Author’s response to reviews

Title: Combined use of smartphone and smartband technology in the improvement of lifestyles in the adult population over 65 years: study protocol for a randomized clinical trial (EVIDENT-Age study)

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Author’s response to reviews:

Dear Editor of BMC Geriatrics:

Thank you for your help in reviewing this manuscript for consideration of publication in BMC Geriatrics.

Following the suggestions of the editor, we enclose a new version of our manuscript entitled: "Combined use of smartphone and smartband technology in the improvement of lifestyles in the
adult population over 65 years: study protocol for a randomized clinical trial (EVIDENT-Age study)" BGTC-D-18-00768, together with replies to all the issues raised.

Sincerely:

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Editorial Comments:

1. Please append the date of trial registration to the Trial registration of the Abstract on the online submission form and in the manuscript.

Answer:
We have appended the date of Trial registration (July 2, 2018) to the Trial registration of the abstract on the online submission form and in the manuscript (Pag 3, line 65)

2. Please check asterisk referencing for conflict between the corresponding author and similar contributions on the title page.

Answer:
We have removed the asterisk in the correspondence author to avoid this conflict (Pag 1, line 22)
3. Please provide further information regarding the rationale for your intended sample size, including details of the estimate by Alonso-Dominguez et al.

Answer:

The difference of 1850 steps between the study groups is based on the study by Alonso-Dominguez that considers this value to be clinically relevant.

We have changed this paragraph and now reads as follows (Pag 7, line 193):

The sample size was estimated for the main variable of the study (Physical activity - steps/day). Assuming a standard deviation of 3847 steps/day [1], a power of 0.8 and an alpha risk of 0.05 in a bilateral test, 80 participants are necessary in each group to detect an increase of 1850 steps/day in the experimental group compared to the control group. This calculation was based on the estimate by Alonso-Dominguez et al. [2]. We assumed a dropout rate of 15% throughout the duration of the study (3 months).

4. Please provide a list in the manuscript or in an additional file naming the health centres that will participate in the study.

Answer:

We have include in the text a list of the health centres that will participate in the study (Pag 6, line 168).

5. Please ensure that Table 1 is formatted according to BMC geriatrics guidelines (https://bmcfampract.biomedcentral.com/submission-guidelines/preparing-your-manuscript#preparing+tables).

Answer:

We have ensured that Table 1 is formatted according to BMC Geriatrics guidelines (Pag 8, line 232).
6. Thank you for including the SPIRIT checklist. There is no need to include it with the final manuscript. Please remove the reference to it from the text, and simply state that the study was designed in accordance with the SPIRIT guidelines [reference].

   Answer:

   We have removed the reference to it from the text, and simply state that the study was designed in accordance with the SPIRIT guidelines (Pag 7, line 170).

7. Please remove the figure title and legend from the figure file for figure 1 and include it within the main manuscript, after the references.

   Answer:

   We have removed the figure title and legend from the figure file for figure 1 and included it within the main manuscript, after the reference (Pag 21, line 649).

8. In Ethics statement, delete everything after “sign informed consent” – this information can be added to Methods, but is not relevant here within the ethics statement.

   Answer:

   We have removed this paragraph from the Ethics statement and added to Methods (Pag 7, line 178).

9. The 'Availability of data and materials' statement is not suitable for a study protocol As the manuscript contains no data, please state 'Not applicable'.

   Please visit https://bmcgeriatr.biomedcentral.com/submission-guidelines/preparing-your-manuscript/study-protocol to view all forms that this statement may take.
We have removed this paragraph and state “Not applicable” (Pag 14, line 399).

10. Please update the funding information to include Instituto de Salud Carlos III with its role as a funding body.

We have included this information (Pag 14, line 401).

11. At this stage, we ask that you submit a clean version of your manuscript and do not include track changes or highlighting.

We have submitted a clean versión of the manuscript without track changes.

REFERENCES
