**Supplementary Table 2: Baseline participant and intervention characteristics by study**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **Patient Characteristics** | **Intervention Characteristics** | **Article characteristics** |
| **Study**  | **Study name (year) group name**  | **Age****(years)** | **n** | **Male %** | **NHW %** | **Baseline BMI** | **Core Sessions** | **Maintenance** **Yes (y) or no (n)** | **Follow up time (in months)**  | **Session type: individual (i) group (g) or both (b)**  | **Quality score classification** **(< 2 points = 0****2+ points = 1)**  |
| 1 | Ackermann(2008)1 | 56.5 | 46 | 50.0 | 93.0 | 32.00 | 16 | y | 12 | g | 1 |
| 2 | Ackermann(2015)2 | 50.8 | 257 | 27.2 | 35.4 | 37.10 | 16 | Y | 12 | g | 1 |
| 3 | Aldana(2005)3 | 46.0 | 37 | 34.3 | 48.6 | 32.01 | 16 | Y | 12 | g | 1 |
| 4 | Almeida(2010)4 | 62.4 | 820 | 48.0 | 70.0 | 29.80 | 1 | n | 12 | g | 0 |
| 5 | Bernstein (2014) 5 |  -  | 14 | 0.0 | 0.0 | 37.20 | 6 | N | 1.5 | g | 0 |
| 6 | Boltri(2008)6 | 52.0 | 8 | 42.0 | 0.0 | 31.60 | 16 | n | 12 | g | 1 |
| 7 | Boltri(2011)7 | 57.2 | 37 | 30.0 | 0.0 | 33.20 | 12 | y | 12 | g | 1 |
| 8 | Camp(2014)8 | 42.2 | 109 | 0.0 | - | 35.80 | 14 | n | 12 | g | 1 |
| 9 | DavisSmith(2007)9 | 55.9 | 10 | 30.0 | 0.0 | 35.70 | 6 | n | 12 | g | 1 |
| 10 | Estabrooks(2008)10 | 57.8 | 39 | 28.2 | 69.0 | - | 12 | n | 3 | i | 1 |
| 11 | Faridi(2010)11 | 49.0 | 121 | 15.0 | 0.0 | 33.80 | variable | n | 12 | i | 1 |
| 12 | Fukuoka12 | 57.1 | 30 | 23.3 | 43.3 | 32.20 | 6 | N | 5 | b | 1 |
| 13 | Harwell (2011)13 | - | 989 | 19.0 | - | - | 16 | y | 10 | g | 0 |
| 14 | Islam (Korean) 14 | 61.0 | 25 | 32 | 0 | 24.10 | 6 | Y | 6 | b | 1 |
| 15 | Islam (Sikh) 15 | 46.3 | 76 | 4.9 | 0 | 28.20 | 6 | Y | 6 | b | 1 |
| 16 | Jaber(2010)16 | 47.0 | 71 | 27.0 | 0.0 | 34.30 | 12 | y | 6 | g | 1 |
| 17 | Jiang (2013)17 | 46.6 | 2553 | 25.5 | 0.0 | 35.80 | 16 | y | 36 | g | 1 |
| 18 | Katula(2011)18  | 57.3 | 151 | 43.0 | 73.5 | 32.81 | 24 | y | 12 | g | 1 |
| 19a | Kramer(2009) phase 119 | 52.9 | 51 | 18.0 | 73.0 | 36.60 | 12 | n | 3 | g | 0 |
| 19b | Kramer(2009) phase 219 | 57.2 | 42 | 21.0 | 100.0 | 34.60 | 12 | y | 12 | g | 0 |
| 20a | Kramer(2010) DVD20 | 57.3 | 22 | 29.0 | 83.0 | 32.85 | 12 | n | 3 | i | 1 |
| 20b | Kramer(2010)GROUP20 | 61.0 | 26 | 29.0 | 83.0 | 35.09 | 12 | n | 3 | g | 1 |
