

Appendix 1: Study details [posted as supplied by author]

Study and Country	WL details	WLM intervention(s)	WLM descriptions and mode of delivery
Agras 1996 USA	<p><i>Intervention:</i> 12 weeks of VLCD (800 kcal/day, Optifast) coupled with behaviour therapy</p> <p><i>Number included:</i> 201 <i>Dropout:</i> 12 (6%) <i>Weight loss:</i> -14.82 kg</p> <p><i>WLM entry criterion:</i> >5% of entry body weight</p>	<p><i>Interventions:</i> Four different refeeding conditions following WL through VLCD for 3M + behavioural group sessions 9M: (a) Standard food - time dependent; (b) Standard food - weight dependent; (c) Prepackaged food - time dependent; (d) prepackaged food - weight dependent Only the refeeding differed between the groups</p> <p><i>Diet:</i> (a-d) 3 months of gradual food reintroduction in 4 different ways, no details of diet following food reintroduction. <i>PA:</i> (a-d) increased physical activity levels in a graded manner</p> <p><i>Control:</i> none</p>	<p><i>Population:</i> Overweight women <i>BMI pre-WL:</i> 36.6 <i>Age:</i> 43.7 <i>Gender:</i> all female <i>Number included:</i> 189 <i>Dropout:</i> 5 (3%) <i>Treatment length:</i> 9 months (including 3 months different refeeding groups) <i>Study length:</i> 15 months</p> <p>Mode of delivery same for all 4 groups <i>Intervener:</i> Experienced doctoral-level therapists <i>Format/delivery:</i> Group <i>Setting:</i> no details <i>Number of contacts:</i> Total = 21 12 (weekly for 3 months) + 6 (biweekly for 3 months) + 3 (monthly for 3 months)</p>
Annunziato 2009 USA	<p><i>Intervention:</i> 8 weeks CBT treatment in the form of the Optitrim manual + meal replacement (1100 kcal/day)</p> <p><i>Number included:</i> 60 <i>Dropout:</i> 8 (13%) <i>Weight loss:</i> -10.65% of body weight</p> <p><i>WLM entry criterion:</i> none</p>	<p><i>Interventions:</i> (a) Experimental group: Lifestyle treatment with multi-component nutritional intervention (enhanced nutritional modification programme that emphasized the adoption of a diet lower in energy density) for 14 weeks + 1 Optifast replacement per day for 12 months (b) Intervention control group: Lifestyle treatment only for 14 weeks</p> <p><i>Diet:</i> (a) individualized estimates of their caloric requirements for maintenance + 1 Optifast replacement per day for 12 months + multi-component nutritional intervention (enhanced nutritional modification programme</p>	<p><i>Population:</i> Obese women <i>BMI pre-WL:</i> 31.89 <i>Age:</i> 46.71 <i>Gender:</i> all female <i>Number included:</i> 52 <i>Dropout:</i> 10 (19%) <i>Treatment length:</i> (a) 12 months (b) 3 months <i>Study length:</i> 12 months</p> <p><i>Intervener:</i> group leaders <i>Format/delivery:</i> group <i>Setting:</i> no details <i>Number of contacts:</i> Total = 14 14 (weekly 90 min sessions for 14 weeks)</p>

		that emphasized the adoption of a diet lower in energy density) for 14 weeks (b) individualized estimates of caloric requirements for maintenance PA: (a, b) "increasing exercise" <i>Control: none</i>	
Borg 2002 Finland	<p><i>Intervention:</i> 2-months LED (1200 kcal/day) for first and last week based on meal-exchange system, and VLED (500 kcal/day), Nutrilett</p> <p><i>Number included:</i> 90 <i>Dropout:</i> 8 (10%) <i>Weight loss:</i> -14.3 kg</p> <p><i>WLM entry criterion:</i> none</p>	<p><i>Interventions:</i> Two exercise & lifestyle groups, one behavioural only group (a) resistance training + group meetings (b) walking + group meetings (c) advised not to increase PA + group meetings</p> <p><i>Diet:</i> (a,b,c) Ad libitum, high-carbohydrate low-fat diet for weight maintenance <i>PA:</i> (a) Resistance training (45min 3xper wk) Training intensity set at 60–80% of repetitive maximum with eight repetitions and three sets in each exercise. Estimated gross energy expenditure of one strength training session was on average 300 kcal (b) Walking intervention (45min 3xper wk) Target intensity set at 60–70% of VO2max. Estimated gross energy expenditure of one exercise session was on average 400 kcal (c) advised not to increase physical activity</p> <p>After 6 months subjects were not given any specific instruction concerning physical activity or diet during follow-up.</p> <p><i>Control: none</i></p>	<p><i>Population:</i> Obese men <i>BMI pre-WL:</i> 32.9 <i>Age:</i> 43, range 34–50 <i>Gender:</i> all male <i>Number included:</i> 82 <i>Dropout:</i> 14 (17%) <i>Treatment length:</i> 6 months <i>Study length:</i> 29 months</p> <p><i>Intervener:</i> (a,b) Nutritionist + Exercise instructor for 1 session/wk; (c) Nutritionist <i>Format/delivery:</i> (a,b) group, (5 – 12 participants) + exercise classes; (c) group, (5 – 12 participants) <i>Setting:</i> no details <i>Number of contacts:</i> (a,b) Total = 102 72 (3 exercise classes x 6 mths) + 24 (weekly meetings x 6 mths) + 6 (monthly written materials x 6 mths) (c) Total = 30 24 (weekly meetings x 6 mths) + 6 (monthly written materials x 6 mths)</p>
Christensen 2013	<i>Interventions:</i> 16-week weight loss phase, participants randomly assigned	<p><i>Interventions:</i> (a) Diet (b) Exercise</p>	<p><i>Population:</i> Obese women and men with knee osteoarthritis <i>BMI pre-WL:</i> 37.3</p>

Denmark	<p>to :</p> <p>(a) 8 weeks of LED (810 kcal/day) + 8 weeks of hypo-energetic diet consisting of normal food plus two formula products daily (targeting ~1,200 kcal/day in total), or</p> <p>(b) 8 weeks of VLED (415 kcal/day) in an all-provided formula-diet period in a supervised dietary programme + 8 weeks of hypo-energetic diet consisting of normal food plus two formula products daily (targeting ~1,200 kcal/day in total)</p> <p><i>Number included:</i> 192 <i>Dropout:</i> 17 (9%) <i>Weight loss:</i> -10.3 kg</p> <p><i>WLM entry criterion:</i> none</p>	<p><i>Diet:</i> (a) provision of formula products (1 Cambridge Weight Plan product per day), no other details (b) no details <i>PA:</i> (a) no details (b) supervised exercise sessions consisted of a warm-up phase (10 min), a circuit training phase (45 min), and a cool down/stretching phase (5 min)</p> <p><i>Control:</i> (c) usual-care comparison group</p>	<p><i>Age:</i> 62.5* <i>Gender:</i> 52% female, 48% male* <i>Number included:</i> 175 <i>Dropout:</i> 16 (9%) <i>Treatment length:</i> (a,b) 12 months <i>Study length:</i> 12 months</p> <p><i>Intervener:</i> (a) dietician, (b) supervisor of exercise sessions (no details) <i>Format/delivery:</i> (a) no detail, (b) group <i>Setting:</i> (a) no details, (b) exercise venue (no details) <i>Number of contacts:</i> (a) Total = 52 52 (weekly sessions for approximately 1 h) (b) Total = 52 52 (exercise sessions for four periods of 12 weeks and one period of 4 weeks)</p>
Cussler 2008 USA	<p><i>Intervention:</i> 4 months of weekly group meetings for lifestyle change targeting small but lasting changes in eating and physical activity patterns, leading to a moderate daily energy deficit (300–500 kcal/d)</p> <p><i>Number included:</i> 161 <i>Dropout:</i> 25 (16%) <i>Weight loss:</i> -5.25 kg <i>WLM entry criterion:</i> none</p>	<p><i>Interventions:</i> (a) Internet intervention: Internet delivered lifestyle intervention</p> <p><i>Diet:</i> (a) None prescribed <i>PA:</i> (a) None prescribed</p> <p><i>Control:</i> (b) Self-directed weight management</p>	<p><i>Population:</i> Overweight/obese women <i>BMI pre-WL:</i> 31.1 <i>Age:</i> 48.0 <i>Gender:</i> all female <i>Number included:</i> 135 <i>Dropout:</i> 24 (18%) <i>Treatment length:</i> 12 months <i>Study length:</i> 12 months</p> <p><i>Intervener:</i> (a) Trainers, study staff <i>Format/delivery:</i> (a) Internet <i>Setting:</i> (a) Home <i>Number of contacts:</i> (a) Difficult to estimate due to</p>

