| **Author, Year** | **Outcome [unit]** | **FU, mos** | **IG** | **IG N** | **IG Mean (SD) change during WL** | **IG Mean (SD) at MN rand** | **IG Mean change during MN (95% CI)** | **CG N** | **CG Mean (SD) change during WL** | **CG Mean (SD) at MN rand** | **CG Mean change during MN (95% CI)** | **Between-group difference in mean change (95% CI)\*** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Cussler, 2008233 | BMI [kg/m2] | 12 | IG1 | 66 | -1.9 (1.4) | 29.1 (NR) | 1.3 (0.9 to 1.7) | 69 | -1.9 (1.4) | 28.5 (NR) | 0.9 (0.5 to 1.3) | 0.40 (-0.22 to 1.02); p=NR |
| Body fat [%] | 12 | IG1 | 66 | -3.6 (3.3) | 41.2 (NR) | 0.1 (-0.8 to 1.0) | 69 | -3.3 (3.0) | 43.7 (NR) | 0.2 (-0.7 to 1.1) | -0.10 (-1.35 to 1.15); p=NR, NS |
| Weight [kg] | 12 | IG1 | 66 | -5.3 (3.6) | 79.3 (NR) | 0.4 (-0.8 to 1.6) | 69 | -5.2 (3.8) | 77.6 (NR) | 0.6 (-0.3 to 1.5) | -0.20 (-1.73 to 1.33); p=NR, NS |
| Pekkarinen, 2015282 | Weight [% change] | 12 | IG1 | 100 | -12.1 (6.1) | NA | 6.4 (4.9 to 7.9) | 99 | -12.9 (6.1) | NA | 7.1 (5.6 to 8.6) | -0.70 (-2.82 to 1.42); p=0.71 |
| Weight [% change] | 24 | IG1 | 100 | -12.1 (6.1) | NA | 9.2 (7.5 to 10.8) | 99 | -12.9 (6.1) | NA | 9.4 (7.7 to 11.1) | -0.20 (-2.57 to 2.17); p=0.71 |
| BMI [kg/m2] | 12 | IG1 | 100 | -5 (NR) | 36.4 (6.7) | 2.6 (2.0 to 3.2) | 99 | -5.4 (NR) | 36.7 (5.9) | 3.0 (2.4 to 3.6) | -0.40 (-1.24 to 0.44); p=0.43 |
| BMI [kg/m2] | 24 | IG1 | 100 | -5 (NR) | 36.4 (6.7) | 3.7 (3.1 to 4.3) | 99 | -5.4 (NR) | 36.7 (5.9) | 4.0 (3.3 to 4.7) | -0.30 (-1.18 to 0.58); p=NR |
| Weight [kg] | 12 | IG1 | 100 | -14 (NR) | 103.8 (22.3) | 7.5 (5.5 to 9.5) | 99 | -15.6 (NR) | 105.0 (22.0) | 8.8 (6.6 to 11.0) | -1.30 (-4.30 to 1.70); p=0.53 |
| Weight [kg] | 24 | IG1 | 100 | -14 (NR) | 103.8 (22.3) | 10.6 (8.6 to 12.6) | 99 | -15.6 (NR) | 105.0 (22.0) | 11.6 (9.2 to 14.0) | -1.00 (-4.11 to 2.11); p=NR |
| Perri, 1988284 | Weight [kg] | 12 | IG1 | 19 | -13.7 (5.8) | NR | -2.0 (-6.2 to 2.2) | 16 | -10.8 (7.6) | NR | 5.1 (3.5 to 6.8) | -7.16 (-11.68 to -2.64); p<0.01 |
| Weight [kg] | 12 | IG2 | 18 | -13.1 (4.8) | NR | 0.1 (-1.7 to 1.9) | 16 | -10.8 (7.6) | NR | 5.1 (3.5 to 6.8) | -5.05 (-7.48 to -2.62); p<0.01 |
