

Author's response to reviews

Title: Wellness through a comprehensive Yogic Breathing Program - A controlled pilot trial

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Author's response to reviews:

Dear Editor,

Thank you for the re-review of our manuscript. We were pleased that reviewer 1 accepted our revised manuscript and we have now addressed all the remaining questions and concerns of reviewer 2. These are detailed below.

1. The reviewer asked that the term 'pilot study' be included in the title and the manuscript. This has now been done.
2. The reviewer asked that the baseline data is provided in a table. This has now been done.
3. The reviewer asked that responsiveness data is provided for each measure. The psychometric properties have already been noted in our study since all tests have been evaluated for their reliability and validity (please see Instrument section in Methods). Another aspect of responsiveness is related to the effect size and power, which are already included in the Results section (as η^2 and power). We therefore feel that this point has been covered appropriately in the revised manuscript.
4. The reviewer asked if we measured co-intervention. This we have not done; this has been noted in Discussion as a potential shortcoming. We thank the reviewer for pointing this out.

We believe that we have addressed all the points that were raised by the reviewer. We hope that you will now find our manuscript acceptable for publication in BMC Complementary and Alternative Medicine.

Sincerely yours,

Fahri Saatcioglu