			internet delivery. In theory total = 54 2 (2h internet classes) + 52 (log on an enter data at least once per week for 12 months)
Dale 2009 New Zealand	<p><i>Intervention:</i> various (community recruitment)</p> <p><i>Number included:</i> 200 <i>Dropout:</i> n/a <i>Weight loss:</i> -8.45 kg</p> <p><i>WLM entry criterion:</i> objective evidence of intentional weight loss of 5% in previous 6 months and BMI of 27 or greater</p>	<p><i>Interventions:</i> 2x2 factorial design: (a) Intensive support and high-carbohydrate diet; (b) Nurse support and high-carbohydrate diet; (c) Intensive support and high-monounsaturated-fat diet; (d) Nurse support and high-monounsaturated-fat diet.</p> <p><i>Diet:</i> (a,b) High-carbohydrate diet, 55% total energy from carbohydrates, 15%–20% from protein and 25%–30% from fat. (c,d) High-monounsaturated-fat diet, 25% total energy from protein, 21% from monounsaturated fat and 40% from carbohydrates. Both diets designed to have the same intakes of dietary fibre (30 g/day), saturated fat (8% total energy) and polyunsaturated fat (6% total energy). Diets were individually prescribed and based on food preferences.</p> <p><i>PA:</i> (a,c) Intensive support conditions received supervised circuit-type resistance-training sessions twice per week for 12 months. The circuit classes combined high-repetition, low-resistance weight-based training, cardiovascular training and moderate intensity aerobics (a,b,c,d) individualised exercise programme from an exercise consultant. The programme included type, duration and frequency of exercise with personalized goals.</p>	<p><i>Population:</i> Overweight/obese women <i>BMI pre-WL:</i> 31.85 <i>Age:</i> 46.0 <i>Gender:</i> all female <i>Number included:</i> 2 00 <i>Dropout:</i> 26 (13%) <i>Treatment length:</i> 24 months <i>Study length:</i> 24 months</p> <p><i>Intervener:</i> (a,b,c,d) Nutritionist, exercise consultant, general practitioner <i>Format/delivery:</i> (a,b,c,d) Individual, Internet (website in the second year), Group (3 optional ones) <i>Setting:</i> (a,c) private gym, no detail on other venues <i>Number of contacts:</i> (a,c) Total = 217 1 (meeting with nutritionist) + 1 (meeting with exercise consultant) + 1 (meeting with GP) + 3 (optional group sessions) + 11 (one-to-one visits throughout 2 years) + 200 (exercise 2 times per week for 100 weeks) (b,d) Total = 106 1 (meeting with nutritionist) + 1 (meeting with exercise consultant) + 1 (meeting with GP) + 3 (optional group sessions) + 50 (nurse visit every 2 weeks for 2 years) + 50 (phone calls every 2 weeks for 100 weeks)</p>

		<i>Control:</i> none	
Davidson 1999 USA, multicentre (n=18)	<p><i>Intervention:</i> 12 months of Orlistat 120 mg + controlled-energy diet (30% of kcal as fat; energy intake prescribed individually on the basis of estimated daily maintenance energy requirement [1.3x calculated basal metabolic rate] minus 2100 to 3360kJ/d) + 4 behaviour modification sessions</p> <p><i>Number included:</i> 668 <i>Dropout:</i> 210 (31%) <i>Weight loss:</i> -8.76 kg</p> <p><i>WLM entry criterion:</i> none</p>	<p><i>Interventions:</i> Three intervention groups: (a) Orlistat 60g + 4 behaviour modification sessions (b) Orlistat 120g + 4 behaviour modification sessions (c) Placebo + 4 behaviour modification sessions</p> <p><i>Diet:</i> (a,b,c) Weight-maintenance diet during year 2, as designed to help prevent or diminish weight regain rather than to produce further weight loss. <i>PA:</i> (a,b,c) Increase physical activity by walking briskly for 20 to 30 minutes 3 to 5 times per week.</p> <p><i>Control:</i> none</p>	<p><i>Population:</i> Obese women and men <i>BMI pre-WL:</i> 36.4 <i>Age:</i> 43.65* <i>Gender:</i> 84% female, 16% male* <i>Number included:</i> 443 <i>Dropout:</i> 137 (31%) <i>Treatment length:</i> 12 months <i>Study length:</i> 12 months</p> <p><i>Intervener:</i> (a,b,c) Dietitians <i>Format/delivery:</i> (a,b,c) no detail <i>Setting:</i> (a,b,c) Clinical research centres <i>Number of contacts:</i> (a,b,c) Total = 4 4 (4 behaviour modification sessions)</p>
Delbridge 2009 Australia	<p><i>Intervention:</i> 3 months of VLED, meal replacement (Optifast), 500–550 kcal/d</p> <p><i>Number included:</i> 179 <i>Dropout:</i> 38 (21%) <i>Weight loss:</i> -16.5 kg</p> <p><i>WLM entry criterion:</i> lose 10% of body weight</p>	<p><i>Interventions:</i> Two dietary intervention groups: (a) High protein + monthly counseling sessions (b) High carbohydrates + monthly counseling sessions</p> <p><i>Diet:</i> (a,b) Total energy expenditure calculated as BMR multiplied by an activity factor of 1.3 Reduce fat intake to <30%, emphasis on reducing saturated fat. Carbohydrates with a low glycemic index (GI) were recommended (a) 30% of their intake as protein (b) 15% of their intake as protein <i>PA:</i> (a,b) encouraged to practice healthy behaviours such as aerobic exercise ≥ 3 times/wk.</p>	<p><i>Population:</i> Overweight/obese women and men <i>BMI pre-WL:</i> 38.95 <i>Age:</i> 43.85 <i>Gender:</i> 50% female, 50% male <i>Number included:</i> 141 <i>Dropout:</i> 59 (42%) <i>Treatment length:</i> 12 months <i>Study length:</i> 12 months</p> <p><i>Intervener:</i> No details <i>Format/delivery:</i> (a,b) Individual (but not explicitly stated) + Group (cooking classes) <i>Setting:</i> (a,b) no detail <i>Number of contacts:</i> (a,b) Total = 12 12 (12 monthly counselling sessions) + no details on frequency of cooking classes</p>

		<i>Control:</i> none	
Elder 2012 USA	<p><i>Intervention:</i> 22 weeks of weekly group meetings during which participants were instructed and supported to reduce calories consumed and eat a healthy low-fat diet, rich in fruits and vegetables.</p> <p><i>Number included:</i> 472 <i>Dropout:</i> 187 (40%) <i>Weight loss:</i> -9.8 kg</p> <p><i>WLM entry criterion:</i> weight loss of >4.54kg</p>	<p><i>Interventions:</i> (a) Tapas Acupressure Technique– groups sessions in acupressure (b) Social Support – group social support sessions</p> <p><i>Diet:</i> (a,b) no details <i>PA:</i> (a,b) no details</p> <p><i>Control:</i> none</p>	<p><i>Population:</i> Obese women and men <i>BMI pre-WL:</i> not stated, 34.0 at baseline of WLM phase <i>Age:</i> 56 ±11 <i>Gender:</i> 79% female, 21% male <i>Number included:</i> 285 <i>Dropout:</i> 35 (12%) <i>Treatment length:</i> 6 months <i>Study length:</i> 12 months</p> <p><i>Intervener:</i> (a) certified TAT practitioner, (b) masters-level facilitators <i>Format/delivery:</i> (a,b) group <i>Setting:</i> (a,b) no details <i>Number of contacts:</i> (a) Total = 8 8 (group sessions of TAT in 6 months) (b) Total = 8 8 (group social support sessions)</p>
Fogelholm 2000 Finland	<p><i>Intervention:</i> 12 weeks of LED based on a meal-exchange system (weeks 1, 10-12) and VLED (Nutrilett, weeks 2-9) + weekly group sessions</p> <p><i>Number included:</i> 85 <i>Dropout:</i> 3 (4%) <i>Weight loss:</i> -13.1 ±3.5</p> <p><i>WLM entry criterion:</i> none</p>	<p><i>Interventions:</i> (a) Walking programme 1: 2-3h walking (1000Kcal) + weekly meetings (b) Walking programme 2: 4-6h walking (2000Kcal) + weekly meetings (c) Weekly meetings</p> <p><i>Diet:</i> (a,b,c) All subjects were instructed to follow a low-fat diet <i>PA:</i> (a) walking programme targeted to expend 4.2 MJ/wk. On the average, subjects were prescribed to walk 2 to 3 hours weekly. (b) walking programme of 8.4 MJ/wk. On the average, subjects were prescribed to walk 4 to 6 hours weekly.</p>	<p><i>Population:</i> Obese women <i>BMI pre-WL:</i> 34.0 <i>Age:</i> 40 years* <i>Gender:</i> all female <i>Number included:</i> 82 <i>Dropout:</i> 3 (10%) <i>Treatment length:</i> 40 weeks <i>Study length:</i> 33 months</p> <p><i>Intervener:</i> (a,b) exercise instructor (a,b,c) unclear if nutritionist as in WL phase <i>Format/delivery:</i> (a,b,c) Group <i>Setting:</i> (a,b,c) Clinic, otherwise unclear <i>Number of contacts:</i> (a,b) Total = 40 or 80 40 (Weekly walking sessions) 40 (weekly meetings)</p>

