Author's response to reviews

Title: Adherence to yoga and exercise interventions in a 6-month clinical trial

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We have responded to suggestions 1-5 from reviewer 1, including all the grammatical changes. Comment 6 was somewhat open and we thought it helpful to keep the several sentences to guide others in terms of numbers of subjects that might be needed for further research in this area. If you have a strong enough opinion, these several sentences at the bottom of page 7 could be deleted and all the later reference numbers reformatted. Reviewer 2’s comments are more complicated. The differences in adherence between exercise and yoga did not clearly suggest yoga was better; either they were not statistically different or, in the case of minutes per day, favored exercise. The trend towards significance in the percent days practiced was likely related to instruction for exercise practice being 5 days of the week, not seven (and that is stated). We’d prefer to avoid conjectures as to the causes of these other differences. However, we now state the statistical significance of the differences at the bottom of page 6.