Author's response to reviews

Title: Is informed consent related to success in exercise and diet intervention as evaluated at 12 months? DR’s EXTRA study

Authors:

Helena Länsimies-Antikainen (ahantika@hytti.uku.fi)
Anna-Maija Pietilä (anna-maija.pietila@uku.fi)
Tomi Laitinen (tomi.laitinen@kuh.fi)
Vesa Kiviniemi (vesa.kiviniemi@uku.fi)
Rainer Rauramaa (rainer.rauramaa@uku.fi)

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Author’s response to reviews:

UNIVERSITY OF KUOPIO, Finland
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Editor-in-Chief Melissa Norton,
BMC Medical Ethics

Dear Dr Norton,

Thank you for the reviewers’ encouraging and valuable comments and suggestions concerning our manuscript entitled “Is informed consent related to success in exercise and diet intervention as evaluated at 12 months? DR’s EXTRA study’ (Ms. 1704541388281585). We have taken into account every comment, suggestion and query. These remarks have improved our report. A point-by-point response to the concerns is appended to this cover letter.

We hope that these improvements encourage you to accept this manuscript to be published in ‘BMC Medical Ethics’.

Yours sincerely,

Helena Länsimies-Antikainen
Anna-Maija Pietilä
Tomi Laitinen
Vesa Kiviniemi
Rainer Rauramaa

POINT-BY-POINT REPLY (Ms. 1704541388281585)
Response to reviewers (B. Palmer and S.P. Messier) comments concerning
method:
Both reviewers criticized that the method is described in a too vague way. This salient point has now been taken into account. Page 5 describes the content of interventions and page 7 (line 7-14) details the research personnel's evaluation criteria of how participants have succeeded and implemented in their interventions. All the measurements used in the exercise and diet intervention study can be found at research institutes website: http://www.uku.fi/kultu. Unfortunately, the language is Finnish.

Response to reviewer B. Palmer’s comment: ‘Were inter-rater reliability and concurrent validity evaluated?’
Unfortunately, this important point was not evaluated. However, this comment is added to the study limitations (page 9, lines 23-24, and page 10, lines 1-2). In future, this should be taken into account.

Response to reviewer B. Palmer’s comment concerning statistical method:
We have added the following text to our manuscript (page 8, lines 1-4): The main purpose of the analysis procedure performed in this study was to identify and examine the potential correlates for the chosen dependent variables and to generate future hypotheses for testing and confirming the independent determinants for implementation and success. The nature of the analysis protocol is exploratory at this stage.

Response to reviewer S.P. Messier’s comment concerning the quality of written English:
Ewen Macdonald, Pharm.D., (native English-speaking) has revised the language of this manuscript.

Response to reviewer S.P. Messier’s comment concerning the statistical review:
Statistician Vesa Kiviniemi, PhLic, is one of the authors and he has revised the statistical methods and data analysis.