| Weight [kg] | 12 | IG3 | 19 | -11.3 (3.1) | NR | -2.0 (-4.2 to 0.1) | 16 | -10.8 (7.6) | NR | 5.1 (3.5 to 6.8) | -7.14 (-9.84 to -4.44); p<0.01 |
| Weight [kg] | 12 | IG4 | 19 | -13.2 (5.3) | NR | 0.3 (-3.3 to 3.9) | 16 | -10.8 (7.6) | NR | 5.1 (3.5 to 6.8) | -4.84 (-8.78 to -0.90); p<0.01 |
| Weight [kg] | 18 | IG1 | 19 | -13.7 (5.8) | NR | 0.1 (-4.5 to 4.7) | 16 | -10.8 (7.6) | NR | 7.2 (5.5 to 8.9) | -7.07 (-11.95 to -2.19); p<0.01 |
| Weight [kg] | 18 | IG2 | 18 | -13.1 (4.8) | NR | 3.9 (2.5 to 5.3) | 16 | -10.8 (7.6) | NR | 7.2 (5.5 to 8.9) | -3.29 (-5.43 to -1.15); p<0.01 |
| Weight [kg] | 18 | IG3 | 19 | -11.3 (3.1) | NR | 2.9 (0.7 to 5.1) | 16 | -10.8 (7.6) | NR | 7.2 (5.5 to 8.9) | -4.29 (-7.04 to -1.54); p<0.01 |
| Weight [kg] | 18 | IG4 | 19 | -13.2 (5.3) | NR | 1.8 (-1.7 to 5.2) | 16 | -10.8 (7.6) | NR | 7.2 (5.5 to 8.9) | -5.44 (-9.27 to -1.61); p<0.01 |
| Sherwood, 2013294 | Weight [kg] | 12 | IG1 | 209 | NR (≥10%)† | 80.1 (15.7) | 0.8 (-0.0 to 1.6) | 210 | NR (≥10%)† | 79.4 (16.4) | 2.4 (1.6 to 3.2) | -1.63 (-2.80 to -0.47); p=0.005 |
| Weight [kg] | 18 | IG1 | 209 | NR (≥10%)† | 80.1 (15.7) | 2.1 (1.2 to 3.0) | 210 | NR (≥10%)† | 79.4 (16.4) | 3.8 (2.8 to 4.7) | -1.68 (-3.02 to -0.34); p=NR |
| Weight [kg] | 24 | IG1 | 209 | NR (≥10%)† | 80.1 (15.7) | 3.1 (2.0 to 4.2) | 210 | NR (≥10%)† | 79.4 (16.4) | 4.8 (3.7 to 5.8) | -1.68 (-3.16 to -0.19); p=0.028 |
| Simpson, 2015296 | BMI [kg/m2] | 12 | IG1 | 45 | NR | 34.4 (6.2) | -1.1  (-1.9 to -0.3) | 51 | NR | 33.3 (5.2) | -0.3  (-0.9 to 0.3) | -0.96 (-2.16 to 0.23); p=NR |
| BMI [kg/m2] | 12 | IG2 | 43 | NR | 34.8 (6.2) | -1.4  (-2.2 to -0.6) | 51 | NR | 33.3 (5.2) | -0.3  (-0.9 to 0.3) | -0.21 (-1.44 to 1.03); p=NR |
| WC [cm] | 12 | IG1 | 45 | NR | 104.3 (15.5) | -1.5  (-6.2 to 3.2) | 51 | NR | 102.5 (12.0) | 0.2  (-3.5 to 3.9) | -0.84 (-4.21 to 2.59); p=NR |
| WC [cm] | 12 | IG2 | 43 | NR | 105.4 (14.1) | -2.2  (-6.3 to 1.9) | 51 | NR | 102.5 (12.0) | 0.2  (-3.5 to 3.9) | 0.15 (-3.34 to 3.65); p=NR |
| Weight [kg] | 12 | IG1 | 45 | NR (≥5%)‡ | 92.5 (20.0) | -2.4  (-5.1 to 0.3) | 51 | NR  (≥5%)‡ | 90.2 (15.4) | -0.6  (-2.7 to 1.5) | -2.82 (-6.09 to 0.45); p=NR |
| Weight [kg] | 12 | IG2 | 43 | NR (≥5%)‡ | 93.8 (17.7) | -2.2  (-4.5 to 0.1) | 51 | NR  (≥5%)‡ | 90.2 (15.4) | -0.6  (-2.7 to 1.5) | -0.70 (-4.10 to 2.70); p=NR |
