Author’s response to reviews

Title: Can meditation improve attention in older adults with a history of falls? Study protocol for a four-week proof-of-concept intervention

Authors:
Lindsay Nagamatsu (lindsay.nagamatsu@uwo.ca)
Sabrina Ford (sford28@uwo.ca)

Version: 1 Date: 13 Jul 2018

Author’s response to reviews:

July 13, 2018

Dear Drs. Lancaster and Thabane,

Please find enclosed a revised copy of our manuscript “Can meditation improve attention in older adults with a history of falls? Study protocol for a four-week proof-of-concept intervention.”

Thank you for taking the time to read through our manuscript and providing us with the opportunity to revise and provide justification for our study. Upon reading the suggested paper by Eldridge et al. (2016) as well as consulting other sources, it seems like our study best fits into the “proof-of-concept” category, where we are using changes in attention as a surrogate measure to assess falls risk. Notably, a future definitive trial would ideally have a measure of falls risk – such as number of falls – as a primary outcome measure. However, before proceeding with the full-scale definitive intervention (including the associated costs, time, and resources), we are conducting this initial pilot study to ascertain whether meditation can first improve attention in this specific population.

The manuscript has been updated to reflect the “proof-of-concept” design. Thank you again for your time and consideration.
Sincerely,

Lindsay S. Nagamatsu
Assistant Professor
School of Kinesiology | Faculty of Health Sciences
Western University
London, Ontario, Canada
Telephone: 519-661-2111 ext. 82659
Email: lindsay.nagamatsu@uwo.ca