**APPENDIX:**

**Included articles in “Methodological Quality of Behavioral Weight Loss Studies: A**

**Systematic Review”**

1. Admiraal WM, Vlaar EM, Nierkens V, et al. Intensive lifestyle intervention in general practice to prevent type 2 diabetes among 18 to 60-year-old South Asians: 1-year effects on the weight status and metabolic profile of participants in a randomized controlled trial. *PLoS One* 2010; **8***:* e68605.

2. Anderson AS, Craigie AM, Caswell S, et al. The impact of a bodyweight and physical activity intervention (BeWEL) initiated through a national colorectal cancer screening programme: Randomised controlled trial. *BMJ* 2014; **348***:* g1823.

3. Appel LJ, Clark JM, Yeh HC, et al. Comparative effectiveness of weight-loss interventions in clinical practice. *N Engl J Med* 2011; **365***:* 1959-1968.

4. Assuncao MC, Gigante DP, Cardoso MA, Sartorelli DS, Santos IS. Randomized, controlled trial promotes physical activity and reduces consumption of sweets and sodium among overweight and obese adults. *Nutr Res* 2010; **30***:* 541-549.

5. Bartels SJ, Pratt SI, Aschbrenner KA, et al. Clinically significant improved fitness and weight loss among overweight persons with serious mental illness. *Psychiatr Serv* 2013; **64**: 729-736.

6. Beavers KM, Beavers DP, Nesbit BA, et al. Effect of an 18-month physical activity and weight loss intervention on body composition in overweight and obese older adults. *Obesity* 2014; **22***:* 325-331.

7. Belanger-Gravel A, Godin G, Bilodeau A, Poirier P. The effect of implementation intentions on physical activity among obese older adults: A randomised control study. *Psychology & Health* 2013; **28***:* 217-233.

8. Bennett GG, Warner ET, Glasgow RE, et al. Obesity treatment for socioeconomically disadvantaged patients in primary care practice. *Arch Intern Med* 2012; **172***:* 565-574.

9. Burke LE, Styn MA, Sereika SM, et al. Using mHealth technology to enhance self-monitoring for weight loss: A randomized trial. Am J Prev Med 2012; **43***:* 20-26.

10. Carnie A, Lin J, Aicher B, et al. Randomized trial of nutrition education added to internet-based information and exercise at the work place for weight loss in a racially diverse population of overweight women. *Nutr Diabetes* 2013; **3***:* e98.

11. Carter MC, Burley VJ, Nykjaer C, Cade JE. Adherence to a smartphone application for weight loss compared to website and paper diary: Pilot randomized controlled trial. *J Med Internet Res* 2013; **15***:* e32.

12. Collins CE, Morgan PJ, Hutchesson MJ, Callister R. Efficacy of standard versus enhanced features in a Web-based commercial weight-loss program for obese adults, part 2: Randomized controlled trial. *J Med Internet Res* 2013; **15***:* e140.

13. Damschroder LJ, Lutes LD, Kirsh S, et al. Small-changes obesity treatment among veterans: 12-month outcomes. *Am J Prev Med* 2014; **47***:* 541-553.

14. Daumit GL, Dickerson FB, Wang NY, et al. A behavioral weight-loss intervention in persons with serious mental illness. *N Engl J Med* 2013; **368***:* 1594-1602.

15. de Vos BC, Runhaar J, Bierma-Zeinstra SM. Effectiveness of a tailor-made weight loss intervention in primary care. *Eur J Nutr* 2014; **53***:* 95-104.

16. Digenio AG, Mancuso JP, Gerber RA, Dvorak RV. Comparison of methods for delivering a lifestyle modification program for obese patients: A randomized trial. *Ann Intern Med* 2009; **150***:* 255-262.

17. Donnelly JE, Goetz J, Gibson C, et al. Equivalent weight loss for weight management programs delivered by phone and clinic. *Obesity* 2013; **21***:* 1951-1959.

18. Eakin EG, Reeves MM, Winkler E, et al. Six-month outcomes from living well with diabetes: A randomized trial of a telephone-delivered weight loss and physical activity intervention to improve glycemic control. *Ann Behav Med* 2013; **46***:* 193-203.