| Svetkey, 2008303 | Weight [% change] | 30 | IG1 | 341 | NR | NA | NR | 341 | NR | NA | NR | LSM: -1.80 (NR); p<0.001 |
| Weight [% change] | 30 | IG2 | 347 | NR | NA | NR | 341 | NR | NA | NR | LSM: -0.40 (NR); p=0.5 |
| Weight [kg] | 12 | IG1 | 341 | -8.3 (4.2) | 88.7 (16.9) | NR | 341 | -8.5 (4.0) | 87.4 (15.3) | NR | LSM: -1.60 (NR); p<0.001 |
| Weight [kg] | 12 | IG2 | 347 | -8.6 (4.5) | 88.6 (15.4) | NR | 341 | -8.5 (4.0) | 87.4 (15.3) | NR | LSM: -1.00 (NR); p=0.005 |
| Weight [kg] | 18 | IG1 | 341 | -8.3 (4.2) | 88.7 (16.9) | NR | 341 | -8.5 (4.0) | 87.4 (15.3) | NR | LSM: -1.80 (NR); p<0.001 |
| Weight [kg] | 18 | IG2 | 347 | -8.6 (4.5) | 88.6 (15.4) | NR | 341 | -8.5 (4.0) | 87.4 (15.3) | NR | LSM: -1.10 (NR); p=0.003 |
| Weight [kg] | 24 | IG1 | 341 | -8.3 (4.2) | 88.7 (16.9) | NR | 341 | -8.5 (4.0) | 87.4 (15.3) | NR | LSM: -2.00 (NR); p<0.001 |
| Weight [kg] | 24 | IG2 | 347 | -8.6 (4.5) | 88.6 (15.4) | NR | 341 | -8.5 (4.0) | 87.4 (15.3) | NR | LSM: -0.90 (NR); p=0.045 |
| Weight [kg] | 30 | IG1 | 341 | -8.3 (4.2) | 88.7 (16.9) | LSM: 4.0  (3.4 to 4.6) | 342 | -8.5 (4.0) | 87.4 (15.3) | LSM: 5.5  (4.9 to 6.1) | LSM: -1.50 (-2.40 to -0.60); p=0.001 |
| Weight [kg] | 30 | IG2 | 347 | -8.6 (4.5) | 88.6 (15.4) | LSM: 5.2  (4.6 to 5.8) | 342 | -8.5 (4.0) | 87.4 (15.3) | LSM: 5.5  (4.9 to 6.1) | LSM: -0.30 (-1.20 to 0.60); p=0.51 |
| Weight [kg] | 60 | IG1 | 342 | -8.3 (4.2) | 88.7 (16.9) | NR | 342 | -8.5 (4.0) | 87.4 (15.3) | NR | -1.60 (-3.10 to -0.10); p=0.038 |
| Voils, 2017309 | WC [cm] | 12 | IG1 | 110 | NR | 110.5 (13.7) | NR | 112 | NR | 113.0 (15.2) | NR | -0.55 (-1.32 to 0.21); p=0.153 |
| Weight [kg] | 13 | IG1 | 110 | -7.2 (2.8) | 102.1 (19.8) | 0.8 (NR) | 112 | -7.2 (3.4) | 105.0 (21.0) | 2.4 (NR) | 1.60 (0.07 to 3.13); p=0.04 |
| Wing, 2006313 | Weight [kg] | 12 | IG1 | 105 | -20.0 (11.6) | 78.6 (17.1) | 1.3  (0.2 to 2.4) | 105 | -18.6 (10.3) | 78.8 (14.8) | 3.0  (1.9 to 4.1) | -1.70 (-3.28 to -0.12); p=NR |
| Weight [kg] | 12 | IG2 | 104 | -19.1 (8.0) | 76.0 (16.4) | 3.1  (1.7 to 4.5) | 105 | -18.6 (10.3) | 78.8 (14.8) | 3.0  (1.9 to 4.1) | 0.10 (-1.71 to 1.91); p=NS, NR |
| Weight [kg] | 18 | IG1 | 105 | -20.0 (11.6) | 78.6 (17.1) | 2.5  (1.2 to 3.8) | 105 | -18.6 (10.3) | 78.8 (14.8) | 4.9  (3.7 to 6.1) | 2.40 (0.00 to 10.80); p=0.05 |
