Author’s response to reviews

Title: Weight-Loss Intervention Using Implementation Intentions and Mental Imagery: A Randomised Control Trial Study Protocol

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RE: Letter in response to reviews reports

Thank you for the email addressed on the 17 February 2015 and the review comments in relation to the manuscript entitled “Weight-Loss Intervention Using Implementation Intentions and Mental Imagery: A Randomised Control Trial Study Protocol” for consideration for publication in BMC Public Health. The protocol paper manuscript is co-authored with Sebely Pal and Martin Hagger. This cover letter addresses the recent reviews comments as required to further the application.

The trial is registered on the Australia and New Zealand Clinical Trials Registry (Trial registration number ACTRN12613001274763). The trial submission date was the 21 October 2013, and registration date 19 November 2013. The study protocol has been submitted to, reviewed, and approved by Curtin University Human Research Ethics Committee (Approval no.: HR 137/2013). This has been acknowledged in the manuscript. Copies of the ethical approval document were emailed to BMCSeriesEditorial@biomedcentral.com on the 30 July 2014. The ethics review documents relevant to when the study was reviewed by an internal panel of researchers at Curtin University was also emailed on 04 August 2014.

No external funding has been received for the conduct of the study and no other publications have been submitted or are currently under review resulting from the study. We declare we have no competing interests and I would like to clarify that there are no published or submitted publications containing any study results to any journals. The manuscript has not been submitted for publication or published in its current form elsewhere. I would like to confirm that the submitted protocol is for an ‘ongoing’ study. We are currently in the process of recruiting participants and collecting the data.

The research reports the study protocol for the HEALTHI (Healthy Eating and Active LifesTyle Health Intervention) Program, a 12-week randomised-controlled weight-loss intervention that adopts two theory-based intervention techniques, mental imagery and implementation intentions, shown to be effective in promoting health-behaviour change. The effectiveness of goal reminder text messages to augment intervention effects will also be tested. The trial will determine the effects of a brief, low cost, theory-based weight-loss intervention to improve dietary intake and physical activity behaviour and facilitate weight-loss in overweight and obese individuals. The research is original and makes contribution to the area of obesity as it adopts a theory based intervention to test the unique and interactive effects of multiple intervention components on biomedical, behavioural,
and psychological outcomes. Furthermore, the study has been designed to maximise applicability to real world settings and could be integrated into existing weight management practices.

17 February 2015 Reviewer comments
Reviewer 2: Kate Jolly

REVIEWER’S COMMENT 1: The authors have made satisfactory changes to the manuscript. I note that the registered primary outcomes on the Australian and New Zealand Clinical Trial Register are body weight and body fat percentage. I think that a change to a single primary outcome is acceptable provided that you have not started to analyse the data.

AUTHORS’ RESPONSE: Thank you for this comment. Please note that the data analysis has not yet commenced.

REVIEWER’S COMMENT 2: Page 11, line 9: I think you did mean 12 week study (not intervention).

AUTHORS’ RESPONSE: On Page 11, line 9, the word “intervention” was deleted and instead replaced with the word “study.”

REVIEWER’S COMMENT 3: In figure 2 the arrows have slipped and need to be corrected. There are 2 arrows going nowhere and I wonder whether a box is missing?

AUTHORS’ RESPONSE: In Figure 2, I have found that the arrows all appear to be correct in my word document, however when the document is uploaded on the website the preview button does show the error described in the above comment. I have changed the document format to a PDF as this was the only method that could correct for this formatting error. Thank you for this comment.

Thank you for the reviewer comments and I hope that the revised manuscript addresses the concerns. If you require any further information please do not hesitate to contact me.

Yours sincerely,

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