

## Appendix 1 Literature search strategies

Literature searching was conducted in June 2016 and updated in April/May 2017. The following databases were searched without language restriction: MEDLINE, MEDLINE Epub Ahead of Print & MEDLINE In-Process, PsychINFO, Cumulative Index to Nursing and Allied Health Literature (CINAHL), Science Citation Index (SCI), Cochrane Central Register of Controlled Trials (CENTRAL), and ClinicalTrials.gov. Ovid MEDLINE and EMBASE autoalerts have been in place since 2002 and results are screened regularly for long-term RCTs on obesity management in adults ( $\geq 1$  year of follow-up). Copies of relevant reports are retained and the reviewers hand-searched these reports eligible studies. Therefore, search strategies for MEDLINE and EMBASE excluded the results of the autoalert search (using the Boolean operator NOT). A supplementary search of MEDLINE was undertaken to identify systematic reviews of severe or morbid obesity, and reference lists were scrutinised for additional studies.

### **RCTs for Review 1 (weight loss or weight maintenance programmes for adults with obesity and Review 5 (weight loss or weight maintenance programmes for adults with obesity compared with bariatric surgery)**

#### **MEDLINE and EMBASE**

Ovid multifile search: <http://shibboleth.ovid.com/>

Database: Embase <1988 to 2017 Week 17>, Ovid MEDLINE(R) Epub Ahead of Print, In-Process & Other Non-Indexed Citations, Ovid MEDLINE(R) Daily and Ovid MEDLINE(R) <1946 to Present> 25th April 2017

#### **Date of Search: 25th April 2017**

- 1 Obesity, Morbid/dh, dt, su, th use ppez
- 2 Morbid Obesity/dt, su, th use emed
- 3 Obesity, Morbid/ use ppez
- 4 Morbid Obesity/ use emed
- 5 (obes\$ adj3 (morbid\$ or severe\$)).tw.
- 6 (morbid obesity or severe obesity).kw.
- 7 (bmi adj ("27\$" or "28\$" or "29\$")).tw.
- 8 (bmi adj ("30\$" or "31\$" or "32\$" or "33\$" or "34\$" or "35\$" or "36\$" or "37\$" or "38\$" or "39\$")).tw.
- 9 (bmi adj ("40\$" or "41\$" or "42\$" or "43\$" or "44\$" or "45\$" or "46\$" or "47\$" or "48\$" or "49\$")).tw.
- 10 (bmi adj ("50\$" or "51\$" or "52\$" or "53\$" or "54\$" or "55\$")).tw.
- 11 (body mass index adj ("35\$" or "36\$" or "37\$" or "38\$" or "39\$")).tw.
- 12 (body mass index adj ("40\$" or "41\$" or "42\$" or "43\$" or "44\$" or "45\$" or "46\$" or "47\$" or "48\$" or "49\$")).tw.
- 13 (body mass index adj ("50\$" or "51\$" or "52\$" or "53\$" or "54\$" or "55\$")).tw.
- 14 or/3-12
- 15 exp bariatric surgery/
- 16 bariatric.tw,kw.

- 17 (gastric adj3 (bypass or bypass or band\$ or balloon\$)).tw.
- 18 (gastroplast\$ or gastrect\$).tw.
- 19 (jejunoileal adj3 (bypass or by pass)).tw.
- 20 lipectom\$.tw
- 21 diet therapy/ use ppez or caloric restriction/ use ppez or diet, carbohydrate-restricted/ use ppez or diet, fat-restricted/ use ppez or diet, reducing/ use ppez
- 22 diet/ use emed or low calory diet/ use emed or low carbohydrate diet/ use emed
- 23 (diet adj3 (restrict\$ or reduc\$ or modif\$ or calorie\$)).tw.
- 24 (calori\$ adj3 (reduc\$ or restrict\$ or limit\$)).tw.
- 25 exp anti-obesity agents/ use ppez
- 26 tetrahydrolipstatin/ use emed
- 27 sibutramine/ use emed
- 28 rimonabant/ use emed
- 29 (appetite adj3 (reduc\$ or depress\$)).tw.
- 30 (orlistat or xenical).tw,rn.
- 31 (sibutramin\$ or arcalion or reductil or medaria or meridia).tw,rn.
- 32 (rimonabant or acomplia or zimulti).tw,rn.
- 33 exp exercise/
- 34 exp sports/
- 35 (exercise or aerobic or physical activ\$).tw.
- 36 weight loss/ use ppez
- 37 weight reduction/ use emed
- 38 (weight adj3 (reduc\$ or loss or lose)).tw.
- 39 Weight Reduction Programs/ use ppez
- 40 exp Body Weight Management/ use emed
- 41 Behavior Therapy/
- 42 Health Education/
- 43 Counseling/ use ppez
- 44 Nutritional counseling/ use emed
- 45 Life Style/ use ppez
- 46 Lifestyle modification/ use emed
- 47 (modif\$ adj3 (behavio?r or diet or eat? or eating)).tw.
- 48 ((diet or weight) adj3 (educat\$ or counsel\$)).tw.