19. Ferrara A, Hedderson MM, Albright CL, et al. A pregnancy and postpartum lifestyle intervention in women with gestational diabetes mellitus reduces diabetes risk factors: A feasibility randomized control trial. *Diabetes Care* 2011; **34***:* 1519-1525.

20. Fitzgibbon ML, Stolley MR, Schiffer L, Sharp LK, Singh V, Dyer A. Obesity reduction black intervention trial (ORBIT): 18-month results. *Obesity* 2010; **18***:* 2317-2325.

21. Forman EM, Butryn ML, Juarascio AS, et al. The mind your health project: A randomized controlled trial of an innovative behavioral treatment for obesity. *Obesity* 2013; **21***:* 1119-1126.

22. Foster-Schubert KE, Alfano CM, Duggan CR, et al. Effect of diet and exercise, alone or combined, on weight and body composition in overweight-to-obese postmenopausal women. *Obesity* 2012; **20***:* 1628-1638.

23. Goldberg RW, Reeves G, Tapscott S, et al. "MOVE!" Outcomes of a weight loss program modified for veterans with serious mental illness. *Psychiatr Serv* 2013; **64***:* 737-744.

24. Goodpaster BH, Delany JP, Otto AD, 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***:* 1795-1802.

25. Goodwin PJ, Segal RJ, Vallis M, et al. Randomized trial of a telephone-based weight loss intervention in postmenopausal women with breast cancer receiving letrozole: The LISA trial. *J Clin Oncol* 2014; **32***:* 2231-2239.

26. Gorin AA, Raynor HA, Fava J, et al. Randomized controlled trial of a comprehensive home environment-focused weight-loss program for adults. *Health Psychol* 2013; **32***:* 128-137.

27. Greene J, Sacks R, Piniewski B, Kil D, Hahn JS. The impact of an online social network with wireless monitoring devices on physical activity and weight loss. *J Prim Care Community Health* 2012; **4***:* 189-194.

28. Grilo CM, Masheb RM, Wilson GT, Gueorguieva R, White MA. Cognitive-behavioral therapy, behavioral weight loss, and sequential treatment for obese patients with binge-eating disorder: A randomized controlled trial. *J Consult Clin Psychol* 2011; **79***:* 675-685.

29. Groeneveld IF, Proper KI, van der Beek AJ, van Mechelen W. Sustained body weight reduction by an individual-based lifestyle intervention for workers in the construction industry at risk for cardiovascular disease: Results of a randomized controlled trial. *Prev Med* 2010; **51***:* 240-246.

30. Haapala I, Barengo NC, Biggs S, Surakka L, Manninen P. Weight loss by mobile phone: A 1-year effectiveness study. *Public Health Nutr* 2009; **12***:* 2382-2391.

31. Hardcastle SJ, Taylor AH, Bailey MP, Harley RA, Hagger MS. Effectiveness of a motivational interviewing intervention on weight loss, physical activity and cardiovascular disease risk factors: A randomised controlled trial with a 12-month post-intervention follow-up. *Int J Behav Nutr Phys Act* 2013; **10***:* 40.

32. Harvey-Berino J, West D, Krukowski R, et al. Internet delivered behavioral obesity treatment. *Prev Med* 2010; **51***:* 123-128.

33. Hersey JC, Khavjou O, Strange LB, et al. The efficacy and cost-effectiveness of a community weight management intervention: A randomized controlled trial of the health weight management demonstration. *Prev Med* 2012; **54***:* 42-49.

34. Hillier FC, Batterham AM, Nixon CA, Crayton AM, Pedley CL, Summerbell CD. A community-based health promotion intervention using brief negotiation techniques and a pledge on dietary intake, physical activity levels and weight outcomes: Lessons learnt from an exploratory trial. *Public Health Nutr* 2011; **15***:* 1446-1455.

35. Hunt K, Wyke S, Gray CM, et al. A gender-sensitised weight loss and healthy living programme for overweight and obese men delivered by Scottish Premier League football clubs (FFIT): A pragmatic randomised controlled trial. *Lancet* 2014; **383***:* 1211-1221.

36. Jakicic JM, Rickman AD, Lang W, et al. Time-based physical activity interventions for weight loss: A randomized trial. *Med Sci Sports Exerc* 2015; **47***:* 1061-1069.

