

Question 13C: What is the evidence that behavioral interventions in obese adults effect a change in weight?

Ref#	Design/ Demographics	Group description (N)	Length wks (F/U)	Adjuvant therapy Format Behavioral Frequency	Drop-out Total	Weight baseline (n) mean (95%CI)	Mean weight change (n) mean (95%CI)	Follow-up (n) mean (95%CI)	Comments
	Family involvement								
Wing 492	Randomized: unclear Self-selected: yes Included: >120% IBW diabetes, spouses required to be >115% IBW Mean age: 52.3 Mean weight: 221 lb Female/Total: 25/49	1. Behavioral weight loss program alone 2. Behavioral weight loss program together with spouse N=49	20	Diet: 1200-1500 Exercise: 1000 cal/w Behavioral: yes Format: group with or without spouses Frequency: qwx12 then q2w	12.3%	<u>Weight in lb</u> 1. (23) 227.5 (209.9, 245.1) 2. (20) 213.5 (193.2, 233.8)	<u>Weight in lb</u> 1. (23) -19.9 (-27.8, -12.0) 2. (20) -19.1 (-24.3, -13.9) <u>Weight lb change</u> .80 (-5.79, 7.39)	<u>Weight in lb 52 weeks</u> 1. (23) -11.6 (-21.5, -1.7) 2. (20) -7 (-12.5, -1.5) <u>Weight lb 52 wks change</u> 4.60 (-3.33, 12.53)	At both periods men did better when treated alone, and women did better when treated in the together condition.
Cousin 632	Randomized: unclear Self-selected: yes Included: 20-100% above IBW, Mexican- Americans Mean age: ng Mean weight: ng Female/Total: 168/168	1. Manual only control 2. Individual group 3. Family group N=168	52 (12, 24 w)	Diet: 1200 Exercise: yes Behavioral: yes Format: group "Cuidando el Corazon" Frequency: qwx24 then qmo	not given	1. (27) 77 (72.6, 81.4) 2. (32) 78.1 (73.1, 83.1) 3. (27) 74.2 (69.1, 79.3)	1. -0.2 2. -3.3 3. -4.5 <u>Weight in kg change</u> <u>3 vs 1</u> -4.30 (-9.32, 0.72) <u>3 vs 2</u> -1.20 (-6.47, 4.07) <u>2 vs 1</u> -3.10 (-8.14, 1.94)		
Rosenthal 488	Randomized: unclear Self-selected: yes Included: >110% IBW Mean age: 34.5 Mean weight: 168.2 Female/Total: 43/43	1. No husband involvement 2. Partial husband involvement 3. Husband involvement N=43	16	Diet: no Exercise: no Behavioral: yes Format: group Frequency: q2w	14%	1. (ns) 170.1 (n/a, n/a) 2. (ns) 173 (n/a, n/a) 3. (ns) 162.8 (n/a, n/a)	1. (ns) -7.1 2. (ns) -10.9 3. (ns) -10.3 <u>3vs2 p=ns</u>	at 22 weeks 1. (12) -7.4 (n/a, n/a) 2. (13) -13 (n/a, n/a) 3. (12) -13 (n/a, n/a) at 3 years 1. (9) -8.0 2,3 (11) -9.6 *weight self-reported	
	Behavioral/Cognitive								
Delucia 738	Randomized: unclear Self-selected: yes Included: >115% IBW	1. Behavioral modification 2. Behavioral and cognitive intervention	10	Diet: no Exercise: no Behavioral: yes	not given	not given by groups	All subjects (63) -6.9 lb p<0.001 pre to post	All subjects At 3 months (63) -8.4	

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

Question 13C: What is the evidence that behavioral interventions in obese adults effect a change in weight?