49 or/15-46  
50 1 or 2 or (14 and 49)  
51 randomized controlled trial.pt.  
52 controlled clinical trial.pt  
53 randomi?ed.ab.  
54 placebo.ab.  
55 drug therapy.fs.  
56 randomly.ab.  
57 trial.ab.  
58 groups.ab  
59 nonhuman/ not human/  
60 exp clinical trial/ use emed  
61 randomization/ use emed  
62 51 or 52 or 53 or 54 or 55 or 56 or 57 or 58 or 60 or 61  
63 exp animals/ use ppez not humans/ use ppez  
64 nonhuman/ use emed or animal/ use emed  
65 64 not exp human/ use emed  
66 62 not (63 or 65)  
67 50 and 66  
68 67 not (abstract or letter or note or editorial or comment).pt.  
69 limit 68 to yr="1990 -Current"  
70 obesity/  
71 (obesity adj2 (morbid or diabet\$)).tw.  
72 obesity, morbid/ use ppez  
73 morbid obesity/ use emed  
74 obes\$.tw.  
75 weight loss/ use ppez  
76 weight reduction/ use emed  
77 (weight adj1 (los\$ or reduc\$ or maint\$ or control)).tw.  
78 (diet adj5 weight).tw.  
79 overweight.tw.  
80 or/70-79  
81 80 and 66

82 69 not 81

**PsycINFO**

Ovid: <http://shibboleth.ovid.com/>

Database: PsycINFO <1987 to April Week 3 2017>

**Date of Search: 25<sup>th</sup> April 2017**

1 (obes\$ adj3 (morbid\$ or severe\$)).tw.

2 (bmi adj ("27\$" or "28\$" or "29\$")).tw.

3 (bmi adj ("30\$" or "31\$" or "32\$" or "33\$" or "34\$" or "35\$" or "36\$" or "37\$" or "38\$" or "39\$")).tw.

4 (bmi adj ("40\$" or "41\$" or "42\$" or "43\$" or "44\$" or "45\$" or "46\$" or "47\$" or "48\$" or "49\$")).tw.

5 (bmi adj ("50\$" or "51\$" or "52\$" or "53\$" or "54\$" or "55\$")).tw. (

6 (body mass index adj ("27\$" or "28\$" or "29\$")).tw.

7 (body mass index adj ("30\$" or "31\$" or "32\$" or "33\$" or "34\$" or "35\$" or "36\$" or "37\$" or "38\$" or "39\$")).tw.

8 (body mass index adj ("40\$" or "41\$" or "42\$" or "43\$" or "44\$" or "45\$" or "46\$" or "47\$" or "48\$" or "49\$")).tw.

9 (body mass index adj ("50\$" or "51\$" or "52\$" or "53\$" or "54\$" or "55\$")).tw. (7)

10 or/1-9

11 clinical trials/

12 randomi?ed.tw,md.

13 randomly.tw,md.