37. Jakicic JM, Tate DF, Lang W, et al. Effect of a stepped-care intervention approach on weight loss in adults: A randomized clinical trial. *JAMA* 2012; **307***:* 2617-2626.

38. Jansson SP, Engfeldt P, Magnuson A, Pt GL, Liljegren G. Interventions for lifestyle changes to promote weight reduction, a randomized controlled trial in primary health care. *BMC Res Notes* 2013; *6:* 213.

39. Jebb SA, Ahern AL, Olson AD, et al. Primary care referral to a commercial provider for weight loss treatment versus standard care: A randomised controlled trial. *Lancet* 2011; **378***:* 1485-1492.

40. Jeffery RW, Levy RL, Langer SL, et al. A comparison of maintenance-tailored therapy (MTT) and standard behavior therapy (SBT) for the treatment of obesity. *Prev Med* 2009; **49***:* 384-389.

41. Johnston CA, Rost S, Miller-Kovach K, Moreno JP, Foreyt JP. A randomized controlled trial of a community-based behavioral counseling program. *Am J Med* 2013; **126***:* 1143 e1119-1124.

42. Jolly K, Lewis A, Beach J, et al. Comparison of range of commercial or primary care led weight reduction programmes with minimal intervention control for weight loss in obesity: Lighten Up randomised controlled trial. *BMJ* 2011; **343***:* d6500.

43. Kalarchian MA, Levine MD, Klem ML, Burke LE, Soulakova JN, Marcus MD. Impact of addressing reasons for weight loss on behavioral weight-control outcome. *Am J Prev Med* 2011; **40***:* 18-24.

44. Kalarchian MA, Marcus MD, Courcoulas AP, Cheng Y, Levine MD. Preoperative lifestyle intervention in bariatric surgery: Initial results from a randomized, controlled trial. *Obesity* 2013; **21***:* 254-260.

45. Kalter-Leibovici O, Younis-Zeidan N, Atamna A, et al. Lifestyle intervention in obese Arab women: A randomized controlled trial. *Arch Intern Med* 2010; **170***:* 970-976.

46. Katula JA, Vitolins MZ, Morgan TM, et al. The Healthy Living Partnerships to Prevent Diabetes study: 2-year outcomes of a randomized controlled trial. *Am J Prev Med* 2013; **44***:* S324-332.

47. Kawano M, Shono N, Yoshimura T, Yamaguchi M, Hirano T, Hisatomi A. Improved cardio-respiratory fitness correlates with changes in the number and size of small dense LDL: Randomized controlled trial with exercise training and dietary instruction. *Intern Med* 2009; **48***:* 25-32.

48. Kirk A, Barnett J, Leese G, Mutrie N. A randomized trial investigating the 12-month changes in physical activity and health outcomes following a physical activity consultation delivered by a person or in written form in Type 2 diabetes: Time2Act. *Diabet Med* 2009; **26***:* 293-301.

49. Kuller LH, Pettee Gabriel KK, Kinzel LS, et al. The Women on the Move Through Activity and Nutrition (WOMAN) study: Final 48-month results*. Obesity* 2012; **20***:* 636-643.

50. Kumanyika SK, Fassbender JE, Sarwer DB, et al. One-year results of the Think Health! Study of weight management in primary care practices. *Obesity* 2012; **20***:* 1249-1257.

51. Laing BY, Mangione CM, Tseng CH, et al. Effectiveness of a smartphone application for weight loss compared with usual care in overweight primary care patients: A randomized, controlled trial. *Ann Intern Med* 2014; **161***:* S5-12.

52. Lin PH, Wang Y, Levine E, et al. A text messaging-assisted randomized lifestyle weight loss clinical trial among overweight adults in Beijing. *Obesity* 2014; **22***:* E29-37.

53. Linde JA, Simon GE, Ludman EJ, et al. A randomized controlled trial of behavioral weight loss treatment versus combined weight loss/depression treatment among women with comorbid obesity and depression. *Ann Behav Med* 2011; **41***:* 119-130.

54 Look AHEAD Research Group. Eight-year weight losses with an intensive lifestyle intervention: The look AHEAD study. Obesity 2014; 22: 5-13.