| 21 | Kramer(2011)21 | 53.0 | 81 | 12.3 | 96.0 | 37.10 | 12 | y | 3 | g | 1 |
| 22a | Ma (2013) coach22 | 54.6 | 79 | 51.9 | 77.2 | 31.80 | 12 | y | 15 | g | 1 |
| 22b | Ma (2013) internet22 | 51.8 | 81 | 44.3 | 79.0 | 31.70 | 24 | y | 15 | i | 1 |
| 23 | Matvienko(2009)23 | 55.7 | 31 | 39.0 | 94.0 | 36.10 | 16 | y | 12 | i | 0 |
| 24 | Mau(2010)24 | 49.0 | 239 | 17.0 | 0.0 | 39.10 | 8 | n | 3 | g | 0 |
| 25 | McBride(2008)25 | 51.9 | 40 | 41.0 | 100.0 | 37.40 | 12 | y | 12 | g | 1 |
| 26 | McTigue(2009) internet26 | 51.9 | 50 | 24.0 | 86.0 | 36.40 | 16 | y | 12 | g | 1 |
| 27 | McTigue(2009) Willow27 | 53.0 | 81 | 17.0 | 86.0 | 38.89 | 12 | y | 12 | g | 1 |
| 28 | Ockene(2012)28 | 52.0 | 162 | 28.0 | 0.0 | 33.57 | 16 | n | 12 | b | 1 |
| 29 | Pagoto(2008)29 | 48.7 | 118 | 28.0 | 90.7 | 43.30 | 16 | y | 4 | g | 0 |
| 30 | Parikh(2010)30 | 46.0 | 50 | 14.0 | 2.0 | 32.00 | 8 | n | 12 | g | 1 |
| 31 | Ruggiero (2011)31 | 37.9 | 69 | 7.2 | 0.0 | 31.19 | 16 | y | 12 | g | 0 |
| 32 | Sattin (2014)32 | 46.5 | 604 | 16.6 | 0.0 | 35.70 | 16 | y | 12 | b | 1 |
| 33 | Seidel(2008)33 | 54.0 | 88 | 15.9 | 72.7 | 36.20 | 12 | n | 6 | g | 1 |
| 34 | Sepah (2014)34 | 43.9 | 187 | 15.1 | 51.1 | 36.70 | 16 | y | 12 | i | 1 |
| 35 | Srebnik35 | 51.0 | 60 | 35 | 62 | 36.70 | 16 | Y | 12 | g | 1 |
| 36 | Swanson (2012)36 | 62.0 | 221 | 33.0 | 88.0 | 31.20 | 4 | n | 6 | g | 1 |
| 37 | Tang37 | 60.0 | 13 | 27 | 0 |  -  | 6 | Y | 5 | b | 0 |
| 38  | Tate(2003)38 | 49.8 | 46 | 9.0 | 89.0 | 32.50 | 5 | y | 12 | i | 1 |
| 39 | Vadheim(2010)39 | 50.5 | 101 | 12.0 | 92.5 | 36.20 | 16 | y | 10 | g | 0 |
| 40a | Vadheim(2010) onsite40  | 53.0 | 13 | 31.0 |  - | 34.00 | 16 | y | 4 | g | 1 |
| 40b | Vadheim(2010) telehealth40 | 50.0 | 14 | 7.0 |  - | 38.70 | 16 | y | 4 | g | 1 |
| 41 | Vanderwood(2010)41 | 52.3 | 1003 | 20.0 | 92.5 | 35.10 | 16 | y | 10 | g | 0 |
| 42 | Vincent42 | 50.0 | 38 |  23.7 | 0 | 34.60 | 8 | Y | 5 | g | 0 |
| 43 | Whittemore(2009)43 | 48.2 | 31 | 10.0 | 48.0 | 40.00 | 11 | n | 6 | i | 1 |
| 44 | Yeary(2011)44 | 50.8 | 26 | 15.0 | 0.0 | 35.00 | 16 | n | 4 | g | 1 |

\*If a study presented two intervention groups, then the study number is listed twice with an a or b to designate the group.

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