Author’s response to reviews

Title: Weight management interventions in adults with intellectual disabilities and obesity: a systematic review of the evidence

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Author’s response to reviews:

Date: 25/08/2013

Dear Dr Gabriel,

I am pleased to re-submit the manuscript “Weight management interventions in adults with intellectual disabilities and obesity: a systematic review of the evidence”, MS: 1926727273988129, by D. Spanos, C. A. Melville and C.R. Hankey to be considered for publication in Nutrition Journal.

The manuscript was returned for minor essential revisions, which myself and co-authors have now addressed. The details of these responses are given, and the changes in the manuscript have been highlighted in yellow.

We hope these changes will satisfy editorial requirements and allow the article to move towards publication.

I look forward to hearing from you in due course.

Yours Sincerely,

Dimitrios Spanos

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Revisions and responses:
1. Abstract
'classified according to inclusion ...'
Line 10 page 2- author has made the change
2. Results, literature search, para 2
'single stranded studies where before ...' (spelling)
Line 10 page 7- spelling has been corrected to “where”
3. Results, Behaviour change interventions, para 5
'encourage them to practice what they ... (delete ‘of’)'
Line 15 page 9- the text has been amended
4. Results, Behaviour change interventions, para 6
'Fox et al included ... (delete ‘In’)'
Line 20 page 9- the “In” has been deleted
5. Results, Behaviour change interventions, study limitations
'McCarran and Andrasik reported having incidents of drop outs (n=3) ...’
(4 drop outs mentioned in table 1)
Line 21 page 10- the number of drop outs has been changed to 4
6. Results, Dietary interventions, study outcomes
Antal ... nine months (mean weight loss: -13kg males and -16kg females)
(words missed out)j
Line 25 page 13- the missing words males and females have now been included
7. Results, Physical activity interventions, para 4
'... included the prescription of 225-300min... (wrong number)
Line 8 page 15- the number has changed from 330 to 300
8. Results, Multi-component interventions, para 2
' ... physicians and dieticians.’ (spelling)
Line 2 page 19- dietitians have changed to dieticians
9. Results, Multi-component interventions, para 12
' ... recruited small numbers of participants none were based ...
(punctuation required)
Line 2 page 22- comma has been added
10. Discussion, What components, para 4
'225-300min’ (delete kcal)
Line 6 page 24- kcal has been deleted
11. Discussion, What components, para 5
'... maintain change in cognitive behaviour’ (add word)
Line 14 page 24- the sentence has changed to “Behaviour change techniques in weight management aim to support and maintain changes in cognitive behaviour in relation to eating habits or activity patterns of individuals with obesity”

12. Discussion, What components, para 5
Transtheoretical (spelling)
Line 20 page 24- the spelling error for the word Transtheoretical

13. Discussion, What components, para 8
‘... while using health services [56] (wrong reference)
Line 12 page 25- the reference has been corrected to the correct reference number 56

14. Table 1
‘Sailer, 2006’ (add date)
The date has been added

15. Table 5
‘Bradley, 2005’ (spelling)
The spelling of Bradley has been corrected

16. Table 5
Chapman, results (b) Mean BMI change, kg/m2; +? (figure missing)
The missing figure 0.41 has been added

17. Table 6
Harris, participants, weight status: (hyphen not very obvious. Can an explanation be given instead?)
The text “not reported” has been added

Discretionary Revisions
1. Results, Dietary interventions, para 3
I would consider very low calorie diets as less than 800kcal.
The text has been corrected to “low calorie” to confirm the definition of VLCD’s

2. Results, Multi-component intervention, para 4
‘... to develop individualized dietary plans’ in addition to the weekly group sessions. (Addition to tie in with paragraph 2 that mentions the majority of studies were group sessions and to differentiate from studies 37 & 38.)
Line 24 page 18. This text has been moved to line 24 page 18 in order to highlight differences in the method of delivery for interventions and clarify the mode of delivery

3. Discussion, What components, para 3
‘... may consider a healthy balanced diet will not disturb the dietary pattern ...
and will not cause distress.’
(Not sure I agree with this statement. Encouraging obese adults with ID to follow a healthy balanced diet generally results in a substantial energy deficit, and, for example, asking them to snack less will disturb their dietary pattern. Using accessible communication and involving the person in the decision making process will also reduce the likelihood of distressing the person.
We understand the reviewer’s viewpoint, and partially agree. However, we had speculated what researchers and carers may believe about the impact of energy deficit diets and therefore our statement has not been changed.