

July 28, 2014

Dear Editor,

We would like to thank you and the reviewers very much for the important comments and for the encouraging reply. These comments have now been addressed and incorporated in the manuscript.

Please find enclosed the edited manuscript in Word format (file-name: 11231-Revision).

**Title:** An intervention to increase physical activity in IBS shows long-term positive effects

**Author:** Elisabet Johannesson, Gisela Ringström, Hasse Abrahamsson, Riadh Sadik

**Name of Journal:** *World Journal of Gastroenterology*

**ESPS Manuscript NO:** 11231

The manuscript has been improved according to the suggestions of reviewers:

1 Format has been updated.

2 Revision has been made according to the suggestions of the reviewer

- (1) Thank you for the important comment, this has now been taken into the manuscript by a revision of Figure 1 and in the text on page 9.
- (2) Important comment, 19 patients had been included in the intervention group in the previous study and 21 in the control group in the previous study. All 21 patients except two in the control group went through the same intervention and were evaluated after the intervention. This is clarified in the text on page 5 and in the text on page 9.
- (3) In accordance with your suggestion we have moderated the text on page 14 and 16.
- (4) It is correct that the control group in the previous study went through the same intervention as the intervention group. And all of them were evaluated at the end of the intervention. We have clarified this on page 5. In this revised version of the manuscript we have chosen to keep the section on "Changes between the end of the previous intervention and follow-up" however we are prepared to take this part out, if you wish. The reasons for us to present the results from the end of the intervention is that we have had the information from some researchers that this is interesting data for them. To illustrate that there has been no change after the intervention strengthens our theory. This section shows that there was no or a small improvement after the end of the intervention suggesting that the main improvement took place during the intervention and has not changed much after that, however the improvement has been maintained, which is our main point.
- (5) This important comment has been incorporated in the discussion on page 15.

3 References and typesetting were corrected

Thank you very much again for the important comments and for considering our manuscript for publication in the *World Journal of Gastroenterology*.

Sincerely yours,

Elisabet Johannesson, Gisela Ringström, Hasse Abrahamsson and Riadh Sadik  
E-mail: [elisabet@johannesson.se](mailto:elisabet@johannesson.se)