		<i>Control:</i> none	Unclear if walking and maintenance meetings were at the same time or not. (c) Total = 40 40 (weekly meetings)
Harvey-Berino 2002 USA	<i>Interventions:</i> 6 months of in-person behavioural obesity treatment with reduced energy intake of 1000 – 2500 kcal per day and gradually increase lifestyle activity <i>Number included:</i> 122 <i>Dropout:</i> 18% <i>Weight loss:</i> -9.5 ±5.9 kg <i>WLM entry criterion:</i> none	<i>Interventions:</i> (a) Frequent in-person support (b) Minimal in-person support (c) Internet support <i>Diet:</i> (a,b,c) no details <i>PA:</i> (a,b,c) no details <i>Control:</i> none	<i>Population:</i> Overweight/obese women and men <i>BMI pre-WL:</i> 32.2 <i>Age:</i> 48.4 ±9.6* <i>Gender:</i> 85% female, 15% male* <i>Number included:</i> 100 <i>Dropout:</i> 10 (10%) <i>Treatment length:</i> 12 months <i>Study length:</i> 12 months <i>Intervener:</i> (a,c) group therapist, (b) Study co-authors for orientation session, group therapist <i>Format/delivery:</i> (a) Group sessions, + individual phone call, (b) Internet chat sessions, email, (c) Group sessions <i>Setting:</i> (a,c) no detail, (b) internet <i>Number of contacts:</i> (a) Total = 52 26 (biweekly meetings for 52 weeks) + 26 (biweekly phone calls) (b) Total = 6 6 (monthly group meetings for 6 months) (c) Total = 53 1 (initial technical orientation session) + 26 (bi-weekly internet chat sessions) + 26 (biweekly emails)
Harvey-Berino 2004 USA, multicentre (n=10)	<i>Intervention:</i> 6 months of in-person behavioural obesity treatment with reduced energy intake of 1000 – 2500 kcal per day and gradually increase lifestyle activity <i>Number included:</i> 255	<i>Interventions:</i> (a) Frequent in-person support (b) Minimal in-person support (c) Internet support <i>Diet:</i> (a,b,c) continue with diet prescriptions <i>PA:</i> (a,b,c) continue with exercise prescriptions <i>Control:</i> none	<i>Population:</i> Overweight/obese women and men <i>BMI pre-WL:</i> 31.8 <i>Age:</i> 46.1 <i>Gender:</i> 84% female, 16% male <i>Number included:</i> 232 <i>Dropout:</i> 56 (24%) <i>Treatment length:</i> 12 months <i>Study length:</i> 12 months

	<p><i>Dropout:</i> 23 (9%) <i>Weight loss:</i> -7.8 kg</p> <p><i>WLM entry criterion:</i> none</p>		<p><i>Intervener:</i> (a,b) Master's level dietitian trained in behavioural weight control techniques, (b) study co-authors for orientation session</p> <p><i>Format/delivery:</i></p> <p><i>Setting:</i> (a) local ITV studio + home for phone calls (b) Internet (c) local ITV studio</p> <p><i>Number of contacts:</i> (a) Total = 52 26 (biweekly meetings for 52 weeks) + 26 (biweekly phone calls) (b) Total = 6 6 (monthly group meetings for 6 months) (c) Total = 53 1 (initial technical orientation session) + 26 (bi-weekly internet chat sessions) + 26 (biweekly emails)</p>
<p>Hill 1999</p> <p>USA, multicentre (n=17)</p>	<p><i>Intervention:</i> 6 months of behavioural modification programme + nutritionally balanced, hypoenergetic diet (deficit of 4180 kJ/d) containing 30% of energy as fat, 50% as carbohydrate, and 20% as protein and increase physical activity (brisk walking for 20–30 min 5 times/wk)</p> <p><i>Number included:</i> 1313 <i>Dropout:</i> 584 (44%) <i>Weight loss:</i> -10.1 kg</p> <p><i>WLM entry criterion:</i> ≥8% loss of initial body weight</p>	<p><i>Interventions:</i> (a) Orlistat 30mg + dietary and behavioural counseling (b) Orlistat 60mg + dietary and behavioural counseling (c) Orlistat 120mg + dietary and behavioural counseling (d) Placebo intervention group + dietary and behavioural counseling</p> <p><i>Diet:</i> (a,b,c,d) Increase in energy intake prescribed to match anticipated metabolic requirements. If participants gained weight participants were encouraged to maintain this higher weight <i>PA:</i> (a,b,c,d) no details</p> <p><i>Control:</i> none</p>	<p><i>Population:</i> Overweight/obese women <i>BMI pre-WL:</i> 32.8 <i>Age:</i> 46.3* <i>Gender:</i> all female <i>Number included:</i> 729 <i>Dropout:</i> 192 (26%) <i>Treatment length:</i> 12 months <i>Study length:</i> 12 months</p> <p><i>Intervener:</i> (a,b,c,d) no details <i>Format/delivery:</i> (a,b,c,d) no details <i>Setting:</i> (a,b,c,d) no details <i>Number of contacts:</i> (a,b,c,d) behavioural counseling provided throughout for 12 months, but no details on intensity</p>
<p>King 1989</p>	<p><i>Intervention:</i> (a) 12 months of diet,</p>	<p><i>Interventions:</i> (a) Mail/telephone contact for diet</p>	<p><i>Population:</i> Overweight/obese men <i>BMI pre-WL:</i> no detail, 92.5kg baseline weight</p>

USA	<p>consisting of moderate energy restriction without change in exercise; or (b) exercise, consisting of increased physical activity, principally running, without change in diet</p> <p><i>Number included:</i> 103 <i>Dropout:</i> 13 (13%) <i>Weight loss:</i> -6.02 kg</p> <p><i>WLM entry criterion:</i> none</p>	<p>(b) Mail/telephone contact for exercise</p> <p><i>Diet:</i> (a) Mail/telephone support for WL diet, (b) none <i>PA:</i> (a) none, (b) Mail/telephone support for WL exercise</p> <p><i>Control:</i> (c) Dietary information (d) Exercise information</p>	<p><i>Age:</i> 44.7* <i>Gender:</i> all male <i>Number included:</i> 90 <i>Dropout:</i> 18 (20%) <i>Treatment length:</i> 12 months <i>Study length:</i> 12 months</p> <p><i>Intervener:</i> (a,b) no details <i>Format/delivery:</i> (a,b) postal mail and telephone <i>Setting:</i> (a,b) home <i>Number of contacts:</i> (a,b) Total = 16 12 (monthly mailings) + 4 (telephone contacts at 3, 6, 9, 12 months lasting 5-10 minutes)</p>
Kramer 1986 USA	<p><i>Intervention:</i> 15 week weight loss programme</p> <p><i>Number included:</i> 139 <i>Dropout:</i> 54 (39%) <i>Weight loss:</i> -13.2 kg</p> <p><i>WLM entry criterion:</i> 10% or more of their body weight</p>	<p><i>Interventions:</i> (a) Skills focus programme (b) Weight focus programme</p> <p><i>Diet:</i> (a) seasonally appropriate dietary information (b) no details <i>PA:</i> (b) seasonally appropriate physical activity information (b) no details</p> <p><i>Control:</i> (c) no treatment control</p>	<p><i>Population:</i> Overweight/obese women and men <i>BMI pre-WL:</i> no details, 99.3kg baseline weight <i>Age:</i> 43.8 <i>Gender:</i> 42% female, 58% male <i>Number included:</i> 85 <i>Dropout:</i> 2 (2%) <i>Treatment length:</i> 12 months <i>Study length:</i> 12 months</p> <p><i>Intervener:</i> no details <i>Format/delivery:</i> (a,b) Group (approximately 15 people) <i>Setting:</i> no details <i>Number of contacts:</i> Total = 12 (a,b) 12 (monthly group meetings)</p>
Lantz 2003 Sweden	<p><i>Intervention:</i> 16 weeks of VLCD (Modifast) with daily energy intake of 450 kcal</p> <p><i>Number included:</i> 334 <i>Dropout:</i> no details <i>Weight loss:</i> -21.6 kg</p>	<p><i>Interventions:</i> (a) Intermittent group: VLCD every 3 months for 2 weeks (b) On demand group: VLCD when weight regain occurred</p> <p><i>Diet:</i> (a) Individualized hypocaloric diet (minus 500 kcal day⁻¹) + VLCD every 3 months for 2</p>	<p><i>Population:</i> Obese women and men <i>BMI pre-WL:</i> 40.0 <i>Age:</i> 41.6* <i>Gender:</i> 74% female, 26% male* <i>Number included:</i> 334 <i>Dropout:</i> 217 (65%) <i>Treatment length:</i> 20 months <i>Study length:</i> 20 months</p>

