**Table7a. Strength of evidence of studies among adults with mental illness**

| **Number of Studies, Participants** | **Domains Pertaining to Strength of Evidence** | **Strength of evidence****Range of mean differences between groups** |
| --- | --- | --- |
| **Dietary interventions** | **Risk of Bias** | **Consistency** | **Directness** | **Precision** |  |
| **BMI Change** |
| Self management interventions |  |  |  |  | Insufficient |
| Diet1 trial (91 analyzed)1 | ModerateNo blinding of outcome assessors | Not applicableOne study | IndirectGoal of study to increase fruit and vegetable consumption | ImpreciseNo measure of variability reported. | LowNeither group favored in BMI 18 months after providing fruit and vegetables to group homes. |
| Physical activity |  |  |  |  | Insufficient |
| Combination1 trial (59 analyzed)2 | ModerateNo blinding of outcome assessors | Not applicableOne study | DirectGoal of study to prevent anti-psychotic associated weight gain. | ImpreciseNo measure of variability reported. Study reports not statistically significant. | LowBehavioral intervention preferred to decrease weight gain compared with usual care, although not statistically significant. |
| **Weight** |  |  |  |  |  |
| Self-management |  |  |  |  | InsufficientNo studies identified |
| Diet |  |  |  |  | InsufficientNo studies identified |
| Physical activity |  |  |  |  | InsufficientNo studies identified |
| Combination1 trial (59 analyzed)2 | ModerateNo blinding of outcome assessors | Not applicableOne study | DirectGoal of study to prevent anti-psychotic associated weight gain. | ImpreciseNo measure of variability reported. Study reports not statistically significant. | LowBehavioral intervention preferred to decrease weight gain compared with usual care, although not statistically significant. |

BMI = Body Mass Index

**References**

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

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 3. Andersen GS, Stunkard AJ, Sørensen TIA, et al. Night eating and weight change in middle-aged men and women. Int J Obesity 2004; 28(10):1338-43.