Dear Reviewers,

We appreciate the opportunity to clarify the consent form. Your suggestions were very helpful in making the consent form more informative. I have uploaded a revised consent form, along with 2 documents that show pictures of the skinfold test sites and the BOD POD. These illustrations will be posted where the consent forms will be completed and should be helpful to the understanding of the study for the subjects. I have addressed the other concerns below the reviewer’s comments below.

1. I find the consent form very confusing. In #2 you note items that are required if you are selected for the treatment group. It is then unclear if the following items (3-8) only apply to the treatment group, or to the control group as well.

The consent form has been revised to clearly differentiate the expectations between all participants and the treatment group. There is a list of requirements for **All Participants** and a list of requirements for **Treatment Group.**

For example, as I read your consent form, according to item #2 only treatment group participants will be weighed. I imagine that you will be weighing both groups (otherwise, how could you compare them), but that is not clear in your consent.

If you want to break out treatment v. control group participation in the letter, I believe you need to clearly delineate obligations of both groups.

For example, you might say:

--All participants will.... (be weighed, BodPod-ed, etc.)

--Additionally, treatment group participants will....(attend counseling sessions, etc.)

Or, you might simply move #2 to the last item, so that it is clear items 3-8 apply to all participants, and then only those items apply to treatment group participants.

2. In your risk assessment, you refer to the BodPod and the ADP, yet the BodPod in not specifically disclosed as being a requirement for the participants, nor is it explained (you explain it in your synopsis, but not in the letter). The blood draw (as noted above) is not clearly explained as being a requirement of all participants. As noted risks, they need to be clearly explained in the consent (i.e., you need to describe what the BodPod is, and how it might be claustrophobic).

A description of the BOD POD, including a picture, and the procedure were added to the consent form. In addition, more detail was provided regarding skinfold measurement locations and was also added as a minimal potential risk (slight discomfort).