Author's response to reviews

Title: 'TXT2BFiT' a mobile phone based healthy lifestyle program for preventing unhealthy weight gain in young adults: study protocol for a randomized controlled trial

Authors:

Lana Hebden (lana.hebden@sydney.edu.au)
Kate Balestracci (kate.balestracci@sydney.edu.au)
Kevin McGeechan (kevin.mcgeechan@sydney.edu.au)
Elizabeth Denney-Wilson (Elizabeth.Denney-Wilson@uts.edu.au)
Mark Harris (m.f.harris@unsw.edu.au)
Adrian Bauman (adrian.bauman@sydney.edu.au)
Margaret Allman-Farinelli (margaret.allman-farinelli@sydney.edu.au)

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The title has been altered to the suggested format as follows:

" 'TXT2BFiT' a mobile phone based healthy lifestyle program for preventing unhealthy weight gain in young adults: study protocol for a randomized controlled trial "

It is now stated in the methods section that obtained informed consent from each participant was obtained and how this done:

"At each appointment, the GP measures the patient’s weight and height and obtains the patient’s informed consent to participate in the trial by collecting their signed consent form. Signed consent forms are then faxed back to the researchers with the patient’s anthropometric data to confirm eligibility on the basis of their BMI and enrol the patient in the trial. Enrolled patients are then randomised to the intervention or control arm by one of the researchers..."