Author's response to reviews

Title: Behavioural activation-based guided self-help treatment administered through a smartphone application

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Dear editor

Please find enclosed our manuscript entitled “Behavioural activation-based guided self-help treatment administered through a smartphone application”. We believe there are at some important implications, which will follow from this research. First, we believe that Smartphones will be integrated even further in society and therefore may serve an important role in health care. Should we be able to show that mild to moderate depression can be treated effectively by means of a supported Smartphone application it is highly possible that this will be followed by applications for other health problems. Also, while behavioural activation is a psychological treatment approach for which there is empirical support the use of a Smartphone application could serve as the therapist’s prolonged arm into the daily life of the patient. Since the theoretical understanding of the mechanisms behind behavioural activation suggests that behaviours should be immediately reinforced when they occur, our Smartphone application may lead to improved compliance compared to our earlier Internet treatments.