Author's response to reviews

Title: Beneficial effects of treatment with sensory isolation in flotation-tank as a preventive health-care intervention - a randomized controlled pilot trial

Authors:

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Version: 5 Date: 9 October 2014

Author's response to reviews:

Our revisions:

Reviewer JG:

Major Compulsory Revisions: none recommended

Minor Essential Revisions:

1. For Response #6, recommend rewriting the last sentence of Background to say, "Based on previous studies, we hypothesized that x, y, z." (be specific about WHAT beneficial effects were hypothesized exactly?)

Answer: We have done exactly as suggested; included such a sentence at the end of Background section. Thank you for this suggestion.

2. For Response #28, please put statistical results in the Results section (and remove from the Discussion section). Recommend replacing the revised wording in the Discussion section here to say, "There was also a significant decrease in experienced stress for the flotation-REST group, which was directly correlated with increased sleep-quality."

Answer: Thanks. We have put this statistical results in the Results section, and removed it from the Discussion section (as suggested). We also inserted the above suggested sentence ("There was also a significant decrease....") in the Discussion section.

Discretionary Revisions: none recommended

Reviewer FB:
The authors have incorporated some of my proposed changes in their manuscript. They stick with the questionable transformation of the continuous variable into a categorical variable for the ANOVA and have not added difference values to Table 1 or a figure for clarity as recommended. I have no major concerns against publishing the manuscript in its current form but would like to leave the decision to the editor.

Answer: Thank you. We are not sure, regarding Table 1, which difference values the reviewer would like to have presented. We have kept “our” Table 1 in the manuscript, but uploaded a revised Table 1 as a separate file. We have revised this Table 1 in the way we understood the suggestion from reviewer. We believe this revised Table 1 makes the presentation more clear, but the original one is also ok.

About making categorical variable of the continuous variable EDN: Yes we are well aware of problems associated with transforming a continuous variable into a categorical one. Of course, this part of the results can easily be removed, but we believe this extra analysis of the relation between “mindfulness” (MAAS) and “altered states of consciousness” (EDN) is providing important extra information about a phenomenon not noticed before. Both scales measure “here-and-now” state. Of course this part can be omitted if necessary, but our opinion is that it is better to present it the way we have done.