Author’s response to reviews

Title: Strategies for Evaluating Self-Efficacy and Observed Success in the Practice of Yoga Postures for Therapeutic Indications: Methods from a Yoga Intervention for Urinary Incontinence among Middle-aged and Older Women

Authors:
Francesca Nicosia (Francesca.Nicosia@ucsf.edu)
Lisha Nadra (Nadra.Lisha@ucsf.edu)
Margaret Chesney (Margaret.Chesney@ucsf.edu)
Leslee Subak (lsubak@stanford.edu)
Traci Plaut (Traci.Plaut@ucsf.edu)
Alison Huang (Alison.Huang@ucsf.edu)

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Author’s response to reviews:

Dear Ms. Menard:

We thank the Editor and Reviewers for their comments and appreciate the opportunity to make the additional requested edits. Below, please find item-by-item responses to the Editor’s comments, which are included verbatim. All page and paragraph numbers refer to locations in the revised manuscript.

Editor Comments:
1. Please do add the plots suggested by Reviewer 1. I also note that in your response, you have stated that "Given that we already have five graphics in the manuscript, we think it may be too much to additionally include multiple additional plots (one for each correlation) as a secondary approach to presenting the data." Please clarify which graphics this is referring to, as there are no graphs, figures or additional figures uploaded at the moment. If this is referring to the 5 tables, then please do not be concerned about adding Figures, as there are currently no figures, the new plots would certainly not be too many for this paper.

Response:

We now include Figure 1 that presents correlations as plots between each of our yoga-specific process measures as well as two other key participant measures – age in years, and 12-week change in urinary incontinence frequency. To clarify, the “graphics” referred to in our previous response were the 5 tables.

2. We note that in the Trial Registration section, you have indicated that the trial is registered at the "National Center for Complementary and Integrative Health (NCCIH)", however, it is registered at "ClinicalTrials.gov", please amend this.
Response: We have made the requested edits (page 4).

3. Please confirm whether informed consent, written or verbal, was obtained from all participants and clearly state this in your Ethics approval and consent to participate sections. If verbal, please state the reason and whether the ethics committee approved this procedure. If the need for consent was waived by an IRB or is deemed unnecessary according to national regulations, please clearly state this, including the name of the IRB or a reference to the relevant legislation.

Response: We have clarified in the methods section that written, informed consent was obtained (pg. 7, para. 2)

“Written informed consent was obtained from all participants before enrollment, study procedures were approved by University of California, San Francisco Institutional Review Board, and the trial was registered in ClinicalTrials.gov.”

4. Please include the ethics committee’s reference number (if applicable) in the Ethics approval and consent to participate section.

Response: We now include the reference number in the Setting and Participants section (pg. 7)

5. Please refer to the authors by their initials in the Competing Interests section, rather than full names.

Response: We have made the requested edits. The Competing Interests section (pg.20) now reads:

“The authors declare that they have no competing interests. AH and LS have received funding from Pfizer Inc. and Astellas through grants awarded to the University of California San Francisco to conduct research unrelated to this report.”

Thank you for giving us this opportunity to respond to the reviewer’s questions. If we have not captured the concerns identified, please let us know.

Best regards,

Francesca Nicosia