Author's response to reviews

Title: Mindfulness training for smokers via the Internet: a pilot study

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Author's response to reviews: see over
“Mindfulness training for smokers via web-based video instruction with phone support: a prospective observational study”

Reviewer Comment: “We have just one additional comment regarding the definition of “completers.” As the authors indicated in the revision, “Intervention completion was defined as a self-reported quit attempt.” By this definition, a person could make a quit attempt on their own but not actually receive any of the intervention (or receive very little of the intervention). It seems that a more appropriate definition would be to define intervention completion as having completed a certain number of online video classes (and/or having completed a certain number of phone coach calls).”

Dear reviewer,

Thank you again for your careful reading of this manuscript.

By defining “intervention completion” as “self-reported quit attempt on the scheduled quit day,” intervention completers all finished a minimum of 3 phone coach calls and 4 pre-quit videos, a level of participation that we believed to represent meaningful engagement of the intervention. As it turned out, using this small sample, we had no outliers for this variable (no one who reported a quit attempt on the quit day, but did not meaningfully engage the intervention). We like this because it allows for a rough comparison with our data from studies on MTS in a face-to-face format – which use the same definition for completion. An earlier version of the manuscript provided this additional detail, but the detail was removed during edits.

Paragraph 3.2, line 13 now reads:

*Intervention completion was defined as a self-reported quit attempt on the scheduled Quit Day. Using this definition “intervention completers” completed a minimum of 3 phone coach calls and 4 pre-quit video classes.*

I think (and hope) that this addresses your core concern – the possibility of “completers” who did not fully engage the intervention. I will, of course, be happy to change the definition if you feel this is necessary.

Sincerely,

James Davis