	<p><i>WLM entry criterion:</i> none</p>	<p>weeks (b) Individualized hypocaloric diet (minus 500 kcal day⁻¹) + VLCD when weight regain occurred <i>PA:</i> (a,b) no details</p> <p><i>Control:</i> none</p>	<p><i>Intervener:</i> (a,b) Physician, dietician, study nurse <i>Format/delivery:</i> (a,b) individual <i>Setting:</i> (a,b) university hospital <i>Number of contacts:</i> (a,b) Total= 37 5 appointments with physician (randomization, month 6, 12, 18, 24) 11 appointments with a dietician (randomization and weeks 10, 16, 18, 22, 36, 40, 56, 68, 80 and 92), 21 appointments with a study nurse (randomization and weeks 1, 2, 4, 6, 8, 12, 14, 18, 20, 24, 32, 44, 48, 60, 64, 72, 84, 88, 96 and 100)</p>
<p>Larsen 2006 Denmark</p>	<p><i>Intervention:</i> Dietary run-in with energy restriction (3300–4200 kJ/d)</p> <p><i>Number included:</i> 122 <i>Dropout:</i> 21 (17%) <i>Weight loss:</i> -12 kg</p> <p><i>WLM entry criterion:</i> ≥8% loss of initial body weight</p>	<p><i>Interventions:</i> (a) CLA capsules + diet + educational diet programme (b) Placebo + diet + educational diet programme</p> <p><i>Diet:</i> (a) modest hypocaloric diet of ~-1250 kJ/d + 6 x 750 mg CLA capsules (TONALIN). CLA content of the capsules was ~80% of the total lipid content (~3.4 g CLA/d), consisting of 39% c9,t11 CLA and 41% t10,c12 CLA as triacylglycerols; the remaining 20% of the lipid content consisted of other triacylglycerols, as analyzed by the manufacture (b) modest hypocaloric diet of ~-1250 kJ/d + 6 placebo capsules (4.5 g olive oil) per day <i>PA:</i> (a,b) No details</p> <p><i>Control:</i> none</p>	<p><i>Population:</i> Obese women and men <i>BMI pre-WL:</i> no details, 97.5kg at baseline <i>Age:</i> 42.5 <i>Gender:</i> 56% female, 44% male <i>Number included:</i> 101 <i>Dropout:</i> 24 (24%) <i>Treatment length:</i> 12 months <i>Study length:</i> 12 months</p> <p><i>Intervener:</i> (a,b) dietitians <i>Format/delivery:</i> (a,b) individual <i>Setting:</i> (a,b) no detail, presumably clinic <i>Number of contacts:</i> (a,b) Total = 14 14 (individual consultations throughout the treatment period, around 1 consultation a month)</p>
<p>Leermakers 1999 USA</p>	<p><i>Intervention:</i> 6-month behavioural group weight-loss programme with average caloric intake of 1,200 kcal per day for women and 1,500 kcal per day for men and</p>	<p><i>Interventions:</i> (a) Exercise focused maintenance (b) Weight focused maintenance</p> <p><i>Diet:</i> (a,b) maintain a caloric intake of 1,200 kcal/day for women or 1,500 kcal/day for men</p>	<p><i>Population:</i> Overweight/obese men and women <i>BMI pre-WL:</i> not stated, 30.8 ±4.5 at start of WLM phase <i>Age:</i> 50.8 <i>Gender:</i> 80% female, 20% male <i>Number included:</i> 67</p>

	<p>to limit fat intake to 30% of total kcal per day and gradually worked toward an exercise goal of walking 30 minutes per day, 5 days a week</p> <p><i>Number included:</i> 108 <i>Dropout:</i> 39 (36%) <i>Weight loss:</i> -8.8 kg</p> <p><i>WLM entry criterion:</i> none</p>	<p>and to limit their intake of fats to less than 30% of total energy intake <i>PA:</i> (a,b) walk 30 minutes per day, 5 days per week (intervention focus differed between groups, e.g. the exercise focused group got rewarded contingent on achieving exercise goals)</p> <p><i>Control:</i> none</p>	<p><i>Dropout:</i> 18 (28%) <i>Treatment length:</i> 12 months <i>Study length:</i> 12 months</p> <p><i>Intervener:</i> (a) Clinical psychology graduate students (a,b) Clinical psychology graduate students, therapist <i>Format/delivery:</i> (a,b) Group session <i>Setting:</i> (a,b) No details <i>Number of contacts:</i> (a,b) Total = 13 13 (biweekly group sessions for 6 months)</p>
<p>Lowe 2008 USA</p>	<p><i>Intervention:</i> 8 weeks meal replacement (Optifast), 1,100 kcal/day diet and increasing exercise to at least 30 min on most days of the week</p> <p><i>Number included:</i> 103 <i>Dropout:</i> 23 (22%) <i>Weight loss:</i> -7.6 ± 2.6 kg</p> <p><i>WLM entry criterion:</i> none</p>	<p><i>Interventions:</i> (a) CBT (b) CBT plus EFMA (Enhanced Food Monitoring accuracy) (c) CBT plus EFMA plus a REDE (Reduced Energy Density Eating) programme</p> <p><i>Diet:</i> (a) follow the food guide pyramid and Dietary Guidelines for Americans (b) follow the food guide pyramid and Dietary Guidelines for Americans + skills for accurate food recordings (c) follow the food guide pyramid and Dietary Guidelines for Americans + skills for accurate food recordings + Reduced Energy Density Eating <i>PA:</i> (a,b,c) no details</p> <p><i>Control:</i> none</p>	<p><i>Population:</i> Overweight/obese women <i>BMI pre-WL:</i> 31.9 <i>Age:</i> 43.9* <i>Gender:</i> all female <i>Number included:</i> 80 <i>Dropout:</i> 18 (23%) <i>Treatment length:</i> 12 months <i>Study length:</i> 15 months</p> <p><i>Intervener:</i> (a,c) no details (b) Group leader <i>Format/delivery:</i> (a,b,c) Group sessions <i>Setting:</i> (a,b,c) no details <i>Number of contacts:</i> (a,b,c) Total = 14 14 (weekly maintenance sessions for 14 weeks)</p>
<p>Pasman 1997 Netherlands</p>	<p><i>Intervention:</i> 2 months of VLCD, 2 MJ/d</p> <p><i>Number included:</i> 48 <i>Dropout:</i> 9 (19%)</p>	<p><i>Intervention:</i> (a) Fibre supplement</p> <p><i>Diet:</i> (a) Fibre supplement, no further details (b) no details</p>	<p><i>Population:</i> Overweight/obese women <i>BMI pre-WL:</i> 33.2 <i>Age:</i> 41.4 <i>Gender:</i> all female <i>Number included:</i> 39</p>

