Author's response to reviews

Title: Live Balance - A mindfulness based universal mental health promotion program: Conceptualization, implementation, participants' evaluation and compliance in a field setting.

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Version: 4
Date: 19 March 2015

Author's response to reviews: see over
Dear Sir,

Herewith we submit the manuscript *Live Balance – a Mindfulness Based Universal Mental Health Promotion Program: Conceptualization, Implementation, Participants' Evaluation and Compliance in a Field Setting* for reviewing by BMC Public Health.

“Live Balance” has been conceptualized as a universal mental health promotion program. It has been rolled out to the general population in Southern Germany between 11/2013 and 6/2014. The program is currently under evaluation. As a first step, this manuscript describes the concept, participant characteristics and data on feasibility, compliance and acceptance. To our knowledge, there is up to now no comparable evaluation of a primary prevention program in a community setting.

Regarding conflicts of interest, we would like to declare, that four of the authors (GM, SN, JO, AK) are affiliated with the German insurance company “AOK Baden-Württemberg”, which has been initiated, financed and marketed the program. Four of the other authors (LL, MaBe, MaBo, MW) have received fees for training the trainers, giving introductory speeches and preparing participant’s materials.

We hereby assure that we carried out the study to scientific standards, regardless of personal interests.
We would be happy if you could consider this manuscript for reviewing.

All the Best,

Martin Bohus, MD

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