Author’s response to reviews

Title: The development and feasibility of a randomised family-based physical activity promotion intervention: The Families Reporting Every Step to Health (FRESH) study

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Author’s response to reviews:

Dear A/Prof Turner,

Thank you for the opportunity to revise and resubmit the manuscript entitled “The development and feasibility of a randomised family-based physical activity promotion intervention: The Families Reporting Every Step to Health (FRESH) study” for consideration by Pilot and Feasibility Studies. We are grateful for the assistance and advice given by the reviewers and we believe that we have, where possible, addressed the issues they have raised. Our responses to the Reviewers’ comments can be found below.

This study provides some rare commodities for the current literature, as we believe FRESH is among the first physical activity interventions to specifically target and measure whole families. This study also provides a response to international calls for the need for innovative interventions targeting young people and families. The findings from our randomised mixed-methods feasibility study show that it was feasible and acceptable to deliver and evaluate a family-targeted physical activity promotion intervention with high acceptability from participating families. Our manuscript also identifies key challenges and potential solutions for future
research. We believe that the Journal’s readership will find these feasibility results interesting, and applicable in future efforts to engage families in physical activity promotion.

This manuscript represents results of original work that have not been published elsewhere. This manuscript has not and will not be submitted for publication elsewhere until a decision is made regarding its acceptability for publication in Pilot and Feasibility Studies. If accepted for publication, it will not be published elsewhere. Furthermore, we the authors do not have any conflicts or competing interests related to the research reported in the manuscript. All authors approved the manuscripts and acknowledge ethical responsibility for the content of the manuscript and will accept the consequences of any ethical violation.

On behalf of my co-authors, I thank you for considering our manuscript for publication in Pilot and Feasibility Studies.

Sincerely,

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