have been forwarded to BMCSeriesEditorial@biomedcentral.com. Documents are in Finnish and translations of relevant parts are included.

2) Funding

The study has been funded by Tekes (the Finnish Funding Agency for Technology and Innovation). Tekes is a publicly funded organization for financing research, development and innovation in Finland. The study is part of the SalWe Research Programme for Mind and Body. SalWe Ltd. is a Strategic Centre for Science, Technology and Innovation in Health and Well-being. It is a non-profit company with 28 shareholders. In addition to Tekes, Duodecim Medical Publications Ltd provides funding and support for the study. Firstbeat Technologies Ltd and Vivago Ltd provide devices for heart rate variability and actigraphy measurements in the trial.

This information has been added to competing interest section.

The main funding organization (Tekes) peer-reviewed the research program including the present study. The study protocol was peer-reviewed by an expert group selected by the main funding organization. The protocol was peer-reviewed also by the ethical committee.

3) Study status

The protocol is for a study that is ongoing. The data collection was finished in December 2013, and the investigators are analyzing the data.

4) Related articles

There are no publications published or submitted to any journal containing the results of the study.

The formatting changes
a) The trial registration number and the date of registration have been added at the end of abstract in manuscript file and submission system.

b) Authors’ contribution has been specified in manuscript file.

c) Information of the process for getting written informed consent for participants for the study has been added to the methods (page 11).

I apologize that because of my tight schedule I was not able to provide the documents and revise the manuscript within a week.

Sincerely,

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