14 trial?.tw,md

15 or/11-14

16 10 and 15

**CINAHL**

<http://search.ebscohost.com>

!990- 25<sup>th</sup> April 2017

**Date of Search: 25th April 2017**

S1 (MH "Obesity, Morbid") OR TX ( obes|\* N3 (morbid or sever\*) )  
S2 TX ( bmi N3 (27 or 28 or 29 or 30 or 31 or 32 or 33 or 34 or 35 or 36 or 37 or 38 or 39). ) OR TX ( bmi N3 (40 or 41 or 42 or 43 or 44 or 45 or 46 or 47 or 48 or 49). ) OR TX ( bmi N3 (50 or 51 or 52 or 53 or 54 or 55). )  
S3 TX ( body mass index N3 (35 or 36 or 37 or 38 or 39). ) OR TX ( body mass index N3 (40 or 41 or 42 or 43 or 44 or 45 or 46 or 47 or 48 or 49). ) OR TX ( body mass index N3 (50 or 51 or 52 or 53 or 54 or 55). )  
S4 S1 OR S2 OR S3  
S5 (MH "Bariatric Surgery+")  
S6 TX bariatric OR TX gastroplasty  
S7 TX bariatric OR TX gastroplast\* AND TX gastrect\*  
S8 TX ( gastric N3 (by pass or by pass or band\* or balloon\*) ) OR TX ( jejunoileal N3 (bypass or by pass ) OR TX lipectom\*  
S9 (MH "Diet Therapy") OR (MH "Diet, Reducing") OR (MH "Restricted Diet") OR (MH "Diet, Fat-Restricted") OR (MH "Diet, Low Carbohydrate")  
S10 TX ( diet N3 (restrict\* or reduc\* or modif\* or calorie\*) ) OR TX ( calori\* N3 (reduc\* or restrict\* or limit\*). )  
S11 (MH "Antiobesity Agents+")  
S12 TX ( orlistat or xenical ) OR TX ( sibutramin\$ or arcalion or reductil or medaria or meridia ) OR TX ( rimonabant or acomplia or zimulti )  
S13 (MH "Exercise+")  
S14 TX exercise or aerobic or physical activ\*.  
S15 (MH "Physical Fitness")  
S16 (MH "Weight Loss")  
S17 TX weight N3 (reduc\* or loss or lose)).  
S18 (MH "Weight Reduction Programs")  
S19 (MH "Counseling")  
S20 (MH "Life Style") OR (MH "Life Style Changes")  
S21 TX ( modif\* N3 (behavior or behaviour or diet or eat\* or eating ) OR TX ( (diet or weight) N3 (educat\* or counsel\*). )

S22 S5 OR S6 OR S7 OR S8 OR S9 OR S10 OR S11 OR S12 OR S13 OR S14 OR S15 OR S16  
OR S17 OR S18 OR S19 OR S21

S23 S4 AND S22 Limiters - Published Date: 19900101-20161231

S24 S4 AND S22 Limiters - Exclude MEDLINE records

**Science Citation Index**

www.webofknowledge.com

1988 - 25th April 2017

**Date of Search: 25th April 2017**

# 1 (TS=(morbid NEAR/3 obes\$)) AND DOCUMENT TYPES: (Article)

# 2 (TS=(severe\$ NEAR/3 obes\$)) AND DOCUMENT TYPES: (Article)

# 3 (TS=(bmi NEAR/3 (27 or 28 or 29 or 30 or 31 or 32 or 33 or 34 or 35 or 36 or 37 or 38 or 39))) AND DOCUMENT TYPES: (Article)