55. Ma J, Yank V, Xiao L, et al. Translating the Diabetes Prevention Program lifestyle intervention for weight loss into primary care: A randomized trial. *JAMA Intern Med* 2013; **173***:* 113-121.

56. Morey MC, Snyder DC, Sloane R, et al. Effects of home-based diet and exercise on functional outcomes among older, overweight long-term cancer survivors: RENEW: A randomized controlled trial. *JAMA* 2009; **301***:* 1883-1891.

57. Morgan PJ, Callister R, Collins CE, et al. The SHED-IT community trial: a randomized controlled trial of internet- and paper-based weight loss programs tailored for overweight and obese men. *Ann Behav Med* 2013; **45***:* 139-152.

58. Nakade M, Aiba N, Suda N, et al. Behavioral change during weight loss program and one-year follow-up: Saku Control Obesity Program (SCOP) in Japan. *Asia Pac J Clin Nutr* 2012; **21***:* 22-34.

59. Nakata Y, Okada M, Hashimoto K, Harada Y, Sone H, Tanaka K. Comparison of education-only versus group-based intervention in promoting weight loss: A randomised controlled trial. *Obes Facts* 2011; **4**:222-228.

60. Nijamkin MP, Campa A, Sosa J, Baum M, Himburg S, Johnson P. Comprehensive nutrition and lifestyle education improves weight loss and physical activity in Hispanic Americans following gastric bypass surgery: A randomized controlled trial. *J Acad Nutr Diet* 2012; **112***:* 382-390.

61. Nilsen V, Bakke PS, Gallefoss F. Effects of lifestyle intervention in persons at risk for type 2 diabetes mellitus - results from a randomised, controlled trial. *BMC Public Health* 2011; **11***:* 893.

62. Ockene IS, Tellez TL, Rosal MC, et al. Outcomes of a Latino community-based intervention for the prevention of diabetes: The Lawrence Latino Diabetes Prevention Project. *Am J Public Health* 2012; **102***:* 336-342.

63. Ostbye T, Krause KM, Lovelady CA, et al. Active mothers postpartum: A randomized controlled weight-loss intervention trial. *Am J Prev Med* 2009; **37***:* 173-180.

64. Pagoto S, Schneider KL, Whited MC, et al. Randomized controlled trial of behavioral treatment for comorbid obesity and depression in women: The Be Active Trial*. Int J Obes* 2013; **37***:* 1427-1434.

65. Patrick K, Calfas KJ, Norman GJ, et al. Outcomes of a 12-month web-based intervention for overweight and obese men. *Ann Behav Med* 2011; **42***:* 391-401.

66. Perri MG, Limacher MC, von Castel-Roberts K, et al. Comparative effectiveness of three doses of weight-loss counseling: Two-year findings from the rural LITE trial. *Obesity* 2014; **22***:* 2293-2300.

67. Pinto AM, Fava JL, Hoffmann DA, Wing RR. Combining behavioral weight loss treatment and a commercial program: A randomized clinical trial. *Obesity* 2013; **21***:* 673-680.

68. Raynor HA, Steeves EA, Hecht J, Fava JL, Wing RR. Limiting variety in non-nutrient-dense, energy-dense foods during a lifestyle intervention: A randomized controlled trial. *Am J Clin Nutr* 2012; **95***:* 1305-1314.

69. Ribeiro MA, Martins MA, Carvalho CR. Interventions to increase physical activity in middle-age women at the workplace: A randomized controlled trial. *Med Sci Sports Exerc* 2014; **46***:* 1008-1015.

70. Rimmer JH, Wang E, Pellegrini CA, Lullo C, Gerber BS. Telehealth weight management intervention for adults with physical disabilities: A randomized controlled trial. *Am J Phys Med Rehabil* 2013; **92***:* 1084-1094.

71. Rock CL, Flatt SW, Sherwood NE, Karanja N, Pakiz B, Thomson CA. Effect of a free prepared meal and incentivized weight loss program on weight loss and weight loss maintenance in obese and overweight women: A randomized controlled trial. *JAMA* 2010; **304***:* 1803-1810.

72. Ross R, Lam M, Blair SN, et al. Trial of prevention and reduction of obesity through active living in clinical settings: A randomized controlled trial. *Arch Intern Med* 2012; **172***:* 414-424.