Ref#	Design/ Demographics	Group description (N)	Length wks (F/U)	Adjuvant therapy Format Behavioral Frequency	Drop-out Total	Weight baseline (n) mean (95%CI)	Mean weight change (n) mean (95%CI)	Follow-up (n) mean (95%CI)	Comments
	Mean age: 43.6 Mean weight: 184.7 lb Female/Total: 56/63	N=63		Format: group Frequency: weekly				p<0.001 pre to f/u	
Kalodner 743	Randomized: unclear Self-selected: yes Included: >115% IBW Mean age: 40.6 Mean weight: 185.4 Female/Total: 60/69	1. Behavioral therapy 2. Behavior plus cognitive therapy 3. Behavior plus nutrition education 4. Behavior plus cognitive plus nutrition education N=69	10	Diet: no Exercise: no Behavioral: yes Format: group Frequency: weekly	12/69 (17%)	Not given by groups	All subjects (44) -6.8 lb p<0.01 pre to post	All subjects At 3 months (44) -9.0 lb p<0.01 pre to f/u At 6 months (44) -8.0 lb p<0.01 pre to f/u	
Bennett 479	Randomized: unclear Self-selected: no Included: >6.8 kg overweight Mean age: 40.2 Mean weight: 83.9 Female/Total: 74/74	1. Control (no contact) 2. Self-control (no direct advice) 3. Insight control 4. Cognitive rehearsal N=74	16 (12)	Diet: yes 1000 kcal below EER Exercise: no Behavioral: yes Format: group Frequency: weeks 4,5,6,7,9	not given	not given	1.(19) -4.32 (-1.9, -6.7) 2. (19) -3.49 (-1.7, -5.3) 3. (17) -5.93 (-4.3, -7.6) 4. (19) -5.8 (-3.8, -7.8) no statistics provided	At 12 months 1. (18) -2.17 (0.6, -5.0) 2. (17) -2.34 (-0.1, -4.5) 3. (16) -1.82 (0.8, -4.4) 4. (18) -3.36 (-0.7, -6.0)	
Bennett 480	Randomized: unclear Self-selected: no Included: >6.8 kg per Fogarty criteria Mean age: 40 Mean weight: 81.7 Female/Total: 48/48	1. Social pressure 2. Cues avoidance 3. Cognitive rehearsal N=48	16 (12)	Diet: yes 1000 kcal below EER Exercise: no Behavioral: yes Format: group Frequency: weeks 5,9,11,15	not given	not given	1. (8) -2.2 (-0.2, -4.2) 1b. (9) -5.8 (-2.6, -9.0) 2. (8) -5.8 (-2.5, -9.1) 2b. (7) - 9.6 (-7.8, -11.4) 3. (8) -1.2 (-2.3, -4.7) 3b. (8) -8.5 (-5.6, -11.4) no statistics provided		Groups stratified on the basis of their weight loss after 3 weeks of dieting pre-Randomized: 1. Social pressure, low previous weight loss 1b. Social pressure, previous high weight loss 2. Cues avoidance, previous low weight loss 2b. Cues avoidance, previous high weight loss 3. Cognitive rehearsal, previous low weight loss 3b. Cognitive rehearsal, previous high weight loss
Eldredge 70650	Randomized: unclear Self-selected: unclear Included: BMI ≥27 kg/m ² , binge eating disorder Mean age: 45.2	1. Waiting list 2. Cognitive-behavioral therapy	12	Diet: no Exercise: no Behavioral: yes Format: group	4/46	<u>BMI</u> 1. (NG) 44.5 2. (NG) 36.33	<u>BMI</u> 1. (NG) 44.73 2. (NG) 36.29		

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

Question 13C: What is the evidence that behavioral interventions in obese adults effect a change in weight?

