Author's response to reviews

Title: Wrist-Ankle Acupuncture (WAA) for precompetition nervous syndrome: study protocol for a randomized controlled single-blind trial

Authors:

Shi Shu (shushitcm@163.com)
Mei Zhan (zhanmei3228@163.com)
Yanli You (youyanli2005@163.com)
Xiaolu Qian (qian_xiaolu@163.com)
Chunming Li (1067997410@qq.com)
Chenlin Zhou (chenglin_600@126.com)
Shuang Zhou (zhoushuang8008@163.com)

Version: 3

Date: 11 May 2015

Author's response to reviews: see over
Dear Editors:

On behalf of my co-authors, I am submitting the article “Wrist-Ankle Acupuncture (WAA) for precompetition nervous syndrome: study protocol for a randomized controlled single-blind trial” for possible publication in your journal.

Tengfei program of Shanghai Sports Bureau has long been devoted in sport players’ health service and research in China. Our university is a famous military medical university in China and our hospital has been done lots of researches on traditional Chinese medicine (TCM) these years, especially for acupuncture. We are putting more and more emphasis on the prevention and treatment of various types of disorders on spirit and emotion. Actually, acupuncture has been used worldwide for depression, anxiety, insomnia and other mental diseases for thousands of years in China. Nowadays, in some international sport games, like the 2010 Asian Games of Guangzhou, a South Korean player had been used with acupuncture treatment when competing with her rival on the game of Go in order to keep relaxed and calm. This meant that acupuncture in the sports is feasible for players’ mental preparation.

As a group of acupuncture for disorders on spirit and emotion researchers, we then want to investigate acupuncture’s contribution on athletes’ psychological quality. With the rapid development of wrist-ankle acupuncture (WAA) in the health service, WAA is proved to be useful in a variety of disorders on spirit and emotion. Previously, we have confirmed the efficacy of WAA for pre-examination anxiety. In the study we observed that WAA can significantly alleviate the exam tension and the treatment has the very high security. However, WAA in athletes' psychological quality is still in its infancy, with few products recognized internationally and used extensively. The present study tried to investigate the effects of WAA for athletes with precompetition anxiety.

By this study, we want more people to pay more attention to the development of acupuncture in sport players’ health service and research. We believe the findings of the present study would be valuable for the development of both TCM and athletes’ psychological quality.

Meanwhile, the study protocol was reviewed and approved by Chinese Ethics Committee of Registering Clinical Trials (ChiECRCT-2013024), and following registered in the Chinese Clinical Trial Registry (ChiCTR-TRC-13003931). We also
think this work deserves the attention of *Trials*.

We certify that we will participate sufficiently in the work to take public responsibility for the appropriateness of design and method, and the collection, analysis, and interpretation of the data. All the authors have reviewed the final version of the manuscript and approved it for publication. To the best of our knowledge and belief, this manuscript has not been published in whole or in part nor being considered for publication elsewhere in any language.

We look forward to the valuable comments from the professional team of your distinguished journal.

Best regards!

Yours sincerely,

Shuang zhou, on behalf of all the authors