Author's response to reviews

Title: A single-blind, pilot randomised trial of a weight management intervention for adults with intellectual disabilities and obesity: study protocol.

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To whom it may concern,

Please consider the protocol paper “A single-blind, pilot randomised trial of a weight management intervention for adults with intellectual disabilities and obesity: study protocol” for publication in BMC pilot and feasibility studies journal.

Current UK obesity guidelines advocate multi-component weight management interventions to support individuals to achieve a clinically significant weight loss of 5-10% of initial body weight. However, there are currently no published controlled trials of weight management interventions for adults with intellectual disabilities that meet clinical guidelines. TAKE 5 is a multi-component weight management intervention that satisfies clinical recommendations and is specifically designed for adults with intellectual disabilities and obesity. This randomised trial will examine the feasibility of a full-scale clinical trial of the TAKE 5 multi-component weight management intervention in comparison with a health education comparator intervention. We believe this study will make an important contribution to the limited amount of work in the field.

The authors declare that the work described meets all ethical publication standards. The work described has not been published previously and is not under consideration for publication elsewhere. In addition, the authors declare that if the paper is accepted by BMC pilot and feasibility studies journal, the publication will not be published elsewhere.

The publication has been approved by all authors. The authors report that there are no conflicts of interest.

Yours sincerely,

Leanne Harris