# 4 ((TS=(bmi NEAR/3 (40 or 41 or 42 or 43 or 44 or 45 or 46 or 47 or 48 or 49)))) AND DOCUMENT TYPES: (Article)

# 5 ((TS=(bmi NEAR/3 (50 or 51 or 52 or 53 or 54 or 55)))) AND DOCUMENT TYPES: (Article)

# 6 #5 OR #4 OR #3 OR #2 OR #1

# 7 (TS=(randomized or randomised or randomly)) AND DOCUMENT TYPES: (Article)

# 8 (TS=clinical trial\*) AND DOCUMENT TYPES: (Article)

# 9 #8 OR #7

# 10 #9 AND #6

# 11 (TS=(bariatric or gastroplast\* or gastrect\*)) AND DOCUMENT TYPES: (Article)

# 12 (TS=((gastric or jejunoileal) NEAR/3 bypass)) AND DOCUMENT TYPES: (Article)

# 13 ((TS=((gastric or jejunoileal) NEAR/3 "by pass"))) AND DOCUMENT TYPES: (Article)

# 14 (TS=(gastric NEAR/3 (band\* or balloon\*))) AND DOCUMENT TYPES: (Article)

- # 15 (TS=(diet NEAR/3 (restrict\* or reduc\* or modif\* or calorie\*))) AND DOCUMENT TYPES: (Article)
- # 16 (TS=(calori\* NEAR/3 (reduc\* or restrict\* or limit\*))) AND DOCUMENT TYPES: (Article)
- # 17 (TS=(appetite NEAR/3 (reduc\* or depress\*))) AND DOCUMENT TYPES: (Article)
- # 18 (TS=(orlistat or xenical)) AND DOCUMENT TYPES: (Article)
- # 19 (TS=(sibutramin or arcalion or reductil or medaria or meridia)) AND DOCUMENT TYPES: (Article)
- # 20 (TS=(rimonabant or acomplia or zimulti)) AND DOCUMENT TYPES: (Article)
- # 21 (TS=(exercise or aerobic or physical active\*)) AND DOCUMENT TYPES: (Article)
- # 22 (TS=(weight NEAR/3 (reduc\* or loss or lose))) AND DOCUMENT TYPES: (Article)
- # 23 (TS=(modif\* NEAR/3 (behavior or behaviour or diet or eat? or eating))) AND DOCUMENT TYPES: (Article)
- # 24 (TS=(diet NEAR/3 (educat\* or counsel\*))) AND DOCUMENT TYPES: (Article)
- # 25 (TS=(weight NEAR/3 (educat\* or counsel\*))) AND DOCUMENT TYPES: (Article)
- # 26 #25 OR #24 OR #23 OR #22 OR #21 OR #20 OR #19 OR #18 OR #17 OR #16 OR #15 OR #14 OR #13 OR #12 OR #11
- #27 #10 AND #26

**Cochrane Central Register of Controlled Trials**

[www.thecochranelibrary.com](http://www.thecochranelibrary.com)

Issue 4 April 2017

**Date of Search: 25th April 2017**

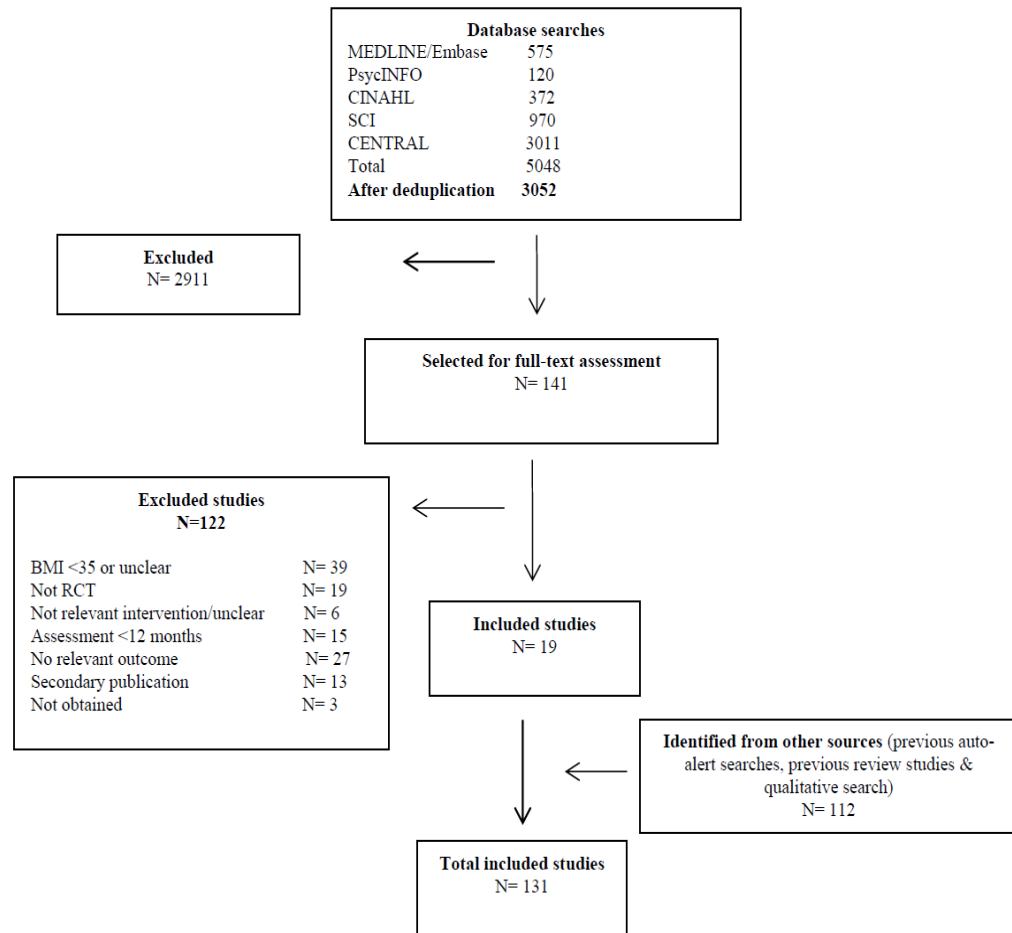
#1 MeSH descriptor: [Obesity, Morbid] explode all trees and with qualifier(s): [Diet therapy - DH, Surgery - SU, Therapy - TH]

