Author's response to reviews

Title: SMART MOVE - a smartphone-based intervention to promote physical activity in primary care: study protocol for a randomized controlled trial.

Authors:

Liam G Glynn Dr (liam.glynn@nuigalway.ie)
Patrick S Hayes Mr (patrick.hayes@nuigalway.ie)
Monica Casey Ms (monica.casey@nuigalway.ie)
Fergus Glynn Dr (gusglynn@gmail.com)
Alberto Alvarez-Iglesias Dr (alberto.alvarez-iglesias@nuigalway.ie)
John Newell Dr (john.newell@nuigalway.ie)
Gearoid O Laighin Prof (gearoid.olaighin@nuigalway.ie)
Heaney David Dr (d.heaney@abdn.ac.uk)
Andrew W Murphy Prof (andrew.murphy@nuigalway.ie)

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Author's response to reviews:

The Editor,
TRIALS,
BioMed Central Ltd

Re: SMART MOVE: A randomised controlled trial of a smartphone-based intervention to promote physical activity in primary care (Study Protocol)

Dear Editor,

Following your emailed response of the 10th of May 2013, I am delighted to re-submit the above randomized controlled trial (RCT) study protocol to TRIALS for consideration for publication.

Sedentary lifestyles are now becoming a major concern for governments of developed, and indeed developing countries, with physical inactivity related to increased all-cause mortality, lower quality of life, and increased risk of obesity, diabetes, hypertension and many other chronic diseases.

The powerful on-board computing capacity of smartphones and available smartphone applications, along with the unique relationship individuals have with their mobile phones suggests that mobile devices have the potential to becoming effective as persuasive technologies in influencing behaviour such as the promotion of physical activity.

As far as the authors are aware, after a systematic review of the literature, no previous trials have ever been conducted using a smartphone application to promote physical activity in any setting. Despite the rapid penetration of smartphones into the market place and the ready availability of multiple
inexpensive applications promoting physical activity and indeed other health related outcomes there remains little evidence for the effectiveness of such technologies.

The results of the current trial should begin to build an evidence base around the use of smartphone applications in the promotion of physical activity and the improvement of other health related outcomes. This RCT has the potential to provide robust evidence in this area of innovation.

We have carefully addressed the reviewers comment and the editorial requests outlined below with our responses in italics and by using track changes in the re-submitted manuscript.

Many thanks for your help and we look forward to hearing from you.

Yours sincerely

Dr. Liam Glynn, MD, MICGP, FRCGP, FRCSI
Senior Lecturer in General Practice,
Discipline of General Practice,
College of Medicine, Nursing and Health Sciences,
National University of Ireland Galway.
Tel: (353) 091 495193
Fax: (353) 091 512558
Email: liam.glynn@nuigalway.ie

Reviewer 1
Glynn et al. report the protocol of a randomized controlled trial of a smartphone-based intervention to promote physical activity in primary care. Increasing physical activity is a demanding task in primary care practice and the use of smartphone apps appears to be a promising approach to support this task. The manuscript is well written overall. Prior to publication of the protocol in Trials I suggest to change tense in table 1 from past tense to future (as done in the rest of the manuscript).

The tense in table 1 has now been changed from past tense to future

Editorial requests:
1) Please ensure the title conforms to journal style for study protocol articles. The title should follow the format ?___________: study protocol for a randomized controlled trial.
The title of the manuscript now conforms to the journal style above.

2) Please ensure that your ethical approval statement is included in your methods section.

The ethical approval statement is now included in the methods section.

3) Please ensure that your funding information is at the end of the manuscript.

The funding information is now at the end of the manuscript.

4) Please include a statement in your Methods section explaining that you obtained informed consent from each participant.

A statement has now been included in the Methods section explaining that we obtained informed consent from each participant.