	<p><i>Weight loss:</i> -10.7 kg</p> <p><i>WLM entry criterion:</i> >5kg of weight loss</p>	<p><i>PA:</i> (a,b) no details</p> <p><i>Control:</i> No intervention control (No placebo for this fibre supplement was available)</p>	<p><i>Dropout:</i> 8 (21%)</p> <p><i>Treatment length:</i> 14 months</p> <p><i>Study length:</i> 14 months</p> <p><i>Intervener:</i> (a,b) no details</p> <p><i>Format/delivery:</i> (a,b) no details</p> <p><i>Setting:</i> (a,b) home</p> <p><i>Number of contacts:</i> (a,b) no details</p>
<p>Pasman2 1997</p> <p>Netherlands</p>	<p><i>Intervention:</i> 2 months of VLCD, 2 MJ/d</p> <p><i>Number included:</i> 49</p> <p><i>Dropout:</i> 10 (20%)</p> <p><i>Weight loss:</i> -9.0</p> <p><i>WLM entry criterion:</i> none</p>	<p><i>Interventions:</i> (a) 50 g Carbohydrate +200 2g chromium-picolinate + 20 g fiber + 100 mg caffeine (CHO+) (b) 50 g Carbohydrate (CHO)</p> <p><i>Diet:</i> (a) CHO+ supplement + no further details (b) COH supplement + no further details</p> <p><i>PA:</i> (a,b,c) no details</p> <p><i>Control:</i> no intervention control group</p>	<p><i>Population:</i> Overweight/obese women</p> <p><i>BMI pre-WL:</i> 31.2</p> <p><i>Age:</i> 34.8</p> <p><i>Gender:</i> all female</p> <p><i>Number included:</i> 39</p> <p><i>Dropout:</i> 6 (15%)</p> <p><i>Treatment length:</i> 14 months</p> <p><i>Study length:</i> 14 months</p> <p><i>Intervener:</i> (a,b) no details</p> <p><i>Format/delivery:</i> (a,b) no details</p> <p><i>Setting:</i> (a,b) home</p> <p><i>Number of contacts:</i> (a,b) no details</p>
<p>Perri 1984</p> <p>USA</p>	<p><i>Intervention:</i> 14 weekly group sessions of standard behavioural treatment</p> <p><i>Number included:</i> 56</p> <p><i>Dropout:</i> 56</p> <p><i>Weight loss:</i> unclear</p> <p><i>WLM entry criterion:</i> none</p>	<p><i>Interventions:</i> (a) Maintenance booster session (b) Multicomponent-maintenance-programme</p> <p><i>Diet:</i> no detail</p> <p><i>PA:</i> no detail</p> <p><i>Control:</i> none</p>	<p><i>Population:</i> Overweight/obese women and men</p> <p><i>BMI pre-WL:</i> no detail, 78.5kg at baseline</p> <p><i>Age:</i> no detail</p> <p><i>Gender:</i> 80% female, 20% male*</p> <p><i>Number included:</i> 56</p> <p><i>Dropout:</i> 13 (23%)</p> <p><i>Treatment length:</i> 12 months</p> <p><i>Study length:</i> 21 months</p> <p><i>Intervener:</i> clinical psychologist and a psychology intern</p> <p><i>Format/delivery:</i> (a) Group, (b) Group, mail and phone</p> <p><i>Setting:</i> (a) no detail, (b) no detail for booster, home</p> <p><i>Number of contacts:</i> (a) Total = 6</p>

			6 (biweekly booster sessions) (b) Total = 58 6 (biweekly bester sessions) + 52 (weekly therapist phone calls)
Perri 1984 USA	<i>Intervention:</i> 15 weeks of weekly group sessions, each 2 hour in duration. Three different types of sessions: (a) Nonbehavioural therapy. (b) Behaviour therapy including exchange list diet plans (c) Behaviour therapy including exchange list diet plans plus relapse prevention training <i>Number included:</i> 129 <i>Dropout:</i> 28 (22%) <i>Weight loss:</i> -8.5 kg <i>WLM entry criterion:</i> none	<i>Interventions:</i> (a) Client-therapist contact by mail and telephone <i>Diet:</i> (a) no detail <i>PA:</i> (a) no detail <i>Control:</i> (b) no treatment control	<i>Population:</i> Overweight/obese women and men <i>BMI pre-WL:</i> no details, 88.6 kg at baseline <i>Age:</i> 38.8* <i>Gender:</i> 89% female, 11% male* <i>Number included:</i> 101 <i>Dropout:</i> 8 (8%) <i>Treatment length:</i> 6 months <i>Study length:</i> 12 months <i>Intervener:</i> (a) therapists <i>Format/delivery:</i> (a) postal mail and telephone <i>Setting:</i> (a) home <i>Number of contacts:</i> (a) Total = 19 12 (weekly phone contact for 12 weeks) + 7 (7 phone contacts during next 12 weeks) +
Perri 1986 USA	<i>Intervention:</i> 20 weeks of weekly group therapy sessions, each 2 hours in duration. Three different types of sessions: (a) behaviour therapy (b) behaviour therapy plus aerobic exercise <i>Number included:</i> 90	<i>Interventions:</i> (a) Multicomponent maintenance programme of enhanced support and advice during the posttreatment period <i>Diet:</i> no detail <i>PA:</i> no detail <i>Control:</i> (b) no treatment control	<i>Population:</i> Overweight/obese women and men <i>BMI pre-WL:</i> no details, 92.1 kg at baseline <i>Age:</i> 43.30 <i>Gender:</i> 84% female, 16% male <i>Number included:</i> 72 <i>Dropout:</i> 4 (6%) <i>Treatment length:</i> 12 months <i>Study length:</i> 18 months <i>Intervener:</i> (a) therapists <i>Format/delivery:</i> (a) postal mail and telephone

	<p><i>Dropout:</i> 8 (20%) <i>Weight loss:</i> - 9.45 kg</p> <p><i>WLM entry criterion:</i> none</p>		<p><i>Setting:</i> (a) home <i>Number of contacts:</i> (a) Total = 52 52 (weekly therapist phone calls for 12 months)</p>
Perri 1987 USA	<p><i>Intervention:</i> 20 weeks of weekly group sessions therapy sessions <i>Number included:</i> 109 <i>Dropout:</i> 24 (22%) <i>Weight loss:</i> -10.69 kg</p> <p><i>WLM entry criterion:</i> none</p>	<p><i>Interventions:</i> (a) Peer self-help group maintenance programme (b) Therapist-contact maintenance programme</p> <p><i>Diet:</i> no detail <i>PA:</i> no detail</p> <p><i>Control:</i> (c) no treatment control</p>	<p><i>Population:</i> Overweight/obese women and men <i>BMI pre-WL:</i> no details, 90.7 kg at baseline <i>Age:</i> no details, inclusion criteria between 21-60 years <i>Gender:</i> 80% female, 20% male* <i>Number included:</i> 85 <i>Dropout:</i> 10 (12%) <i>Treatment length:</i> 7 months <i>Study length:</i> 18 months</p> <p><i>Intervener:</i> (a) peer support, (b) therapist <i>Format/delivery:</i> (a, b) group <i>Setting:</i> (a) meeting place equipped with a balance beam scale (b) no details <i>Number of contacts:</i> (a, b) Total = 15 15 biweekly maintenance sessions</p>
Perri 1988 USA	<p><i>Intervention:</i> 20 weeks of weekly group sessions, each 2 hour in duration including aerobic exercise (80 min per week)</p> <p><i>Number included:</i> 123 <i>Dropout:</i> 29 (24%) <i>Weight loss:</i> -12.45 kg</p> <p><i>WLM entry criterion:</i> none</p>	<p><i>Interventions:</i> (a) Post-treatment contact (b) Post-treatment contact plus social influence maintenance programme (c) Post-treatment contact plus aerobic exercise maintenance programme (d) Post-treatment contact plus both the aerobic exercise and social influence maintenance programmes</p> <p><i>Diet:</i> (a,b,c,d) no detail <i>PA:</i> (a,b) maintain their aerobic exercise levels at 80 min per week (c,d) prescribed frequency and duration of aerobic exercise were increased gradually from 20 min per day, 4 days per week, to 30 min per</p>	<p><i>Population:</i> Overweight/obese women and men <i>BMI pre-WL:</i> no details, 95.2 kg at baseline <i>Age:</i> no details, inclusion criteria between 22-59 years <i>Gender:</i> 79% female, 19% male* <i>Number included:</i> 94 <i>Dropout:</i> 3 (3%) <i>Treatment length:</i> 12 months <i>Study length:</i> 18 months</p> <p><i>Intervener:</i> (a,b,c,d) Five teams of therapists: a clinical psychologist paired with either a physician or a nurse practitioner <i>Format/delivery:</i> (a,b,c,d) Group <i>Setting:</i> (a,b,c,d) no detail <i>Number of contacts:</i> (a,b,c,d) Total = 26 26 (biweekly biweekly contacts for 12 months)</p>

