Author’s response to reviews

Title: Long-term corticosteroid use and dietary advice: A qualitative analysis of the difficulties encountered by patients

Authors:
muriel nogue (murielnogue@gmail.com)
Jacques Rambaud (jacques.rambaud@wanadoo.fr)
Sylvie Fabre (dr.sylviefabre@gmail.com)
Nathalie Filippi (nat.filippi@gmail.com)
Christian Jorgensen (c-jorgensen@chu-montpellier.fr)
Yves-Marie Pers (ympers2000@yahoo.fr)

Version: 1 Date: 20 Nov 2017

Author’s response to reviews:

Dear Editor-in-Chief,

I am sending you our manuscript entitled "Long-term corticosteroid use and lifestyle advices: A qualitative analysis of the difficulties encountered by patients". We would like to have the manuscript considered for your committee.

With the submission of this manuscript I would like to undertake that the above mentioned manuscript has not been published elsewhere, accepted for publication elsewhere or under editorial review for publication elsewhere; and that my Institute's Clinical immunology and osteoarticular diseases Therapeutic Unit, CHU Lapeyronie representative is fully aware of this submission. All authors have approved the manuscript and agree with its submission to Clinical Rheumatology.

I confirm that each individual named as an author meets the Uniform Requirements for Manuscripts Submitted to BMJ criteria for authorship. No financial support was obtained for this work by the corresponding author and others co-authors. The study was done in accordance with the Helsinki Declaration. According to our national rules (Jardé law) and considering that our
study lead to none interventional changes in the disease outcome for all the patients), the local ethical committee (Comité de Protection des Personnes Sud Méditerranée IV, Montpellier, France) mentioned that our study did not required any approval.

We performed the first qualitative study highlighting patient's difficulties concerning lifestyle advices in long-term corticotherapy, through their own experience. Our manuscript reveals that dietary advices proposed in order to prevent corticosteroid side effects lead to frustration, guilt, and loss of food pleasure with strong psychological repercussions. Patients underscore the important role of relatives as well as caregiver's advices in patient's care experience and the way they may contribute to increase their difficulties. In patient's mind, therapeutic education programs concerning long-term corticotherapy may improve care, drug adherence and the quality of life of patients. We believe our findings would appeal to the readership of Clinical Rheumatology.

Please let me know of your decision at your earliest convenience.

With my best regards,

Sincerely yours,

M.Nogué