Author's response to reviews

Title: PAHA Study: Psychological Active and Healthy Ageing. Psychological well being, proactive attitude and happiness effects of whole-body vibration vs. multi-component training in aged women: study protocol for a randomized controlled trial.

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PAHA STUDY: PSYCHOLOGICAL ACTIVE AND HEALTHY AGEING. PSYCHOLOGICAL WELL BEING, PROACTIVE ATTITUDE AND HAPPINESS EFFECTS OF WHOLE-BODY VIBRATION VS. MULTI-COMPONENT TRAINING IN AGED WOMEN: STUDY PROTOCOL FOR A RANDOMIZED CONTROLLED TRIAL.

POINT-BY-POINT RESPONSE TO REVIEWER’S COMMENTS

We wish to thank the editor and the reviewer for their appreciation of the study and the fruitful comments. A response to their comments is provided below and has been included in the new version of manuscript. Changes in the manuscript have been marked in tracked changes.

1. Abstract, methods, 1st sentence, the added phrase, "in three main times" doesn't seem to make sense here - is this supposed to refer to 3 groups? There is already reference to "three main times" later in the sentence.

The phrase "in three main times" has been removed.

2. Much information was added to the background section. However, I still had a hard time gleaning the "story" that sets up the manuscript. I think those key points are now embedded, but they may now be a little hidden within all of the other information. For example, Im' nos tusre how the 2nd and 3rd paragraphs related highly to this specific research question.

We have deleted the 2nd paragraph. The 3rd paragraph is focused with psychological effect of training and therefore it is more related to specific research question

3. Background paragraph 5, sentence 1 has a grammatical error.

Sentence 1 in Background 5 paragraph has been modified.

4. Background paragraph 7, sentence 1 also seems to have a grammatical error. Also, is it really true the WBV is one of the "most common" training programmes worldwide?

Sentence 1 in Background 7 paragraph has been modified. Moreover sentence it has been changed in this way: “Two common training programmes are..”