**Table 26. Characteristics of weight maintenance intervention studies in populations with psychiatric disorders**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Author,****Year** | **Years of Recruitment** | **Single or Multicenter** | **Recruitment****Setting** | **Study Design** | **Inclusion Criteria** | **Study’s stated goal is weight maintenance** | **Control****Active Intervention** |
| Alvarez-jimenez 20101 | 2002-2004 | Single | Clinic | RCT | Age: 16-50, psychosis  | Yes | Usual CareSelf-management, diet, physical activity |
| McCreadie 20052 | NR | Multisite | Community/geographic  | RCT | DSM-IV diagnosis of schizophrenia  | No | No interventionDiet (provided with fruits and vegetables)Diet (provided with fruits and vegetables plus lesson plans on how to prepare them) |

DSM-IV = Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition; NR = Not Reported; RCT = Randomized Controlled Trial

**References**

 1. Alvarez-Jimenez M, Martinez-Garcia O, Perez-Iglesias R, et al. Prevention of antipsychotic-induced weight gain with early behavioural intervention in first-episode psychosis: 2-year results of a randomized controlled trial. Schizophr. Res. 2010; 116(1):16-9.

 2. McCreadie RG, Kelly C, Connolly M et al. Dietary improvement in people with schizophrenia: Randomised controlled trial. British Journal of Psychiatry 2005; 187(4):346-51.