Author's response to reviews

Title: Smartphone apps to improve fitness and increase physical activity among young people: protocol of the Apps for IMproving FITness (AIMFIT) randomized controlled trial

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Author's response to reviews: see over
7th May 2015

Dear Executive Editor Natalie Pafitis,

Manuscript: “Smartphone apps to improve fitness and increase physical activity among young people: protocol of the Apps for IMproving FITness (AIMFIT) randomized controlled trial”.

We have responded to the reviewer comment. Please find below our response. No revisions to the manuscript have been made.

Thank you for your time and consideration.

Sincerely,

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Response to Reviewer

Reviewer 1:

Discretionary revisions

I appreciate that you have provided further details on the content of the two selected apps, however, I still feel that you could have provided greater comment or clarification on the extent to which the content is exactly the same (other than the immersive aspects). For example, are ALL the cited self-regulatory behaviour change techniques used by BOTH apps? Are the activity goals / suggested activities graded to the same extent in both apps?

Thank you for the comment but we believe enough detail of the apps’ content is already provided. As described in the MS, lines 227-230, both apps include the cited self-regulatory behaviour change techniques. Regarding the suggested activities, the training program of both apps is the same with respect to frequency – 3x/week – and duration of sessions – duration progressively increases from week 1 to week 8 in total time, as well as time spent running in each session; i.e. graded tasks (please see lines 241-242 and lines 257-259).

Reviewer 2:

Reviewer 2 had no comments.