Author’s response to reviews

Title: Digital Media-based Health Intervention on the Promotion of Women's Physical Activity: A Quasi-Experimental Study

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Version: 1 Date: 22 Jul 2017

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Editor Comments:

(1) Please read the guidelines here: https://bmcpublichealth.biomedcentral.com/submission-guidelines/preparing-your-manuscript/research-article and amend the 'Consent for publication' section.

We read this guideline. Written informed consents about data and publication were obtained from all the study participation. This case also stated in the section of ethical considerations.

(2) The English language in your text would benefit from improvement for clarity and readability. We recommend that you either ask a colleague whose native language is English to review your manuscript.

English language revised with a person whose native language is English. Some of this reform is marked with highlight.
Reviewer Comments:

I suggest to adding Ekelund et al 2016 and Ding et al 2016 (both papers were published in The Lancet); they showed the economical and health-related costs of a sedentary life-style.

We found Ekelund et al 2016 and adding in introduction (Introduction section, line 50, page 2).

We also adding Ding et al 2016 in introduction (Introduction section, line 52, page 2)

Further, I suggest to reporting in more details the state-of-the-art as regards media-driven interventions to improve physical activity. We added study that use of media- interventions to improve physical activity (Introduction section, line 82, page 3)

Based on previous studies, I suggest to formulating hypotheses; what kind of results did the authors expect, and why.

We added the main hypothesis of the research in the introduction section. (Introduction section, line 88, page 3)

I suggest explaining in more details the recruitment procedure.

Recruitment procedure more explained and a flowchart for recruitment procedure has also been added. (Method section, line 105, page 4)

I suggest to running an ANOVA for repeated measures with the following factors: Time (pre vs. post), Group (intervention vs. controls) and the Group by Time-interaction.

The RM test is used where there is a length of time. In our study, there is only the mean of the data before and after the intervention and there is no follow up to use the RM test.

In addition, we did not have qualitative data in more than two groups to use the ANOVA test to analyze them.

Table 1; please add BMI and N. I suggest to introducing at least one figure to show one of the main results.
We add BMI in table 1. We also added figure 2 for main result (physical activity)

Discussion: I suggest to underscoring what is new of this study, compared to previous studies.

We added the most prominent features of this study Compared to other studies conducted in this area in discussion section. (Result section, line 185, page 7)

Limitations: I suggest to adding the PA was not objectively assessed via a PA assessment or activity trackers. This case added in Strengths and Limitations section. (Discussion section, line 246, page 9)