

Question 14C: What is the evidence that behavioral interventions alone in obese adults effect a change in fitness?

Reference	Design	Overweight defined as:	Adjuvant therapy	Intervention	Drop-out Total	Mean weight change	VO ₂ Max baseline (n) mean (95%CI)	VO ₂ Max change (n) mean (95%CI)	Side effects/comments
Lovibond 484	Randomized: unclear Self-selected: yes Included: non-overweight, subjects at high risk of CAD Mean age: ng Mean weight: ng Female/Total: 18/75	Includes non-overweight	Diet: Yes to reach or maintain weight Exercise: Yes aerobic Behavioral: Yes group and individual	1. Basic behavioral therapy 2. Extended behavioral therapy 3. Maximal behavioral therapy	1. (20%) 2. (8%) 3. (8%)	<u>Weight in kg</u> 1. (ns, overwgt) -5.15 2. (ns, overwgt) -8 3. (ns, overwgt) -10.35 <u>Weight in kg 12 months</u> 1. (ns, overwgt) -5.5 2. (ns, overwgt) -8.3 3. (ns, overwgt) -9.6	<u>VO₂Max, ml/kg/min</u> 1. (25) 27 2. (25) 25.8 3. (25) 27.6	<u>VO₂Max, ml/kg/min</u> 1. (25) 5.6 (95%CI 3.7, 7.5) 2. (25) 9 (95%CI 6.9, 11.1) 3. (25) 8.5 (95%CI 7.1, 9.9) EOT VO ₂ Max <u>3vs2</u> -0.50 (-2.24, 1.24) EOT VO ₂ Max <u>3vs1</u> 2.90 (1.27, 4.53) EOT VO ₂ Max <u>2vs1</u> 3.40 (1.45, 5.35)	

Reference numbers refer to the Reference List in the Clinical Guidelines Report.