73. Ryan DH, Johnson WD, Myers VH, et al. Nonsurgical weight loss for extreme obesity in primary care settings: Results of the Louisiana Obese Subjects Study. *Arch Intern Med* 2010; **170***:* 146-154.

74. Saffari M, Pakpour AH, Mohammadi-Zeidi I, Samadi M, Chen H. Long-term effect of motivational interviewing on dietary intake and weight loss in Iranian obese/overweight women. *Health Promot Perspect* 2014; **4***:* 206-213.

75. Salinardi TC, Batra P, Roberts SB, et al. Lifestyle intervention reduces body weight and improves cardiometabolic risk factors in worksites. *Am J Clin Nutr* 2013; **97***:* 667-676.

76. Sallit J, Ciccazzo M, Dixon Z. A cognitive-behavioral weight control program improves eating and smoking behaviors in weight-concerned female smokers. *J Am Diet Assoc* 2009; **109***:* 1398-1405.

77. Shapiro JR, Koro T, Doran N, et al. Text4Diet: A randomized controlled study using text messaging for weight loss behaviors. *Prev Med* 2012; **55** *:*412-417.

78. Shuger SL, Barry VW, Sui X, et al. Electronic feedback in a diet- and physical activity-based lifestyle intervention for weight loss: A randomized controlled trial. *Int J Behav Nutr Phys Act* 2011; **8***:* 41.

79. Silva MN, Vieira PN, Coutinho SR, et al. Using self-determination theory to promote physical activity and weight control: A randomized controlled trial in women. *J Behav Med* 2010; **33***:* 110-122.

80. Thomas GN, Macfarlane DJ, Guo B, et al. Health promotion in older Chinese: A 12-month cluster randomized controlled trial of pedometry and "peer support". *Med Sci Sports Exerc* 2012; **44***:* 1157-1166.

81. Tur JJ, Escudero AJ, Alos MM, et al. One year weight loss in the TRAMOMTANA study. A randomized controlled trial. *Clin Endocrinol* 2013; **79***:* 791-799.

82. van Wier MF, Dekkers JC, Hendriksen IJ, et al. Effectiveness of phone and e-mail lifestyle counseling for long term weight control among overweight employees. *J Occup Environ Med* 2011; **53***:* 680-686.

83. Vermunt PW, Milder IE, Wielaard F, et al. A lifestyle intervention to reduce Type 2 diabetes risk in Dutch primary care: 2.5-year results of a randomized controlled trial. *Diabet Med* 2012; **29***:* e223-231.

84. Vinkers CD, Adriaanse MA, Kroese FM, de Ridder DT. Efficacy of a self-management intervention for weight control in overweight and obese adults: a randomized controlled trial. *J Behav Med* 2014; **37***:* 781-792.

85. Vinter CA, Jensen DM, Ovesen P, et al. Postpartum weight retention and breastfeeding among obese women from the randomized controlled Lifestyle in Pregnancy (LiP) trial. *Acta Obstet Gynecol Scand* 2014; **93***:* 794-801.

86. Wadden TA, Volger S, Sarwer DB, et al. A two-year randomized trial of obesity treatment in primary care practice. *N Engl J Med* 2011; **365***:* 1969-1979.

87. Weinstock RS, Trief PM, Cibula D, Morin PC, Delahanty LM. Weight loss success in metabolic syndrome by telephone interventions: Results from the SHINE Study. *J Gen Intern Med* 2013; **28***:* 1620-1628.

88. Werkman A, Hulshof PJ, Stafleu A, et al. Effect of an individually tailored one-year energy balance programme on body weight, body composition and lifestyle in recent retirees: Acluster randomised controlled trial. *BMC Public Health* 2010; **10***:* 110.

89. Wong VW, Chan RS, Wong GL, et al. Community-based lifestyle modification programme for non-alcoholic fatty liver disease: A randomized controlled trial. *J Hepatol* 2013; **59***:* 536-542.

90. Yardley L, Ware LJ, Smith ER, et al. Randomised controlled feasibility trial of a web-based weight management intervention with nurse support for obese patients in primary care. *Int J Behav Nutr Phys Act* 2014; **11***:* 67.