Author’s response to reviews

Title: Web-based exercise versus supervised exercise for decreasing visceral adipose tissue in older adults with central obesity: a randomized controlled trial

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Editor Comments:
One issue need to be further explained.
The authors need to explain the reason(s) why the number of CON (n =36) group in this manuscript is from that previously published (CON=39), as mentioned by the reviewer. Which one is correct?

Authors’ response: Thank you for letting us explain and clarify. In the previous paper, week 0 served as the baseline because that paper focused on the initial 10-week results of the study, as described on Page 5, lines 99-108:
“Following randomization and baseline assessment, the intervention group received SE for 10 weeks at a university hospital research clinic, while the wait-list control group lived as usual. After this initial 10-week phase, both groups underwent follow-up assessment at the research clinic. The 10-week results of the trial have been published previously (27, 28). Next, the wait-list control group underwent a 10-week wash-out period, after which they returned to the research clinic for another reassessment, which served as baseline in the wait-list control group’s intervention. The wait-list control group’s intervention was 10 weeks of WE, after which they returned for a final follow-up assessment. To compare the effects of the two interventions, changes in the outcome variables during weeks 0-10 in the SE group were compared to changes in the outcome variables during weeks 20-30 in the WE group.”

In the present paper, baseline in the intervention group (SE intervention) was set at week 0, as previously, but baseline in the wait-list control group (WE intervention) was set at week 21, just before the start of the WE (see also Figure 1). The number of participants at the wait-list control group’s baseline (week 21) was N=36 because three participants in the control group withdrew from the trial during the first 10-week phase.

We have now described the participant flow for this group in more detail on Page 12, lines 270-271:
“A total of five participants in the WE group withdrew from the study. Of these, three withdrew between week 0 and week 11, while the other two withdrew between week 21 and week 32."