		day, 6 days per week (i.e., from 80 to 180 min per week).	
		<i>Control:</i> (e) no intervention control	
Perri 2001 USA	<p><i>Intervention:</i> 20 weeks of weekly group sessions of behaviour therapy including low calorie (i.e. 1.200kcal per day for women) low fat (i.e. 25% of total kcal per day) diet and home based walking programme consisting of 30 min per day, 5 days per week.</p> <p><i>Number included:</i> 103 <i>Dropout:</i> 23 (22%) <i>Weight loss:</i> -8.74 kg</p> <p><i>WLM entry criterion:</i> none</p>	<p><i>Interventions:</i> (a) Relapse Prevention Therapy (RPT) (b) Problem-solving therapy (PST)</p> <p><i>Diet:</i> (a,b,c) no detail <i>PA:</i> (a,b,c) no detail</p> <p><i>Control:</i> (c) no intervention control</p>	<p><i>Population:</i> Overweight/obese women (men excluded from analysis as too few available) <i>BMI pre-WL:</i> 35.8 <i>Age:</i> 46.6 <i>Gender:</i> all female <i>Number included:</i> 80 <i>Dropout:</i> 22 (28%) <i>Treatment length:</i> 12 months <i>Study length:</i> 17 months</p> <p><i>Intervener:</i> Group leaders <i>Format/delivery:</i> (a,b) group <i>Setting:</i> no detail <i>Number of contacts:</i> Total = 26 (a,b) 26 (biweekly sessions for 12 months)</p>
Perri 2008 USA	<p><i>Intervention:</i> Behaviour therapy of 20 weekly group sessions, each 2 hour in duration including low-calorie eating plan (1200 kcal/d) and increased physical activity (30 min/d of walking)</p> <p><i>Number included:</i> 298 <i>Dropout:</i> 64 (21%) <i>Weight loss:</i> -10.0 kg</p> <p><i>WLM entry criterion:</i> none</p>	<p><i>Interventions:</i> (a) Telephone Counseling (b) Face-to-Face Counseling</p> <p><i>Diet:</i> maintaining eating behaviours required for sustaining lost weight <i>PA:</i> maintaining exercise behaviours required for sustaining lost weight</p> <p><i>Control:</i> no intervention control</p>	<p><i>Population:</i> Obese women <i>BMI pre-WL:</i> 36.8 <i>Age:</i> 59.4* <i>Gender:</i> all female <i>Number included:</i> 234 <i>Dropout:</i> 14 (6%) <i>Treatment length:</i> 12 months <i>Study length:</i> 12 months</p> <p><i>Intervener:</i> Counselors <i>Format/delivery:</i> (a) telephone, (b) home <i>Setting:</i> (a) Home, (b) Cooperative Extension Service offices <i>Number of contacts:</i> (a,b) Total = 26 26 (biweekly sessions for 12 months)</p>

<p>Richelsen 2007</p> <p>Scandinavia, multicentre (n=9)</p>	<p><i>Intervention:</i> 8 weeks of VLED (Modifast) of 600–800 kcal/day</p> <p><i>Number included:</i> 383 <i>Dropout:</i> 74 (19%) <i>Weight loss:</i> -14.3 kg</p> <p><i>WLM entry criterion:</i> $\geq 5\%$ of their body weight</p>	<p><i>Interventions:</i> (a) Lifestyle counselling for 3 years + orlistat 120mg (b) Lifestyle counselling for 3 years + Placebo</p> <p><i>Diet:</i> (a,b) instructed to reduce fat to ~30% of total energy, in particular saturated fats; increasing fruits and veggies and limiting sweets, cookies and desserts <i>PA:</i> (a,b) advice to increase daily physical activity, no further details</p> <p><i>Control:</i> none</p>	<p><i>Population:</i> Obese women and men <i>BMI pre-WL:</i> 37.5 <i>Age:</i> 47.95 <i>Gender:</i> 51% women, 49% men <i>Number included:</i> 309 <i>Dropout:</i> 109 (35%) <i>Treatment length:</i> 36 months <i>Study length:</i> 36 months</p> <p><i>Intervener:</i> (a,b) dietitian <i>Format/delivery:</i> (a,b) no detail, presumably individual <i>Setting:</i> (a,b) clinical research centers in scandinavia <i>Number of contacts:</i> (a,b) Total = 24 24 = 18 (monthly meetings for 18 months) + 6 (meetings for 18 months at 3-month intervals)</p>
<p>Riebe 2004</p> <p>USA</p>	<p><i>Intervention:</i> 6-month clinic-based weight management programme</p> <p><i>Number included:</i> 190 <i>Dropout:</i> 46 (24%) <i>Weight loss:</i> -5.6 kg</p> <p><i>WLM entry criterion:</i> none</p>	<p><i>Interventions:</i> (a) Trans Theoretical Model tailored mail (b) Generic info about diet/exercise</p> <p><i>Diet:</i> (a,b) no detail <i>PA:</i> (a,b) no detail</p> <p><i>Control:</i> none</p>	<p><i>Population:</i> Overweight and obese women and men <i>BMI pre-WL:</i> 32.5 \pm 3.8 <i>Age:</i> 50.2 <i>Gender:</i> 78% women, 22% men <i>Number included:</i> 144 <i>Dropout:</i> 40 (27%) <i>Treatment length:</i> 12 months <i>Study length:</i> 18 months</p> <p><i>Intervener:</i> (a,b) computer generated, no further details <i>Format/delivery:</i> (a,b) postal mail <i>Setting:</i> (a,b) home <i>Number of contacts:</i> Total = 3 (a,b) 3 (reports at 9, 12, 12 months)</p>
<p>Ryttig 1995</p> <p>Sweden</p>	<p><i>Intervention:</i> 12 weeks of VLCD diet (Cambridge diet) 330cal/day</p> <p><i>Number included:</i> 60 <i>Dropout:</i> 8 (13%)</p>	<p><i>Interventions:</i> (a) Hypocaloric diet including two sachets of meal replacement (b) Hypocaloric diet only</p> <p><i>Diet:</i> (a) hypocaloric diet containing</p>	<p><i>Population:</i> Obese women and men <i>BMI pre-WL:</i> 39.1 <i>Age:</i> 41.5* <i>Gender:</i> 82% female, 18% male <i>Number included:</i> 52 <i>Dropout:</i> 7 (13%)</p>

	<p><i>Weight loss:</i> -20.8 kg</p> <p><i>WLM entry criterion:</i> none</p>	<p>1600kcal/day, of which 220kcal/day was provided by 2 sachets of the Camebridge diet to be taken before 2 meals/day</p> <p>(b) hypocaloric diet containing 1600kcal/day, approximately 20% protein, 30% fat and 50% carbohydrate</p> <p><i>PA:</i> (a,b) no details</p> <p><i>Control:</i> none</p>	<p><i>Treatment length:</i> 12 months</p> <p><i>Study length:</i> 12 months</p> <p><i>Intervener:</i> (a,b) specially trained nurse supported by a physician, a dietician and occasionally a physiotherapist</p> <p><i>Format/delivery:</i> (a,b) group, unclear if also individual</p> <p><i>Setting:</i> (a,b) obesity outpatient clinic</p> <p><i>Number of contacts:</i> (a,b) Total = 17</p> <p>17 weigh-ins sessions</p>
<p>Ryttig 1997</p> <p>Sweden</p>	<p><i>Intervention:</i></p> <p>Cambridge diet - VLCD</p> <p>period of 330cal/day</p> <p><i>Number included:</i> 54</p> <p><i>Dropout:</i> 1 (2%)</p> <p><i>Weight loss:</i> -19.2 kg</p> <p><i>WLM entry criterion:</i> none</p>	<p><i>Interventions:</i></p> <p>(a) Hypocaloric Group: balanced diet of 6720 kJ/d (1600 kcal/d)</p> <p>(b) Meal replacement group: prescribed the same total energy intake as hypo group but with 1 MJ/d provided as three sachets of Nutrilett/day</p> <p><i>Diet:</i> (a,b) hypocaloric diet (6720 kJ/d) using different recipes together with behaviour modification</p> <p><i>PA:</i> (a,b) maintain the same physical activity and smoking habits</p> <p><i>Control:</i> none</p>	<p><i>Population:</i> Obese women and men</p> <p><i>BMI pre-WL:</i> 37.7</p> <p><i>Age:</i> 44.0</p> <p><i>Gender:</i> 57% female 34% male</p> <p><i>Number included:</i> 53</p> <p><i>Dropout:</i> 27 (51%)</p> <p><i>Treatment length:</i> 24 months</p> <p><i>Study length:</i> 24 months</p> <p><i>Intervener:</i> (a,b) dietician</p> <p><i>Format/delivery:</i> (a,b) group, unclear if also individual</p> <p><i>Setting:</i> (a,b) clinic</p> <p><i>Number of contacts:</i> (a,b) Total = no detail</p> <p>“...regular group sessions during the transition period and intermittently during the maintenance period”</p>
<p>Sherwood 2013</p> <p>USA</p>	<p><i>Intervention:</i></p> <p>various (community recruitment)</p> <p><i>Number included:</i> 419</p> <p><i>Dropout:</i> n/a</p> <p><i>Weight loss:</i> -16.2 kg</p> <p><i>WLM entry criterion:</i> $\geq 10\%$ of weight body in last 12 months</p>	<p><i>Interventions:</i></p> <p>(a) Guided intervention</p> <p>(b) Self-directed intervention</p> <p><i>Diet:</i> (a,b) no specifics on calorie and fat goals</p> <p><i>PA:</i> (a) work towards the goal of engaging in 60 to 90 min of moderate-to-vigorous physical activity, most days a week, (b) no details</p> <p><i>Control:</i> none</p>	<p><i>Population:</i> Overweight and obese women</p> <p><i>BMI pre-WL:</i> 28.4</p> <p><i>Age:</i> 46.4</p> <p><i>Gender:</i> all female</p> <p><i>Number included:</i> 419</p> <p><i>Dropout:</i> 55 (13%)</p> <p><i>Treatment length:</i> 24 months</p> <p><i>Study length:</i> 24 months</p> <p><i>Intervener:</i> (a,b) masters' and/or bachelor's level individuals with expertise in nutrition, physical activity,</p>

