Author's response to reviews

Title: The effectiveness of Tai Chi on physical and psychological well-being of college students: study protocol for a randomized controlled trial

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Version: 6
Date: 3 March 2014

Author's response to reviews: see over
Thank you for your letter and the reviewer’s insightful comments concerning our manuscript entitled *The effectiveness of Tai Chi on physical and psychological well-being of college students: study protocol for a randomized controlled trial* (MS:4797740911125034). Those comments are all valuable and very helpful for revising and improving our paper, as well as the important guiding significance to our researches. We have studied comments carefully and have made correction which we hope meet with approval. Revised portion are marked in red in the paper. The main corrections in the paper and the responds to the reviewer’s comments are as following:

**Responds to the reviewer’s comments:**

**Part A : MINOR ESSENTIAL REVISIONS:**

**Abstract**

1. If possible, briefly mention the duration and / or number of sessions in the TCC Intervention

   **Response:** added “Participants of TCC training group will receive TCC training at a frequency of five days a week with one hour per day for 12 weeks. No specific exercise will be administered on the participants in the control group.”

2. Recommend changing “aims to prove” to something like “will test the effectiveness…”

   **Response:** has changed “aims to prove” to “will test”. Thanks!

**Background**

1. Sentence 4, recommend removing “for instance,” since this statement and study is really separate from the point mentioned in the prior sentence.
Response: It is really true as reviewer suggested that removing “for instance”, so I have removed this sentence.

2. Sentence 5, recommend removing “were reported to”
   Response: “were reported to” was deleted. Thanks!

3. Paragraph 2, 1st sentence, recommend removing or modifying “on the other hand.”
   Response: “on the other hand,” was deleted.

4. Paragraph 2, 2nd sentence, recommend removing “are faced with”.
   Response: “are faced with” was deleted.

5. Paragraph 2, 3rd sentence, recommend rewording “the strong empirical evidence showed...”
   Response: we have rewording “the strong empirical evidence showed...” to “The convincing evidence showed”.

6. Paragraph 2, 4th sentence, recommend removing the first word “the,” remove “and,” and add “with” after “manifested.”
   Response: the first word “the” and “and” were deleted, and added “with” after “manifested”.

7. Paragraph 2, 5th sentence, recommend removing “failing out.”
   Response: “failing out” has removed.

8. Paragraph 3, next to last sentence, consider changing “conditions” to “outcomes” or “symptoms” since this study is not targeting on individuals with specific psychological conditions.
   Response: we have changed “conditions” to “outcomes”.

Objective
1. Recommend removing 2nd sentence.
   Response: we have deleted 2nd sentence in this part.

Study Design
1. Recommend changing 1st sentence to simply read, “This study was designed as a...”
   Response: we have re-written 1st sentence to “This study was designed as a...”.

Participants and Recruitment
1. Correct “well-advertised,” possibly to just “advertise”
   Response: we have made correction according to reviewer’s comments.

TCC Training Group
1. State clearly the number of sessions per week.
   Response: we have added “at a frequency of five days a week” after “Participants of TCC training group will be gathered to exercise at the campus gymnasium together”.

   2. There is also some repetition with this section and “intervention regimen.” Recommend combining.
   Response: Thanks! They have been merged together.

Measures
1. 1st sentence, change “or” to “and”
   Response: we have changed “or” to “and”.

2. “efficiency” go “efficacy”
   Response: we have changed “efficiency” to “efficacy” in whole paper.
Statistical Plan
1. The statistical software is noted twice but only needs to be noted once.
   Response: we have deleted the 1st sentence “SPSS21.0 statistical analysis software will be used to analyze data.”

Discussion
1. Overall there is a good bit of repetition between this and the introduction. There is also some repetition about psychological symptoms in 1st and 2nd sentence of paragraph 2. Recommend consolidating where possible.
   Response: we have deleted 1st and 2nd sentence of paragraph 2 “As we found, there are numerous studies focus on the benefits of TCC, such as improving balance control, flexibility, immune system, and reducing depression, anxiety and so on [26-31]. The effectiveness of TCC for psychology problem such as anxiety, depression, and stress also has been reported.” and added a sentence “The benefits of TCC on physical and psychological health may have reported in numerous studies.” to make it read more smoothly.

Part B: Grammatical Issues:
1. Abstract sentence 3 (remove “their”)
   Response: we have deleted “their”.
2. Abstract sentence 4 (change “is” to “are”)
   Response: we have changed “is” to “are”.
3. Abstract methods sentence 1 (“trial”and remove change “sample size” to something like “participants” or say “a sample size of…”)
   Response: we are sorry for the spelling errors. “trial” in the 1st sentence in this section was correctly changed to “trial”. Also we have change “ 206 sample sizes” to “a sample size of 206 participants”.
4. Background sentence 3
   Response: The sentence 3 in Background section has been revised. Thanks!
5. Background paragraph 3, 2nd sentence
   Response: “TTC” have been changed to “TCC” in paragraph 3, 2nd sentence. Also we deleted “is” and changed “popular” to “popularity”.
6. Background paragraph 3, 4th-7th sentences
   Response: We have changed “TTC” to “TCC”, deleted “more generally,”, added “in general” after “meditative movement types”, changed “populations” “at risk for preventable disease, sedentary, and lacking the motivation to engage in more conventional exercise” to “amount” “at a risk of preventable diseases, who live a sedentary lifestyle and who lack the motivation to engage in more conventional exercise”. For 5th sentence, we have added “capability” after “balance”, changed “the psychological status” to “depression, anxiety and stress”, deleted “and” before “osteoarthritis” and added 3 references after this sentence. Then we have changed “low” to “small”, added “or” before “lacking” and changed “rigorous” to “rigorously” in the 6th sentence. Lastly, in the 7th sentence, we have added “,”after “Furthermore”, changed “adult”, “is” and “whether” to “adults”, “are” and “if” as well as added “state” after “emotional”.
7. Objective sentence 1.
Response: we changed “We design a strict randomized controlled trail” to “We strictly design a randomized controlled trial”, changed “for” to “on the” and deleted the repetition of “Tai Chi Chuan (TCC)”, only written “TCC”.

8. Randomization section, last sentence
Response: we have added “of” after “informed”.

9. Discussion paragraph 2, sentence 1.
Response: we have deleted it and added another sentence. We have mentioned it in Part A.

10. Discussion paragraph 3, 1st sentence
Response: we have changed “assessor and statistician blinding” and “for” to “assessor-blinding and statistician-blinding” and “on”.

11. Strengths and limitations, sentences 1 and 4.
Response: we have added “is that” after “one of strengths”, and deleted “a” in the 1st sentence. Then we added a “,” after “Moreover” in the 3rd sentence. For 4th sentence, we have deleted “rigorous” and added “rigorously” after “we”.

Furthermore, we have check other sections carefully and made some corrections as following:
1. Background paragraph 3, 3rd sentence, we have added “the” before “practicers”
2. TCC training group, we have changed “per time” to “per day” in 5th sentence.
3. Discussion paragraph 2, 3rd sentence, we have changed “However most of the previous studies pay attention...” to “However, most of them pay attention...”. We also added “,” after “Furthermore” in 4th sentence.
4. Table, we have removed the table title on the table, not under the table. And we have changed the “24” to “25” under the “Follow-up end(week)”.

We appreciate for you and reviewer warm work. Thank you for considering our manuscript and these valuable comments. If you have any questions about this paper, please do not hesitate to contact me. We are looking forward your reply.

Sincerely,
Xiulu Lan