Ref#	Design/ Demographics	Group description (N)	Length wks (F/U)	Adjuvant therapy Format Behavioral Frequency	Drop-out Total	Weight baseline (n) mean (95% CI)	Mean weight change (n) mean (95% CI)	Follow-up (n) mean (95% CI)	Comments
	Mean weight: 106.8 Female/Total: 44/46	N=46		Frequency: not given					
	Miscellaneous								
Perri 486	Randomized: unclear Self-selected: yes Included: 25-100% overweight Mean age: ng Mean weight: 98.4 Female/Total: 38/48	1. Standard behavioral therapy (20 weekly sessions) 2. Extended behavioral therapy (40 weekly sessions) N=48	20-40 weeks	Diet: no Exercise: no Behavioral: yes Format: group Frequency: weekly	not given	not given	1. (16) -8.89 (-11.4, -6.4) 2. (16) -13.6 (-18.4, -8.8) <u>Weight kg change</u> <u>2vs1</u> -4.71 (-8.42, -1.08)	<u>Weight in kg</u> 72 weeks 1. (16) -4.61 (-7.4, -1.9) 2. (16) -9.85 (-14.2, -5.5) <u>Weight kg</u> 72 weeks <u>2vs1</u> -5.24 (-8.73, -1.75)	
Schwartz 744	Randomized: unclear Self-selected: no Included: ng Mean age: ng Mean weight: ng Female/Total: ng/84	1. Control (received value self-confrontation last month) 2. Discussion group x 2 months followed by value self confrontation for last month 3. Value self-confrontation x 1 month followed by discussion for last 2 months N=84	12	Diet: no Exercise: no Behavioral: yes Format: group Frequency: monthly	1. 37% 2. 33% 3. 43%	not given	1. (19) 0.37 2. (24) -0.79 3. (30) -2.03 <u>3vs1</u> p<0.01 <u>3vs2</u> p<0.05 <u>2vs1</u> p=ns	<u>Weight in kg</u> 14 months 1. (18) -2.28 2. (17) -1.59 3. (25) -2.92 *reflects effect of self-value confrontation on groups 1 and 2	
Wadden 71267	Randomized: unclear Blinded patients: no Provider: no Outcome: no Mean age: 47.0 Mean weight: 97.6 Female/Total: 26/26	Not defined	52	Diet: 1200 kcal Exercise: yes Behavioral: yes LEARN Manual	None	<u>Weight (kg)</u> 1. (13) 98.5 (89, 108) 2. (13) 96.7 (90.4, 103)	<u>Weight loss</u> 1. (13) -13.9 (-19.7, -8) 2. (13) -15.4 (-20, -10.6)	<u>Weight loss</u> (4 weeks) 1. (13) -2.7 (-3.9, -1.4) 2. (13) -2.8 (-3.5, -2.1) <u>Weight loss</u> (10 weeks) 1. (13) -7.6 (-9.7, -5.5) 2. (13) -7.8 (-9.2, -6.3) <u>Weight loss</u> (18 weeks) 1. (13) -11.3 (-14.6, -7.9) 2. (13) -11.8 (-14.2, -9.3) <u>Weight loss</u> (26 weeks)	

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

Question 13C: What is the evidence that behavioral interventions in obese adults effect a change in weight?

Ref#	Design/ Demographics	Group description (N)	Length wks (F/U)	Adjuvant therapy Format Behavioral Frequency	Drop-out Total	Weight baseline (n) mean (95% CI)	Mean weight change (n) mean (95% CI)	Follow-up (n) mean (95% CI)	Comments
								1. (13) -12.6 (-16.9, -8.2) 2. (13) -14.2 (-17.9, -10.9) <u>Weight loss (34 weeks)</u> 1. (13) -13.2 (-17.9, -8.5) 2. (13) -14.6 (-18.4, -10.8) <u>Weight loss (42 weeks)</u> 1. (13) -13.4 (-18.5, -8.2) 2. (13) -15.5 (-19.8, -11.2)	
Jeffery 367	Randomized: unclear Self-selected: yes Included: 14 to 32 kg overweight Mean age: 37.5 Mean weight: 98.7 Female/Total: 101/202	1. Control 2. Standard behavioral treatment 3. Standard behavioral treatment plus food provision 4. Standard behavioral treatment plus monetary incentive 5. Standard behavioral treatment plus food provision plus monetary incentive N=202	72 (24, 52)	Diet: yes 1000-1500 kcal/d Exercise: yes 1000 kcal/w Behavioral: yes Format: group Frequency: qwx20 then qmo	not given	1. (ns) 88.2 2. (ns) 89.2 3. (ns) 88.1 4. (ns) 92.3 5. (ns) 91.1	1. (ns) 0.5 2. (ns) -3.5 3. (ns) -6 4. (ns) -3 5. (ns) -6 no statistics provided	<u>Weight in kg 120 weeks</u> 1. (ns) 0.6 2. (ns) -1.4 3. (ns) -2.2 4. (ns) -1.6 5. (ns) -1.6 5vs4 0.00 (-2.02, 2.02) 5vs3 0.60 (-1.61, 2.81) 5vs2 -0.20 (-2.70, 2.30) 4vs3 0.60 (-1.47, 2.67) 4vs2 -0.20 (-2.55, 2.15) 3vs2 -0.80 (-3.35, 1.75) 2vs1 -2.00 (-4.49, 0.49)	
Forster 481	Randomized: unclear Self-selected: yes Included: ng Mean age: 38 Mean weight: ng Female/Total: 108/131	1. Self-instruction, attendance optional 2. Self-instruction, attendance required 3. Group instruction, attendance optional 4. Group instruction, attendance required	24	Diet: yes not described Exercise: no Behavioral: yes Format: group Frequency: q2w	1. 18.8% 2. 26.3% 3. 18.8% 4. 20.7%	not given	<u>Weight in lb for men</u> 1. (8) -18.8 (-26.8, -10.8) 2. (2) -24.5 (-82.0, 33.0) 3. (5) -7.3 (-24.3, 9.7) 4. (4) -19.4 (-43.6, 4.8) <u>Weight in lb for women</u> 1. (18) -12.0 (-18.9, -5.3)	At 1 year 0. (107) -2.5 (-5.1, 0.1) *most weight self-reported	Attendance at group sessions and at weigh-ins was the strongest predictor of treatment success. Attendance of weigh-ins <10 (44) -4.3 ± 9.4 >10 (59) -10.8 ± 9.4 lb