- #2 MeSH descriptor: [Obesity, Morbid] explode all trees
- #3 obes\* near/3 (morbid\* or severe\*):ti,ab,kw (Word variations have been searched)
- #4 bmi near/1 (27\* or 28\* or 29\* or 30\* or 31\* or 32\* or 33\* or 34\* or 35\* or 36\* or 37\* or 38\* or 39\*):ti,ab,kw or bmi near/1 (40\* or 41\* or 42\* or 43\* or 44\* or 45\* or 46\* or 47\* or 48\* or 49\*):ti,ab,kw or bmi near/1 (50\* or 51\* or 52\* or 53\* or 54\* or 55\*):ti,ab,kw (Word variations have been searched)
- #5 body mass index near/1 (27\* or 28\* or 29\* or 30\* or 31\* or 32\* or 33\* or 34\* or 35\* or 36\* or 37\* or 38\* or 39\*):ti,ab,kw or body mass index near/1 (40\* or 41\* or 42\* or 43\* or 44\* or 45\* or 46\* or 47\* or 48\* or 49\*):ti,ab,kw or body mass index near/1 (50\* or 51\* or 52\* or 53\* or 54\* or 55\*):ti,ab,kw (Word variations have been searched)
- #6 #2 or #3 or #4 or #5
- #7 MeSH descriptor: [Bariatric Surgery] explode all trees
- #8 bariatric:ti,ab,kw (Word variations have been searched)
- #9 gastric near/3 (bypass or by pass or band\* or balloon\*):ti,ab,kw or gastroplast\* or gastrect\*:ti,ab,kw or lipectom\*:ti,ab,kw or jejunoileal near/3 (bypass or by pass):ti,ab,kw (Word variations have been searched)
- #10 MeSH descriptor: [Diet Therapy] explode all trees
- #11 MeSH descriptor: [Diet, Reducing] explode all trees
- #12 MeSH descriptor: [Diet, Fat-Restricted] explode all trees
- #13 MeSH descriptor: [Diet, Carbohydrate-Restricted] explode all trees
- #14 MeSH descriptor: [Caloric Restriction] explode all trees
- #15 diet near/3 (restrict\* or reduc\* or modif\* or calorie\*):ti,ab,kw or kalori\* near/3 (reduc\* or restrict\* or limit\*):ti,ab,kw (Word variations have been searched)
- #16 MeSH descriptor: [Anti-Obesity Agents] explode all trees
- #17 appetite near/3 (reduc\* or depress\*):ti,ab,kw or orlistat or xenical:ti,ab,kw or sibutramin or arcalion or reductil or medaria or meridia:ti,ab,kw or rimonabant or acomplia or zimulti:ti,ab,kw (Word variations have been searched)
- #18 MeSH descriptor: [Exercise] explode all trees
- #19 MeSH descriptor: [Sports] explode all trees
- #20 exercise or aerobic\* or physical activ\*:ti,ab,kw (Word variations have been searched)



