Author's response to reviews

Title: Fostering Autonomous Motivation, Physical Activity and Cardiorespiratory Fitness in Rheumatoid Arthritis: Protocol and Rationale for a Randomised Control Trial

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

Please find attached an electronic copy of our manuscript entitled: “Fostering autonomous motivation, physical activity and cardiorespiratory fitness in rheumatoid arthritis: protocol and rationale for a randomised control trial” which we would like you to consider for publication as a study protocol.

This paper documents the rationale for, and protocol of a randomised control trial that compares two 3-month exercise programmes, with the primary aim of improving cardio-respiratory fitness among patients with rheumatoid arthritis. The exercise component of both programmes is the same, but one programme is supplemented by a theoretically-grounded (namely Self-Determination Theory) behaviour change intervention. To our knowledge, this is the first intervention which employs a contemporary theory of motivation to encourage physical activity behaviour change conducive towards improved health.

Specifically, this intervention aimed to target the motivational processes underlying PA behaviour change, with the intention of encouraging the adoption and maintenance of physical activity (post intervention, and at 6 and 12 month follow up), in turn, improving cardio-respiratory fitness among this patient group. The cost effectiveness of the intervention will also be determined.

This manuscript represents original work that has not been previously published, is not presently under consideration with any other journal, and will not be submitted to another journal before a final editorial decision from BMC Public Health is rendered. All authors contributed to the preparation of the manuscript. The authors declare no competing interests.

The study was externally funded by the Medical Research Council (grant number G0802121). The study is currently ongoing; data is still being analysed. To date, 3 manuscripts have been submitted to peer reviewed journals. These manuscripts have utilised baseline data collected as part of the study. Please find a list of these publications detailed below this letter. As part of the grant application process, this study has been peer reviewed by the funding body (MRC). Reviewer’s comments were responded to by the authors. Copies of letters detailing ethical approval and funding approval have been forwarded to the editorial office (BMCSeriesEditorial@biomedcentral.com).

I look forward to hearing from you,

Yours sincerely

Joan L Duda, PhD
Professor in Sport and Exercise Psychology
List of submitted manuscripts