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

Question 13C: What is the evidence that behavioral interventions in obese adults effect a change in weight?

Ref#	Design/ Demographics	Group description (N)	Length wks (F/U)	Adjuvant therapy Format Behavioral Frequency	Drop-out Total	Weight baseline (n) mean (95% CI)	Mean weight change (n) mean (95% CI)	Follow-up (n) mean (95% CI)	Comments
							2. (26) -10.9 (-14.5, -7.3) 3. (21) -10.7 (-14.6, -6.8) 4. (19) -11.3 (-18.2, -4.4) no statistics provided		p<0.0001 Attendance for group sessions <6 (n=26) -6.5 ± 10.9 lb >6 (n=23) -16.7 ± 11.2 lb p<0.003 Those who were the most overweight prior to entering the program lost the most weight, but were least likely to achieve their weight loss goals.
Jeffery 740	Randomized: unclear Self-selected: yes Included: ng Mean age: 38 Mean weight: ng Female/Total: ng/2041	1. Control (no intervention) 2. Behavioral therapy with payroll incentives	2 years	Diet: no Exercise: no Behavioral: no Format: group Frequency 4x 11 bi-weekly sessions	not reported	<u>BMI</u> 1. (ns) 26 mg/kg ² 2. (ns) 25.8 mg/kg ²	<u>BMI</u> 1. (ns) -0.05 mg/kg ² 2. (ns) -0.05 mg/kg ² <u>2vs1</u> p=ns *23% of BMI self-reported		
Jeffery 483	Randomized: no Self-selected: no Included: ng Mean age: ng Mean weight: 28.5 kg/m ² Female/Total: 824/1304	1. Newsletter program alone (\$5.00 non-refundable) 2. Newsletter plus incentive program (\$60.00 refundable according to weight loss success)	24 weeks	Diet: no Exercise: no Behavioral: yes Format: no contact Frequency: monthly	not given	not given	<u>Weight in lb self-reported, men</u> 1. (37) -5.86 2. (31) -10.55 <u>2vs1</u> -4.69 (-8.12, -1.26) <u>Weight in lb self-reported, women</u> 1. (65) -3.26 2. (70) -8.43 <u>2vs1</u> -5.17 (-7.08, -3.26)		Design: 2/3 of the households in Bloomington were randomly selected to be offered the newsletter-only program and 1/3 the newsletter plus incentive program. For efficacy measurement, a random sample of 106 participants in newsletter-only program and 105 participants in the newsletter plus incentive program were selected for interview. At baseline reported weights were 2.66 lb lower than measured weights for

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

Question 13C: What is the evidence that behavioral interventions in obese adults effect a change in weight?

