Author’s response to reviews

Title: Long-term follow-up of residual symptoms in patients treated for stress-related exhaustion

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Author’s response to reviews:

We greatly appreciate the editors and the reviewer’s valuable comment on our manuscript and the opportunity of revising the manuscript and that it’s potentially acceptable for publication in BMC Psychology after our revision.

All changes in the manuscript are highlighted in red.

Editor Comments:

More information about the ED criteria has been included in the manuscript (Introduction, page 3).

Hopefully, all grammatical errors have now been corrected. We have made some minor changes throughout the manuscript.

The phrase “Regular life style rules” has been replaced hopefully with more clarifying text (Page 5)
Reviewer 2

Thank you for these valuable comments of our paper. Hopefully we have managed to attend to your comments satisfactorily.

1. Please, specify who made the clinical assessments at the start and during the follow-ups? Did you use a multimodal team approach in evaluating the diagnosis and need of rehabilitation? What kind of physician by his or her specialty?

More information regarding the clinical judgement and the physicians has now been added. Several professions were involved in the treatment of the patients, but this could vary depending on the symptoms and intervention needed for each patient. Regarding multimodal approach, we did initially develop multimodal team approach which was tested in our clinic and in occupational health care. Our judgement was that this approach costed too much efforts and time and we found it more effective for both the patient and the professionals that each professional meet with the patients when needed. In complicated cases different professionals discussed the case for planning of the treatment.

2. Did you use the same exhaustion scale at the start and during follow-ups?

Yes, SMBQ was used at both occasions.

3. It is necessary to present the criteria of exhaustion syndrome diagnosis used in Sweden, not to refer to Grossi et al. review article. The exhaustion criteria used in Sweden is quite unique and not used abroad. It is important for international reader to understand the criteria, especially when a new assessment was used after 7 years and you mention that not all symptoms were present.

Good point. More information regarding the criteria including table 1 has now been added.
Reviewer 3

I thank the authors for their excellent responses to my comments and suggestions. I feel these have been undertaken to a satisfactory standard and the paper has been greatly improved. However, there are still a number of spelling and grammar mistakes throughout the manuscript which require correcting before publication (e.g. 'rational' should be 'rationale').

Thank you so much for this nice feedback. Hopefully, all grammatical errors have now been corrected.