Author’s response to reviews

Title: Qualitative exploration of the acceptability of a postnatal pelvic floor muscle training intervention to prevent urinary incontinence

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Author’s response to reviews:

We welcome these comments and the opportunity to improve our manuscript. Please find our changes as follows:

Reviewer 1
- Manuscript should be further revised by a native English speaker in order to correct several typos.
  The manuscript was written by native English speakers. It has been proof read by another native English speaker and no typos have been detected. We question if the issue is because this has been written using United Kingdom English rather than United States English which this reviewer may be more familiar with. Upon proof reading a couple of changes have been made to improve clarity, one change on page 3 from postnatal to post birth and on page 7 and 8 from physio to physiotherapist.
- Pelvic floor muscle training (PFMT) represent an important advice to prevent the onset of UI. I would discuss this point, at least briefly, referring to: PMID: 28178026; PMID: 30288727; PMID: 31045271.
  PMID: 28178026 is now referred to within the manuscript. Reference number 13.
  PMID: 30288727 is referred to within the manuscript. Reference number 14.
  PMID: 31045271 We disagree with the reviewer as to the relevance of this work to this paper. The reviewer is recommending their own work about Urodynamics whereas this paper is only about PFMT.
- Urinary incontinence can be associated to other disease such as urinary tract infections or sexual dysfunctions. This aspect could be improved, referring also to: PMID: 31463526; PMID: 27838537
  PMID: 31463526 is now referred to within the manuscript. Reference number 7
  PMID: 27838537 We disagree with the reviewer as to the relevance of this work to this paper. The reviewer is recommending their own work about the oral administration of drugs for recurrent urinary tract infections in postmenopausal women whereas this paper is only about
PFMT for the treatment and prevention of urinary incontinence in postnatal women who may or may not be postmenopausal.

Reviewer 2

I suggest the authors to add some limitations, in particular the low number of women recruited and the shopping voucher that can be a bias in the selection of the study population.

Two statements have been added to the strengths and limitations paragraph at the end of the document: one acknowledging the small sample size and recommending further research to validate these findings; and another recognising the £5 shopping voucher may have introduced bias to our sample.