Ref#	Design/ Demographics	Group description (N)	Length wks (F/U)	Adjuvant therapy Format Behavioral Frequency	Drop-out Total	Weight baseline (n) mean (95%CI)	Mean weight change (n) mean (95%CI)	Follow-up (n) mean (95%CI)	Comments
									women and 5.13 lb lower for men. At endpoint, men and women both underreported their weights by an average of 4.18 lb. The degree of discrepancy did not differ significantly by program option. Mean weight change adjusted for self-reported discrepancy group 1 men: -6.98 women: -2.38 group 2 men: -11.24 women: -6.38
Jeffery 741	Randomized: unclear Self-selected: yes Included: not given Mean age: 42.4 Mean weight: 178.5 Female/Total: 31/36	1. Control (waited 3 months) 2. Payroll-based incentives worksite weight loss program	24	Diet: yes Exercise: yes Behavioral: yes Format: group Frequency: q2w	1. 2/18 (11%) 2. 0/18	<u>Weight in lb</u> 1. (18) 178.9 2. (18) 178.2	<u>Weight in lb</u> 1. (16) -17 (-23.23, -10.77) 2. (18) -8.1 (-15.06, -1.14) <u>2vs1</u> 8.90 (2.53, 15.27)	<u>Weight in lb</u> 12 weeks 1. (ng) 2.7 (95%CI n/a, n/a) 2. (18) -4.6 (95%CI n/a, n/a) <u>2vs1</u> p<0.005	Weight measurements given at 3 months of therapy for group 2 and 3 months off therapy for group 1. At 6 months measurement, group 1 had 3 months of therapy and group 2 had 6 months. Adherence: Poor adherence at weigh-ins (defined as <50% of weigh-ins attended) was observed in 5 participants (distribution per group not given). Baseline: Incentive size group 1: \$11.47, group 2: \$9.39 Weight loss goal (lb) 24.8 22.0 Weight loss and % reaching goal as a function of selected criteria *includes data from

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

Question 13C: What is the evidence that behavioral interventions in obese adults effect a change in weight?

Ref#	Design/ Demographics	Group description (N)	Length wks (F/U)	Adjuvant therapy Format Behavioral Frequency	Drop-out Total	Weight baseline (n) mean (95% CI)	Mean weight change (n) mean (95% CI)	Follow-up (n) mean (95% CI)	Comments
									9 additional patients added after randomization.
Jeffery 680	Randomized: unclear Self-selected: no Included: 10-50% overweight Mean age: 45.7 Mean weight: 90 Female/Total: none/94	1. Group treatment 2. Individual counseling	20	Diet: yes kcal not given Exercise: no Behavioral: yes Format: individual vs group	1. 5/47 (10.6%) 2. 7/47 (14.9%)	<u>Weight in kg</u> 1. (42) 89.1 (95% CI 89.2, 92.0) 2. (40) 91.6 (95% CI 88.6, 94.6)	<u>Weight in kg</u> 1. (42) -6 (-7.0, -5.0) 2. (40) -5.7 (-6.6, -4.8) <u>2vs1</u> statistics not reported		
Wing 694	Randomized: unclear Self-selected: unclear Included: 13.6-31.8 kg above IBW Mean age: 37.4 Mean weight: 89.8 Female/Total: 101/202	Patients assigned to one to four groups which varied in the type of behavioral strategies used to promote adherence but not described further in this publication	20	Diet: yes Exercise: yes Behavioral: yes Format: group Frequency: weekly	not given	<u>Weight in kg</u> men (101) 96.25 (95%CI 94.84, 97.66) women (101) 83.42 (95%CI 80.60, 86.24)	<u>Weight in kg</u> men (101) -9.77 (95%CI -11.12, -8.42) women (101) -6.43 (95%CI -7.57, -5.29)		This publication reports correlation between weight loss and WHR. Included subjects from the TRIM study which had 4 groups with different behavioral interventions. The data presented in this publication were collapsed across treatment conditions because there were no significant effects of treatment independent of weight loss on the variables of interest. Therefore, data are reported according to gender rather than group.
Smith 71328	Randomized: unclear Self-selected: yes Included: diabetes, 120-200% desirable weight Mean age: 62.4 Mean weight: 34.7 kg/m ² Female/Total: 20/20	1. Behavioral modification 2. Behavioral modification with motivational interviewing	16	Diet: yes Exercise: yes Behavioral: yes Group1: weekly Group 2: weekly with 3 additional individual motivational interviewing	Not given	<u>BMI</u> (overall group) 34.7 (32.1, 37.3)	<u>Weight (kg)</u> 1. (10) -4.5 (-6, -2.9) 2. (6) -5.5 (-9.6, -1.4)		

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

Question 13C: What is the evidence that behavioral interventions in obese adults effect a change in weight?