- #21 MeSH descriptor: [Weight Loss] explode all trees
- #22 MeSH descriptor: [Weight Reduction Programs] explode all trees
- #23 weight near/3 (reduc\* or loss or lose) .:ti,ab,kw (Word variations have been searched)
- #24 weight near/3 (reduc\* or loss or lose) .:ti,ab,kw (Word variations have been searched)
- #25 MeSH descriptor: [Behavior Therapy] explode all trees
- #26 MeSH descriptor: [Health Education] explode all trees
- #27 MeSH descriptor: [Counseling] explode all trees
- #28 MeSH descriptor: [Life Style] explode all trees
- #29 diet near/3 (educat\* or counsel\*):ti,ab,kw or modif\* near/3 (behaviour or behavior or diet or eat or eating):ti,ab,kw or weight near/3 (educat\* or counsel\*):ti,ab,kw (Word variations have been searched)
- #30 #7 or #8 or #9 or #10 or #11 or #12 or #13 or #14 or #15 or #16 or #17 or #18 or #19 or #20 or #21 or #22 or #23 or #24 or #25 or #26 or #27 or #28 or #29
- #31 #6 and #30
- #32 #1 or #31 Publication Year from 1990 to 2016, in Trials
- #33 conference abstract (Word variations have been searched)
- #34 #32 not #33

## Appendix 2 PRISMA flow diagram



### Appendix 3 List of included studies

Agras WS, Berkowitz RI, Arnow BA, Telch CF, Marnell M, Henderson J, et al. Maintenance following a very-low-calorie diet. *Journal of Consulting & Clinical Psychology* 1996;**64**:610-3.

Annesi JJ. Mediation of the relationship of behavioural treatment type and changes in psychological predictors of healthy eating by body satisfaction changes in women with obesity. *Obesity Research & Clinical Practice* 2017;**11**:97-107.

Appel LJ, Clark JM, Yeh HC, Wang NY, Coughlin JW, Daumit G, et al. Comparative effectiveness of weight-loss interventions in clinical practice. *New England Journal of Medicine* 2011;**365**:1959-68.

Azar KM, Xiao L, Ma J. Baseline obesity status modifies effectiveness of adapted diabetes prevention program lifestyle interventions for weight management in primary care. *BioMed Research International* 2013;191209.

Bacon L, Keim NL, Van Loan MD, Derricote M, Gale B, Kazaks A, et al. Evaluating a 'non-diet' wellness intervention for improvement of metabolic fitness, psychological well-being and eating and activity behaviors. *International Journal of Obesity & Related Metabolic Disorders* 2002;**26**:854-65.

Bakris G, Calhoun D, Egan B, Hellmann C, Dolker M, Kingma I. Orlistat improves blood pressure control in obese subjects with treated but inadequately controlled hypertension. *Journal of Hypertension* 2002;**20**:2257-67.

Bartels SJ, Pratt SI, Aschbrenner KA, Barre LK, Jue K, Wolfe RS, et al. Clinically Significant Improved Fitness and Weight Loss Among Overweight Persons With Serious Mental Illness. *Psychiatric Services* 2013;**64**:729-36.

Bartels SJ, Pratt SI, Aschbrenner KA, Barre LK, Naslund JA, Wolfe R, et al. Pragmatic Replication Trial of Health Promotion Coaching for Obesity in Serious Mental Illness and Maintenance of Outcomes. *American Journal of Psychiatry* 2015;**172**:344-52.

Bazzano LA, Hu T, Reynolds K, Yao L, Bunol C, Liu Y, et al. Effects of low-carbohydrate and low-fat diets: a randomized trial. *Annals of Internal Medicine* 2014;**161**:309-18.

Bennett GG, Warner ET, Glasgow RE, Askew S, Goldman J, Ritzwoller DP, et al. Obesity treatment for socioeconomically disadvantaged patients in primary care practice. *Archives of Internal Medicine* 2012;**172**:565-74.

Berry DC, Schwartz TA, McMurray RG, Skelly AH, Neal M, Hall EG, et al. The family partners for health study: a cluster randomized controlled trial for child and parent weight management. *Nutrition & Diabetes* 2014;**4**:e101.