			<p>and weight loss, and behaviour change methods.</p> <p><i>Format/delivery:</i> (a,b) phone</p> <p><i>Setting:</i> (a,b) home</p> <p><i>Number of contacts:</i> (a) Total = 32 10 (biweekly phone coaching sessions) + 8 (monthly phone coaching sessions) + 6 (bimonthly phone calls) + 8 (bimonthly weight graphs for 14 months)</p> <p>(b) Total = 2 2 (phone coaching sessions)</p>
<p>Sjostorm 1997a</p> <p>Europe (15 countries)</p>	<p><i>Intervention:</i> Hypocaloric diet containing roughly 30% of energy as fat. (600 kcal/day deficit) + Placebo 3 times per day</p> <p><i>Number included:</i> 343 <i>Dropout:</i> 90 (26%) <i>Weight loss:</i> -6.1 kg</p> <p><i>WLM entry criterion:</i> none</p>	<p><i>Interventions:</i> (a) Diet + Orlistat (b) Diet + Placebo</p> <p><i>Diet:</i> (a,b) weight-maintenance (eucaloric) diet designed to maintain stable bodyweight. Participants advised not to return to a hypocaloric diet at any time during year 2. <i>PA:</i> (a,b) no details</p> <p><i>Control:</i> none</p>	<p><i>Population:</i> Obese women and men <i>BMI pre-WL:</i> 36.1 <i>Age:</i> 44.3* <i>Gender:</i> 83% women, 17% men* <i>Number included:</i> 253 <i>Dropout:</i> 49 (19%) <i>Treatment length:</i> 12 months <i>Study length:</i> 12 months</p> <p><i>Intervener:</i> (a,b) no details <i>Format/delivery:</i> (a,b) no details <i>Setting:</i> (a,b) no details <i>Number of contacts:</i> Total = 8 8 (scheduled visits during the year)</p>
<p>Sjostorm 1997b</p> <p>Europe (15 countries)</p>	<p><i>Intervention:</i> Hypocaloric diet containing roughly 30% of energy as fat. (600 kcal/day deficit) + Orlistat 120mg 3 times per day</p> <p><i>Number included:</i> 345 <i>Dropout:</i> 72 (21%) <i>Weight loss:</i> -10.3 kg</p> <p><i>WLM entry criterion:</i> none</p>	<p><i>Interventions:</i> (a) Diet + Orlistat (b) Diet + Placebo</p> <p><i>Diet:</i> (a,b) weight-maintenance (eucaloric) diet designed to maintain stable bodyweight. Participants advised not to return to a hypocaloric diet at any time during year 2. <i>PA:</i> (a,b) no details</p> <p><i>Control:</i> none</p>	<p><i>Population:</i> Obese women and men <i>BMI pre-WL:</i> 36.0 <i>Age:</i> 45.2* <i>Gender:</i> 83% women, 17% men* <i>Number included:</i> 273 <i>Dropout:</i> 42 (15%) <i>Treatment length:</i> 12 months <i>Study length:</i> 12 months</p> <p><i>Intervener:</i> (a,b) no details <i>Format/delivery:</i> (a,b) no details <i>Setting:</i> (a,b) no details</p>

			<i>Number of contacts:</i> Total = 8 8 (scheduled visits during the year)
Sorenson 2011 Denmark	<p><i>Intervention:</i> 12 weeks of calorie restriction (600 kcal-deficit diet based on a macronutrient content of 25% to 30% energy (E%) from fat, 15 E% to 20 E% from protein, and the rest of the energy mainly from complex carbohydrates rich in dietary fibres) combined with Orlistat 120 mg of three times a day.</p> <p><i>Number included:</i> 56 <i>Dropout:</i> 7 (13%) <i>Weight loss:</i> -10.2 kg</p> <p><i>WLM entry criterion:</i> $\geq 8\%$ loss of body weight</p>	<p><i>Interventions:</i> (a) Gourmet cooking course (b) Neurolinguistic programming (NLP) therapy</p> <p><i>Diet:</i> (a) Instructions in new principles for preparing flavourful food with less than 30 E% from fat (b) no details <i>PA:</i> (a,b) no details</p> <p><i>Control:</i> none</p>	<p><i>Population:</i> Overweight and obese women <i>BMI pre-WL:</i> 34.4 <i>Age:</i> 41.0 <i>Gender:</i> 52% female, 48% male <i>Number included:</i> 48 <i>Dropout:</i> 14 (29%) <i>Treatment length:</i> 5 months <i>Study length:</i> 21 months</p> <p><i>Intervener:</i> (a) gourmet cooks, (b) NLP coach <i>Format/delivery:</i> (a,b) no detail <i>Setting:</i> (a) private cooking school, (b) no details <i>Number of contacts:</i> (a,b) Total = 10 10 (sessions over 5 months period)</p>
Svetkey 2008 USA, multicentre (n=4)	<p><i>Intervention:</i> 6 month weight loss programme consisting of 20 weekly group sessions including DASH (Dietary Approaches to Stop Hypertension) diet and 180 minutes per week of moderate physical activity (typically walking)</p> <p><i>Number included:</i> 1685 <i>Dropout:</i> 653 (39%) <i>Weight loss:</i> -8.5 kg</p>	<p><i>Interventions:</i> (a) Monthly personal contact (b) Unlimited access to an interactive technology based intervention</p> <p><i>Diet:</i> (a,b) continued adherence to the recommended dietary pattern <i>PA:</i> (a,b) increasing moderate physical activity to at least 225 minutes per week</p> <p><i>Control:</i> (c) Self-directed control</p>	<p><i>Population:</i> Overweight and obese women and men with hypertension <i>BMI pre-WL:</i> 34.1 <i>Age:</i> 55.6* <i>Gender:</i> 63% women, 37% men* <i>Number included:</i> 1032 <i>Dropout:</i> 68 (7%) <i>Treatment length:</i> 30 months <i>Study length:</i> 30 months</p> <p><i>Intervener:</i> (a,b) Study Interventionist <i>Format/delivery:</i> (a) individual and phone contacts, (b) internet and automated phone, (c) self-directed <i>Setting:</i> (a) Home, clinic/research centre, (b) Home <i>Number of contacts:</i> (a) Total = 35</p>