Ref#	Design/ Demographics	Group description (N)	Length wks (F/U)	Adjuvant therapy Format Behavioral Frequency	Drop-out Total	Weight baseline (n) mean (95%CI)	Mean weight change (n) mean (95%CI)	Follow-up (n) mean (95%CI)	Comments
Jones 742	Randomized: unclear Self-selected: no Included: not specified Mean age: 50.3 Mean weight: 35.1 kg/m ² Female/Total: all	1. Received leaflet for cue avoidance and diary for self- monitoring in group therapy 2. Received leaflet for cue avoidance and diary for self- monitoring but individual treatment 3. Received leaflet for cue avoidance, no diary, group therapy 4. Received leaflet for cue avoidance, no diary, individual therapy 5. Received diary for self- monitoring, no leaflet, group therapy 6. Received diary for self- monitoring, no leaflet, individual therapy 7. No diary, no leaflet, group therapy 8. No diary, no leaflet, individual therapy	16	Diet: yes Exercise: no Behavioral: yes Format: group Frequency: monthly	1. 9/20 (45%) 2. 13/21 (57%) 3. 13/20 (65%) 4. 13/22 (59%) 5. 11/19 (58%) 6. 12/20 (60%) 7. 6/17 (35%) 8. 12/21 (57%)		<u>Weight in kg</u> 1. (11) -5.8 (-8.38, -3.22) 2. (8) -4.84 (-8.09, -1.59) 3. (7) -8.74 (-10.91, -6.57) 4. (9) -4.52 (-7.33, -1.71) 5. (8) -5.92 (-9.85, -1.99) 6. (8) -3.93 (-4.98, -2.88) 7. (9) -3.95 (-6.77, -1.13) 8. (9) -4.79 (-6.95, -2.63) <u>2vs1</u> 0.96 (-1.68, 3.60) <u>1vs3</u> 2.94 (0.68, 5.20) <u>2vs4</u> -0.32 (-3.08, 2.44) <u>1vs5</u> 0.12 (-2.81, 3.05) <u>2vs6</u> -0.91 (-3.10, 1.28) <u>7vs8</u> 0.84 (-1.47, 3.15)	<u>Weight in kg</u> 12 months 1. (11) -3.3 (-7.27, 0.67) 2. (8) -2.54 (-5.56, 0.48) 3. (7) 7.79 (2.97, 12.61) 4. (9) -5.06 (-11.14, 1.02) 5. (8) -6.27 (-10.95, -1.59) 6. (8) -2.1 (-4.26, 0.06) 7. (9) -2.33 (-6.22, 1.56) 8. (9) -3.07 (-7.17, 1.03) <u>2vs1</u> 0.76 (-2.60, 4.12) <u>1vs3</u> 4.49 (0.51, 8.47) <u>2vs4</u> 2.52 (-1.99, 7.03) <u>1vs5</u> 2.97 (-0.97, 6.91) <u>2vs6</u> -0.44 (-2.82, 1.94) <u>7vs8</u> 0.74 (-2.93, 4.41)	
Long 476	Randomized: unclear Self-selected: no Included: BMI >25 Mean age: 36.8 Mean weight: 33.5 kg/m ² Female/Total: all	1. Individual dietetic counseling 2. Group dietetic counseling 3. Group dietetic counseling and behavior therapy	16	Diet: yes Exercise: no Behavioral: yes Format: group Frequency: weekly	1. 4/12 (33%) 2. 2/12 (17%) 3. 2/12 (17%)	<u>Weight in kg</u> 1. (12) 96.5 2. (12) 99.3 3. (12) 98.2	<u>Weight in kg</u> 1. (8) -4.7 2. (10) -4.0 3. (10) -8.3 no significant difference between groups	<u>Weight in kg</u> 12 months 1. (7) -8.1 (median) 2. (7) -0.9 (median) 3. (9) -7.7 (median) <u>groups 1 and 3vs2</u> p<0.01	
Perri 487	Randomized: unclear Self-selected: yes Included: 20-100% >IBW Mean age: ng Mean weight: 95.4 Female/Total: 97/123	1. Behavior therapy no posttreatment therapist contact 2. Behavior therapy plus posttreatment therapist contact 3. Behavior therapy plus posttreatment therapist contact plus a social	20	Diet: no Exercise: yes Behavioral: yes Format: group Frequency: weekly	1. 5/21 (24%) 2. 6/25 (24%) 3. 6/25 (24%) 4. 8/26 (31%) 5. 7/26 (27%)	<u>Weight in kg</u> 1. (21) 89.03 2. (25) 97.37 3. (25) 96.94 4. (26) 95.21 5. (26) 97.4	<u>Weight in kg</u> 6 months 1. (16) -8.94 (95%CI -12.62, -5.26) 2. (19) -15.79 (95%CI -21.46, -10.12) 3. (19) -13.54 (95%CI -16.51, -10.57) 4. (18) -15.19 (95%CI -18.28, -12.10)	<u>Weight in kg</u> 12 months 1. (16) -5.67 (95%CI -9.35, -1.99) 2. (19) -12.88 (95%CI -18.88, -6.88) 3. (19) -13.35 (95%CI -16.90, -9.80) 4. (18) -12.97 (95%CI -16.76, -9.18)	