- Berteus Forslund H, Klingstrom S, Hagberg H, Londahl M, Torgerson JS, Lindroos AK. Should snacks be recommended in obesity treatment? A 1-year randomized clinical trial. *European Journal of Clinical Nutrition* 2008;**62**:1308-17.
- Beutel ME, Dippel A, Szczepanski M, Thiede R, Wiltink J. Mid-term effectiveness of behavioral and psychodynamic inpatient treatments of severe obesity based on a randomized study. *Psychotherapy and Psychosomatics* 2006;**75**:337-45.
- Bliddal H, Leeds AR, Stigsgaard L, Astrup A, Christensen R. Weight loss as treatment for knee osteoarthritis symptoms in obese patients: 1-Year results from a randomised controlled trial. *Annals of the Rheumatic Diseases* 2011;**70**:1798-803.
- Brehm BJ, Lattin BL, Summer SS, Boback JA, Gilchrist GM, Jandacek RJ, et al. One-year comparison of a high-monounsaturated fat diet with a high-carbohydrate diet in type 2 diabetes. *Diabetes Care* 2009;**32**:215-20.
- Broom I, Hughes E, Dodson P, Reckless J. The role of orlistat in the treatment of obese patients with mild to moderate hypercholesterolaemia: Consequences for coronary risk. *British Journal of Cardiology* 2002;**9**:460-1+8.
- Broom I, Wilding J, Stott P, Myers N. Randomised trial of the effect of orlistat on body weight and cardiovascular disease risk profile in obese patients: UK multimorbidity study. *International Journal of Clinical Practice* 2002;**56**:494-9.
- Burguera B, Jesus Tur J, Escudero AJ, Alos M, Pagan A, Cortes B, et al. An Intensive Lifestyle Intervention Is an Effective Treatment of Morbid Obesity: The TRAMOMTANA Study-A Two-Year Randomized Controlled Clinical Trial. *International journal of endocrinology* 2015.
- Cheskin LJ, Mitchell AM, Jhaveri AD, Mitola AH, Davis LM, Lewis RA, et al. Efficacy of meal replacements versus a standard food-based diet for weight loss in type 2 diabetes: a controlled clinical trial. *Diabetes Educator* 2008;**34**:118-27.
- Christensen P, Frederiksen R, Bliddal H, Riecke BF, Bartels EM, Henriksen M, et al. Comparison of three weight maintenance programs on cardiovascular risk, bone and vitamins in sedentary older adults. *Obesity* 2013;**21**:1982-90.
- Courcoulas AP, Goodpaster BH, Eagleton JK, Belle SH, Kalarchian MA, Lang W, et al. Surgical vs medical treatments for type 2 diabetes mellitus: a randomized clinical trial. *JAMA Surgery* 2014;**149**:707-15.
- Cummings DE, Arterburn DE, Westbrook EO, Kuzma JN, Stewart SD, Chan CP, et al. Gastric bypass surgery vs intensive lifestyle and medical intervention for type 2 diabetes: the CROSSROADS randomised controlled trial. *Diabetologia* 2016;**59**:945-53.

