



April 6, 2021

Dr. Lorenzo Donini
Editors-in-Chief
Eating and Weight Disorders: Studies on Anorexia, Bulimia, and Obesity

Dear Dr. Donini,

We are submitting a Brief Report titled “**Effect of Non-Deceptive Placebo on Weight Loss: A Preliminary Study**” for publication consideration in *Eating and Weight Disorders*.

This is the first study on the effect of open-label placebo (non-deceptive placebo) in obesity. Specifically, we tested if adults on OLP pills had a greater amount weight loss and lower food craving than a control group not on the pills while all underwent a simple weight-loss intervention.

We are submitting the study as a **Brief Report** because, as stated in the Author Guidelines, it is a preliminary study and a new approach to treating obesity. We also obtained negative results but provide evidence against a Type II error, acknowledge the limitation of a small sample size, and make novel suggestions for how OLP might be modified to benefit obesity in future studies. While preliminary, the study was longitudinal, controlled, well-designed, and employed a diverse sex and ethnic sample with a mean BMI of 35. As such, we believe the paper makes an important contribution to obesity treatment research and will capture the interest of researchers and clinicians alike.

We exceed the 10 reference limit by two for a Brief Report format. If you wish us to bring it down we will be more than happy to do so.

We hope that you find the paper worthy of peer review and eventual publication in *Eating and Weight Disorders*. We have listed potential referees from various countries on the following page to aid in the process. Thank you for your attention to our work and we look forward to hearing from you.

Sincerely yours,

A handwritten signature in black ink, appearing to read 'M. Boggiano', written over a horizontal line.

Mary M. Boggiano, Ph.D. (for all authors)
Associate Professor
Department of Psychology
The University of Alabama at Birmingham
boggiano@uab.edu
205-934-3850

Suggested Referees

Kari A. Leibowitz kleibow@stanford.edu or Alia J. Crum crum@standford.edu

Wen-Bin Chiou Wbchiou@mail.nsysu.edu.tw

Michael Schaefer michael.schaefer@medicalschooll-berlin.de

John M. Kelley JKelley@Post.Harvard.Edu

Uri Nitzan urini@clalit.org.il