Author's response to reviews

**Title:** Evaluation of a group based cognitive behavioural therapy programme for menstrual pain management in young women with intellectual disabilities: Protocol for a mixed methods controlled clinical trial.

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**Version:** 2  
**Date:** 2 January 2014

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Dear Sir/Madam,

Thank you for taking the time to review our study protocol paper on evaluating a group based cognitive behavioural therapy programme for menstrual pain management in young women with intellectual disabilities.

Given the significant personal, social and economic impact of pain, much research attention has been directed towards the area of pain management and the effectiveness of cognitive behavioural therapy interventions for pain management. Despite this, pain management has largely been ignored and pain management programmes have not routinely been offered to individuals with intellectual disabilities.

Menstrual pain which is severe enough to impact on daily activities, is extremely common amongst menstruating females and prevalence rates may be even higher, amongst those with intellectual disabilities, according to published research studies. Our study seeks to address this issue by being the first controlled clinical trial to address the issue of menstrual pain management with individuals with intellectual disabilities. It is envisaged that this innovative approach will yield valuable information which can form the basis for effective interventions to enrich the quality of life of females with intellectual disabilities who experience menstrual pain.

With regard to ethical and funding approval, please note that copies of ethical approval for this study have been forwarded directly to BMCSeriesEditorial@biomedcentral.com Funding has not been received to complete this study. This is an ongoing study which is at the data collection and data analysis stage. Results have not been submitted for publication to any journal.

The authors of this study protocol have extensive clinical and research
experience in the areas of intellectual disability and pain, which has informed this research study and its design. I very much hope that the editors share the authors' views of the significance of this research for this population and support the publication of this manuscript.

Yours sincerely,

Susan Kennedy