- Dalle Grave R, Calugi S, Gavasso I, El Ghoch M, Marchesini G. A randomized trial of energy-restricted high-protein versus high-carbohydrate, low-fat diet in morbid obesity. *Obesity* 2013;**21**:1774-81.
- Damschroder LJ, Lutes LD, Kirsh S, Kim HM, Gillon L, Holleman RG, et al. Small-changes obesity treatment among veterans: 12-month outcomes. *American Journal of Preventive Medicine* 2014;**47**:541-53.
- Daubenmier J, Moran PJ, Kristeller J, Acree M, Bacchetti P, Kemeny ME, et al. Effects of a mindfulness-based weight loss intervention in adults with obesity: A randomized clinical trial. *Obesity* 2016;**24**:794-804.
- Daumit GL, Dickerson FB, Wang NY, Dalcin A, Jerome GJ, Anderson CAM, et al. A behavioral weight-loss intervention in persons with serious mental illness. *New England Journal of Medicine* 2013;**368**:1594-602.
- Davidson MH, Hauptman J, DiGirolamo M, Foreyt JP, Halsted CH, Heber D, et al. Weight control and risk factor reduction in obese subjects treated for 2 years with orlistat: A randomized controlled trial. *Journal of the American Medical Association* 1999;**281**:235-42.
- Davis NJ, Tomuta N, Schechter C, Isasi CR, Segal-Isaacson CJ, Stein D, et al. Comparative study of the effects of a 1-year dietary intervention of a low-carbohydrate diet versus a low-fat diet on weight and glycemic control in type 2 diabetes. *Diabetes Care* 2009;**32**:1147-52.
- Delbridge EA, Prendergast LA, Pritchard JE, Proietto J. One-year weight maintenance after significant weight loss in healthy overweight and obese subjects: Does diet composition matter? *American Journal of Clinical Nutrition* 2009;**90**:1203-14.
- Dennison KF, Galante D, Dennison D, Golaszewski T. A one year post-program assessment of a computer-assisted instruction weight management program for industrial employees: lessons learned. *Journal of Health Education* 1996;**27**:38-43.
- Dixon JB, O'Brien PE, Playfair J, Chapman L, Schachter LM, Skinner S, et al. Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized controlled trial. *JAMA* 2008;**299**:316-23.
- Dixon JB, Schachter LM, O'Brien PE, Jones K, Grima M, Lambert G, et al. Surgical vs conventional therapy for weight loss treatment of obstructive sleep apnea: A randomized controlled trial. *JAMA* 2012;**308**:1142-9.
- Djuric Z, Mirasolo J, Kimbrough L, Brown DR, Heilbrun LK, Canar L, et al. A pilot trial of spirituality counseling for weight loss maintenance in African American breast cancer survivors. *Journal of the National Medical Association* 2009;**101**:552-64.

Dutton GR, Nackers LM, Dubyak PJ, Rushing NC, Huynh TVT, Tan F, et al. A randomized trial comparing weight loss treatment delivered in large versus small groups. *International Journal of Behavioral Nutrition and Physical Activity* 2014;**11** (1)

Eaton CB, Hartman SJ, Perzanowski E, Pan GH, Roberts MB, Risica PM, et al. A Randomized Clinical Trial of a Tailored Lifestyle Intervention for Obese, Sedentary, Primary Care Patients. *Annals of Family Medicine* 2016;**14**:311-9.

Ebbeling CB, Leidig MM, Feldman HA, Lovesky MM, Ludwig DS. Effects of a low-glycemic load vs low-fat diet in obese young adults: A randomized trial. *Journal of the American Medical Association* 2007;**297**:2092-102.

Esposito K, Giugliano F, Di Palo C, Giugliano G, Marfella R, D'Andrea F, et al. Effect of lifestyle changes on erectile dysfunction in obese men: A randomized controlled trial. *Journal of the American Medical Association* 2004;**291**:2978-84.

Finer N, James WPT, Kopelman PG, Lean MEJ, Williams G. One-year treatment of obesity: A randomized, double-blind, placebo-controlled, multicentre study of orlistat, a gastrointestinal lipase inhibitor. *International Journal of Obesity* 2000;**24**:306-13.

Fitzgibbon ML, Stolley MR, Schiffer L, Sharp LK, Singh V, Dyer A. Obesity reduction black intervention trial (ORBIT): 18-month results. *Obesity* 2010;**18**:2317-25.

Flechtner-Mors M, Boehm BO, Wittmann R, Thoma U, Ditschuneit HH. Enhanced weight loss with protein-enriched meal replacements in subjects with the metabolic syndrome. *Diabetes/Metabolism Research and Reviews* 2010;**26**:393-405.

Foster GD, Wyatt HR, Hill JO, Makris AP, Rosenbaum DL, Brill C, et al. Weight and metabolic outcomes after 2 years on a low-carbohydrate versus low-fat diet: A randomized trial. *Annals of Internal Medicine* 2010;**153**:147-57.

Goodpaster BH, Delany JP, Otto AD, Kuller L, Vockley J, South-Paul JE, et al. Effects of diet and physical activity interventions on weight loss and cardiometabolic risk factors in severely obese adults: a randomized trial. *JAMA* 2010;**304**:1795-802.

Gorin AA, Raynor HA, Fava J, Maguire K, Robichaud E, Trautvetter J, et al. Randomized controlled trial of a comprehensive home environment-focused weight-loss program for adults. *Health Psychology* 2013;**32**:128-37.

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