

Appendix Table F117. Quality of life after intensive weight loss programs when compared to no active treatment (individual RCTs)

Reference sample	Active	Control	Definition of improvement	Randomized active/control	Relative risk (95% CI)	Absolute risk differences (95% CI)	Number needed to treat (95% CI)	Attributable events/1000 treated (95% CI)
Subak, 2009 ⁶⁰¹ 313	Intensive 6-month weight-loss program (7 to 9% of initial body weight)	Structured education program	Incontinence somewhat or much less of a problem	219/94	1.40 (1.14; 1.71)	0.22 (0.10; 0.33)	5 (3; 10)	215 (100;331)
Huang, 2009 ⁵⁴¹	Intensive lifestyle and behavior change program— an average loss of 7% to 9% of initial body weight	Structured education program	Odds ratio of frequency of sexual activity	226/112	1.34 (0.99; 1.81)			
Huang, 2009 ⁵⁴¹	Intensive lifestyle and behavior change program— an average loss of 7% to 9% of initial body weight	Structured education program	Odds ratio of overall sexual satisfaction	226/112	1.28 (0.83; 1.99)			
Huang, 2009 ⁵⁴¹	Intensive lifestyle and behavior change program— an average loss of 7% to 9% of initial body weight	Structured education program	Odds ratio of level of sexual desire	226/112	1.12 (0.79; 1.61)			