	<i>WLM entry criterion:</i> at least 4 kg weight loss		30 months, monthly contacts + two supplemental contacts per year , Face-to-face contacts were ~45 min in duration 30 (monthly contacts) + 5 (2 supplemental contacts per year) (b) Total = 121 1 (face-to-face, 45 min orientation demonstrating) + 1 (group reorientation visit following 12 month) + 120 (if assuming webpage use 1/week)
Toubro 1997 Denmark	<i>Intervention:</i> (a) 8 weeks of low energy diet (2 MJ/day) + anorectic compound + weekly behavioural therapy or (b) 17 weeks of conventional diet (5 MJ/day), + anorectic compound + weekly behavioural therapy <i>Number included:</i> 37 <i>Dropout:</i> 6 (14%) <i>Weight loss:</i> (a,b) -13.6 kg <i>WLM entry criterion:</i> none	<i>Interventions:</i> (a) Ad lib, low fat high carbohydrate (b) Fixed energy intake diet <i>Diet:</i> (a) Ad lib, low fat high carbohydrate: a macronutrient composition that produced 20-25% of energy intake from fat, at least 55% of energy intake from carbohydrate, and the rest from protein. (b) Fixed energy intake diet: educational system, which consisted of isoenergetic interchangeable units <i>PA:</i> (a,b) no details <i>Control:</i> none	<i>Population:</i> Obese men and women <i>BMI pre-WL:</i> 35.5 <i>Age:</i> 43.6* <i>Gender:</i> 95% women, 5% men* <i>Number included:</i> 37 <i>Dropout:</i> 9 (24%) <i>Treatment length:</i> 12 months <i>Study length:</i> 24 months <i>Intervener:</i> (a,b) no details <i>Format/delivery:</i> (a,b) group <i>Setting:</i> (a,b) University research department <i>Number of contacts:</i> (a,b) Total = 21 15 (two or three times a month for the first six months – assuming 3 months of 3 times and 3 months of 2 times met) + 6 (once a month for the following six months)
West 2011 USA	<i>Intervention:</i> 6-month group behavioural obesity treatment with a reduced calorie balanced diet (1200 to 1500 kcal per day) and meal replacement product coupons to replace two meals and one snack per day and graded exercise goals that progressed to 200min/week or more of moderate physical	<i>Interventions:</i> (a) Skill based intervention (b) Motivation-focused maintenance programme <i>Diet:</i> (a,b) Reduced calorie goals were recommended until 10% weight loss goal was achieved, and then dietary intake goals focused on weight stability. Meal replacement coupons (one meal and one snack) continued to be provided to both groups. <i>PA:</i> (a,b) Exercise goals remained at 200	<i>Population:</i> Overweight and obese women with urinary incontinence <i>BMI pre-WL:</i> 36.0 <i>Age:</i> 53.0* <i>Gender:</i> all female <i>Number included:</i> 221 <i>Dropout:</i> 20 (9%) <i>Treatment length:</i> 12 months <i>Study length:</i> 12 months <i>Intervener:</i> (a,b) dietitians, exercise physiologists,

	<p>activity</p> <p><i>Number included:</i> 226 <i>Dropout:</i> 5 (2%) <i>Weight loss:</i> -7.73 kg</p> <p><i>WLM entry criterion:</i> none</p>	<p>min/week for both conditions</p> <p><i>Control:</i> none</p>	<p>nurses and psychologists</p> <p><i>Format/delivery:</i> (a,b) group <i>Setting:</i> (a,b) no details <i>Number of contacts:</i> (a,b) Total = 24 24 sessions (bi-weekly group meetings for 1h)</p>
<p>Wikstrand 2010</p> <p>Sweden</p>	<p><i>Intervention:</i> 3 months of VLCD (Nutrilett with recommended calorie intake of 800 kcal per day) with lifestyle advice at group meetings</p> <p><i>Number included:</i> 91 <i>Dropout:</i> 14 (15%) <i>Weight loss:</i> -16.8</p> <p><i>WLM entry criterion:</i> ≥ 8 kg weight reduction</p>	<p><i>Interventions:</i> (a) Diet + Corset + 2 meeting with GP (b) Diet</p> <p><i>Diet:</i> (a,b) individual calorie restricted diet <i>PA:</i> (a,b) no details</p> <p><i>Control:</i> none</p>	<p><i>Population:</i> Obese women and men <i>BMI pre-WL:</i> 35.75 <i>Age:</i> 47.0 <i>Gender:</i> 71% women, 29% men <i>Number included:</i> 77 <i>Dropout:</i> 39 (51%) <i>Treatment length:</i> 9 months <i>Study length:</i> 21 months</p> <p><i>Intervener:</i> (a) GP, nurses and dietitian (b) nurses and dietitian <i>Format/delivery:</i> (a) group + individual (b) group <i>Setting:</i> (a,b) primary care <i>Number of contacts:</i> (a) Total = 8 6 (group meetings at weeks 2, 5, 7, 13, 21, and 29 after randomization) + 2 (GPs meetings at weeks 3 and 9) (b) Total = 6 6 (group meetings at weeks 2, 5, 7, 13, 21, and 29 after randomization)</p>
<p>Wing 1996a</p> <p>USA</p>	<p><i>Intervention:</i> 6 month behavioural weight control programme including one of the following (a) a standard behaviour treatment (SBT), (b) SBT plus meal plans, (c) SBT plus the provision of</p>	<p><i>Interventions:</i> (a) Telephone assisted WM group</p> <p><i>Diet:</i> (a,b) personal fat intake and energy intake goals based on their current weight <i>PA:</i> (a,b) strongly encouraged to keep regular eating and exercise diaries</p>	<p><i>Population:</i> Overweight and obese women <i>BMI pre-WL:</i> 32.2 <i>Age:</i> 42.6* <i>Gender:</i> all female <i>Number included:</i> 53 <i>Dropout:</i> 3 (6%) <i>Treatment length:</i> 12 months <i>Study length:</i> 12 months</p>

	<p>actual food, or (d) SBT plus food provision with the food provided free.</p> <p><i>Number included:</i> 80 <i>Dropout:</i> 18 (20%) <i>Weight loss:</i> -13.5 kg</p> <p><i>WLM entry criterion:</i> lost at least 4.5 kg during initial treatment</p>	<p><i>Control:</i> (b) no contact group</p>	<p><i>Intervener:</i> (a) Nutritionist (to call in case of need) + telephone interviewer (employed and trained by a data center), (b) Nutritionist (to call in case of need) <i>Format/delivery:</i> (a) Telephone <i>Setting:</i> (a) Home <i>Number of contacts:</i> (a) Total = 53 1 (orientation meeting) + 52 (weekly phonecalls for 1 year)</p>
Wing 1996b USA	<p><i>Intervention:</i> 6 month behavioural weight control programme including one of the following (a) a standard behaviour treatment (SBT), (b) SBT plus meal plans, (c) SBT plus the provision of actual food, or (d) SBT plus food provision with the food provided free.</p> <p><i>Number included:</i> 83 <i>Dropout:</i> 34 (41%) <i>Weight loss:</i> -13.5 kg</p> <p><i>WLM entry criterion:</i> lost at least 4.0 kg during initial treatment</p>	<p><i>Interventions:</i> (a) Food provision group (FPG) + Behavioural treatment (b) Behavioural treatment</p> <p><i>Diet:</i> (a) Option of food provision, no details on diet, (b) no details <i>PA:</i> (a,b) exercise (folk dancing, group walk in the park)</p> <p><i>Control:</i> none</p>	<p><i>Population:</i> Overweight and obese women <i>BMI pre-WL:</i> 32.35 <i>Age:</i> 41.25* <i>Gender:</i> all female <i>Number included:</i> 49 <i>Dropout:</i> 1 (2%) <i>Treatment length:</i> 12 months <i>Study length:</i> 12 months</p> <p><i>Intervener:</i> (a) Therapist (when picking up food boxes), (b) no details <i>Format/delivery:</i> (a,b) group <i>Setting:</i> (a,b) no details <i>Number of contacts:</i> Total = 12 (a,b) 12 (monthly meetings throughout year)</p>
Wing 2006 USA	<p><i>Intervention:</i> Various (community recruitment)</p> <p><i>Number included:</i> 314</p>	<p><i>Interventions:</i> (a) Face-to-face group (b) Internet</p> <p><i>Diet:</i> (a,b) either initial approach to weight loss</p>	<p><i>Population:</i> Previously overweight and obese women and men <i>BMI pre-WL:</i> no details, 28.6 at WLM start <i>Age:</i> 51.3 <i>Gender:</i> 81% female, 19% male</p>

	<p><i>Dropout:</i> n/a</p> <p><i>Weight loss:</i> -19.3 kg</p> <p><i>WLM entry criterion:</i> Participants lost 10% of weight in previous 2 years</p>	<p>or a standard behavioural approach involving a low-calorie, low-fat diet (Several cans of SlimFast meal replacement and eating behaviours which have been reported to maintain weight loss)</p> <p><i>PA:</i> (a,b) various exercise behaviours aimed to be exercising 60 minutes a day</p> <p><i>Control:</i> information only control group</p>	<p><i>Number included:</i> 314</p> <p><i>Dropout:</i> 23 (7%)</p> <p><i>Treatment length:</i> 18 months</p> <p><i>Study length:</i> 18 months</p> <p><i>Intervener:</i> (a,b) nutritionists, exercise physiologists, and clinical psychologists with master's or Ph.D. degrees</p> <p><i>Format/delivery:</i> (a) Group + individual weigh-in, (b) Intenet</p> <p><i>Setting:</i> (a) clinic affiliated with Miriam Hospital (b) STOP Regain message board and a Web site</p> <p><i>Number of contacts:</i> (a,b) Total = 21 4 (weekly meetings for the first month) and 17 (thereafter monthly meetings for 18-month period)</p>
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Note. * number based on initial sample prior to weight loss; BMI = body mass index; LED = low energy diet; VLCD = very low calorie diet; VLED = very low energy diet; WLM = weight loss maintenance; WL = weight loss