| Weight [kg] | 18 | IG2 | 104 | -19.1 (8.0) | 76.0 (16.4) | 4.7  (3.0 to 6.4) | 105 | -18.6 (10.3) | 78.8 (14.8) | 4.9  (3.7 to 6.1) | 0.20 (-4.90 to 5.90); p=1.00 |
| Young, 2017317 | BMI [kg/m2] | 12 | IG1 | 47 | -2.3 (0.7) | 30.8 (3.3) | 0.3  (-0.0 to 0.7) | 45 | -2.3 (1.0) | 30.6 (3.4) | 0.7  (0.2 to 1.2) | -0.40 (-1.10 to 0.20); p=0.19 |
| BMI [kg/m2] | 36 | IG1 | 47 | -2.3 (0.7) | 30.8 (3.3) | 1.2  (0.7 to 1.7) | 45 | -2.3 (1.0) | 30.6 (3.4) | 0.9  (0.4 to 1.4) | 0.30 (-0.40 to 1.10); p=0.04 |
| Body fat [%] | 12 | IG1 | 47 | -4.2 (2.7) | 29.1 (6.0) | 0.5  (-0.5 to 1.5) | 45 | -4.4 (2.8) | 28.0 (6.8) | 1.3  (0.3 to 2.4) | -0.90 (-2.30 to 0.60); p=0.23 |
| Body fat [%] | 36 | IG1 | 47 | -4.2 (2.7) | 29.1 (6.0) | 1.7  (0.6 to 2.8) | 45 | -4.4 (2.8) | 28.0 (6.8) | 2.3  (1.1 to 3.5) | -0.60 (-2.20 to 1.00); p=0.57 |
| WC [cm] | 12 | IG1 | 47 | -6.7 (2.7) | 109.3 (9.1) | 0.3  (-1.0 to 1.6) | 45 | -6.1 (3.7) | 109.2 (12.3) | 1.5  (0.1 to 3.0) | -1.20 (-3.20 to 0.70); p=0.22 |
| WC [cm] | 36 | IG1 | 47 | -6.7 (2.7) | 109.3 (9.1) | 1.6  (-0.1 to 3.4) | 45 | -6.1 (3.7) | 109.2 (12.3) | 1.2  (-0.6 to 3.0) | 0.40 (-2.10 to 2.90); p=0.18 |
| Weight [kg] | 12 | IG1 | 47 | -7.3 (2.0) | 98.1 (14.0) | 0.8  (-0.8 to 2.3) | 45 | -7.4 (2.8) | 98.5 (14.9) | 2.4  (0.8 to 4.0) | -1.60 (-3.80 to 0.60); p=0.15 |
| Weight [kg] | 36 | IG1 | 47 | -7.3 (2.0) | 98.1 (14.0) | 3.5  (1.8 to 5.2) | 45 | -7.4 (2.8) | 98.5 (14.9) | 3.0  (1.3 to 4.8) | 0.50 (-1.90 to 2.90); p=0.07 |

\* Study-reported adjusted between group difference in mean change reported if available; otherwise, calculated unadjusted between group difference

†Participants had to lose at least 10% of their baseline weight

‡ Participants had to lose at least 5% of their baseline weight

§ >4.5 kg

**Abbreviations**: BMI = body mass index; CG = control group; CI = confidence interval; cm = centimeters; FU = followup; IG = intervention group; kg = kilograms; kg/m2 = kilogram per square meter; LSM = least squares mean; MN = maintenance; mos = months; NR = not reported; NS = not statistically significant; rand = randomization; SD = standard deviation; WC = waist circumference; WL = weight loss