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

Question 13C: What is the evidence that behavioral interventions in obese adults effect a change in weight?

Ref#	Design/ Demographics	Group description (N)	Length wks (F/U)	Adjuvant therapy Format Behavioral Frequency	Drop-out Total	Weight baseline (n) mean (95%CI)	Mean weight change (n) mean (95%CI)	Follow-up (n) mean (95%CI)	Comments
		influence maintenance program 4. Behavior therapy plus posttreatment contact plus aerobic exercise maintenance program 5. Behavior therapy plus posttreatment contact plus both aerobic exercise and social influence maintenance program					5. (19) -17.75 (95%CI -23.37, -12.13)	5. (19) -15.7 (95%CI -22.59, -8.81) <u>Weight in kg 18 months</u> 1. (16) -3.6 (95%CI -6.89, -6.89) 2. (19) -11.41 (95%CI -17.26, -17.26) 3. (19) -8.43 (95%CI -12.03, -12.03) 4. (18) -9.14 (95%CI -12.33, -12.33) 5. (19) -13.54 (95%CI -20.85, -20.85)	
		Special population: Diabetes (n=3), CAD (n=1) (n=4), CAD (n=1) For glycemic control							
Glasgow 482	Randomized: unclear Self-selected: yes Included: diabetes Mean age: 67 Mean weight: 186.3 Female/Total: 64/102	1. Immediate intervention 2. Delayed intervention (3-month delay) N=102	12	Diet: yes 500-800 less Exercise: yes Max HR: 65-75% Frequency: qwx8 + 2 meetings Behavioral: yes Format: group 10 sessions	1. 0/52 2. 1/50	1. (52) 188 (178.5, 197.5) 2. (49) 184.5 (174.6, 194.4)	1. (52) -5.8 2. (49) -3.5* * at 6 months <u>2vs1</u> at 3 months <u>Weight change</u> 7.20 (-3.13, 17.53)	1. (48) -1.9* change -1.60 (-11.99, 8.79) * at 6 months	
Uusitupa 490	Randomized: unclear Self-selected: no Included: diabetes, >120% IBW Mean age: 53 Mean weight: 93 Female/Total: ng/88	1. Conventional diet education 2. Intensified diet education	52	Diet: yes individually tailored low fat Exercise: no Behavioral: yes Format unclear Frequency: q2w	1. 2/48 2. 0/40	<u>BMI</u> 1. (48) 32.7 (31.3, 34.1) 2. (40) 33.2 (31.4, 35.0)	<u>BMI</u> 1. (46) 31.9 (30.5, 33.3) 2. (40) 31.4 (29.8, 33.0) <u>2vs1</u> -1.0 (-2.6, 0.65)	<u>BMI</u> 108 weeks 1. (44) 32.2 (30.8, 33.6) 2. (38) 31.9 (30.3, 33.5) <u>2vs1</u> -0.8 (-2.4, 0.85)	

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

Question 13C: What is the evidence that behavioral interventions in obese adults effect a change in weight?

