Author’s response to reviews

Title: Physical fitness and levels of physical activity in people with severe mental illness: a cross-sectional study

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ITEMIZED LIST OF THE REVIEWER COMMENT

BMC Sport Science

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Version: 2

Date: 31th October 2017

Authors: Perez-Cruzado D, Cuesta-Vargas AI, Vera-Garcia E, Mayoral-Cleries F

Dear Editor,

Please, find a revision of our manuscript entitled “Physical fitness and levels of physical activity in people with severe mental illness: a cross-sectional study”.

We would like to thank the Editor for their thoughtful and constructive comments. We have considered all suggestions, and have incorporated them into the revised manuscript. We believe our manuscript is stronger as a result of the modifications. An itemized point-by-point response to the Reviewers’ comments is presented below.
Editor Comments:

1) Abstract: please use the following sub-headings: Background; Methods; Results; Conclusions
   Authors: We thank you for your suggestion. We have added the suggested sub-headings.

2) Ethical approval and consent to participate: please ensure that a consent statement is included here and that it is indicated whether written consent was obtained
   Authors: We thank you for your suggestion. We have added this statement as follows:” Prior to participate in the study, an informed consent and a document with frequently asked questions were read by the participants. A written consent was obtained of all participants of the study.”

3) Author contributions: please ensure that author initials are used rather than full names.
   Authors: We thank you for your suggestion. We have make the suggested modifications

Reviewer reports:

PAUL GORCZYNSKI (Reviewer 1): It would appear the authors have addressed each of the reviewers' comments.

Joseph Firth (Reviewer 2): Thank you for taking on board all of the required amendments

Gerald Jerome (Reviewer 3): The authors should clarify how staff and family members "ensured" the data.

Authors: We thank you for your suggestion. We have clarified that information as follows: “Data about self-reported physical activity was ensured by staff and family members, since the information provided by the participants was contrasted by the information given by the relatives and the staff. There were no discrepancies between the information given by the participants and that granted by the workers and their families.”
If all self-report physical activity references time as in-patient then a better description of the facility and program are needed. Is there a workout facility, how much free time is there for participants to engage in activity? Can in-patients take extended walks, is this level of independence encouraged?

o Authors: We thank you for your suggestion. We have included that information as follows: “Participants attended the Hospital Civil 4 hours a day from Monday to Friday. The participants had all the rest of the day free to participate in activities that involve the practice of physical activity. The participants were independent people when deciding whether or not they wanted to perform physical activity.”

The authors suggest the physical activity data may not be reliable because it is self-report. Perhaps it is more appropriate to indicate: We did not use a standardized physical activity assessment and future efforts should include assessments with established reliability.

o Authors: We thank you for your suggestion. We have made the suggested recommendation.