Ref#	Design/ Demographics	Group description (N)	Length wks (F/U)	Adjuvant therapy Format Behavioral Frequency	Drop-out Total	Weight baseline (n) mean (95%CI)	Mean weight change (n) mean (95%CI)	Follow-up (n) mean (95%CI)	Comments
Wing 493	Randomized: unclear Self-selected: unclear Included: >120% IBW and diabetes Mean age: 54 Mean weight: 98.2: Female/Total: 39/50	1. Behavioral therapy 2. Behavioral therapy with self-monitoring blood glucose levels N=50	52 (12)	Diet: yes 1000 kcal less than usual Exercise: yes encouraged Behavioral: yes Format: group Frequency: qwx12 then qmo	10%	1. (22) 96.35 (85.9, 106.8) 2. (23) 99.02 (92.0, 106.0)	1. -8.24 (-18, 1.73) 2. -4.1 (-11.63, 3.43) <u>2vs1</u> 4.14 (-4.41, 12.69)	none	Compliance: Patients who were compliant with either weight control or glucose monitoring requirement lost significantly more weight than those with lower levels of compliance but there was no evidence that patients in group 2 differed from group 1.
Muchmore 485	Randomized: unclear Self-selected: yes Included: BMI >27 diabetes Mean age: 58.7 Mean weight: 99.1 Female/Total: 14/23	1. Behavioral therapy 2. Behavioral therapy plus self-monitoring blood glucose levels N=23	28	Diet: yes 1. ADA diet 2. CHO counting to lose 0.5-1.0 kg/wk Exercise: no Behavioral: yes LEARN program Format: individual Frequency: qwx4 then qmo	none	<u>Weight in kg</u> 1. (11) 99.1 (91.1, 107.1) 2. (12) 99.1 (88.5, 109.7)	<u>Weight in kg</u> 44 weeks 1. (8) -5.1 2. (9) -5.2 <u>2vs1</u> -0.10 (-9.06, 8.86)		
	For weight control								
Heitzmann 739	Randomized: yes Self-selected: no Included: diabetes Mean age: 52.9 Mean weight: 179.8 lb Female/Total: 24/46	1. Relaxation control group 2. Behavioral modification 3. Cognitive modification N=46	7	Diet: yes dietary advice Exercise: yes encouraged Behavioral: yes Format: individual Frequency: weekly	not given	not given		only graphical representation <u>2vs1</u> p<0.05 <u>2vs3</u> p<0.05 Behavior modification group lost more weight	
	CAD								
Lovibond 484	Randomized: unclear Self-selected: yes Included: subjects at high risk of CAD includes non-overweight Mean age: ng Mean weight: ng Female/Total: 18/75	1. Basic behavioral therapy 2. Extended behavioral therapy 3. Maximal behavioral therapy N=75	24	Diet: yes kcal not given Exercise: yes aerobic, intensity not given Behavioral: yes Format: group alt individual	12%	1. (ns, overwgt) 86.1 2. (ns, overwgt) 84.7 3. (ns, overwgt) 86.4	1. (ns, overwgt) -5.15 2. (ns, overwgt) -8 3. (ns, overwgt) -10.35 <u>1vs2+3</u> , p=0.036 P critical=0.025	<u>At 52 weeks</u> 1. (ns, overwgt) -5.5 2. (ns, overwgt) -8.3 3. (ns, overwgt) -9.6	

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

Question 13C: What is the evidence that behavioral interventions in obese adults effect a change in weight?

Ref#	Design/ Demographics	Group description (N)	Length wks (F/U)	Adjuvant therapy Format Behavioral Frequency	Drop-out Total	Weight baseline (n) mean (95%CI)	Mean weight change (n) mean (95%CI)	Follow-up (n) mean (95%CI)	Comments
				Frequency: qwx8 then q2w					

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