**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 |
| Diet  1 trial (91 analyzed)1 | Moderate  No blinding of outcome assessors | Not applicable  One study | Indirect  Goal of study to increase fruit and vegetable consumption | Imprecise  No measure of variability reported. | Low  Neither group favored in BMI 18 months after providing fruit and vegetables to group homes. |
| Physical activity |  |  |  |  | Insufficient |
| Combination  1 trial (59 analyzed)2 | Moderate  No blinding of outcome assessors | Not applicable  One study | Direct  Goal of study to prevent anti-psychotic associated weight gain. | Imprecise  No measure of variability reported. Study reports not statistically significant. | Low  Behavioral intervention preferred to decrease weight gain compared with usual care, although not statistically significant. |
| **Weight** |  |  |  |  |  |
| Self-management |  |  |  |  | Insufficient  No studies identified |
| Diet |  |  |  |  | Insufficient  No studies identified |
| Physical activity |  |  |  |  | Insufficient  No studies identified |
| Combination  1 trial (59 analyzed)2 | Moderate  No blinding of outcome assessors | Not applicable  One study | Direct  Goal of study to prevent anti-psychotic associated weight gain. | Imprecise  No measure of variability reported. Study reports not statistically significant. | Low  Behavioral intervention preferred to decrease weight gain compared with usual care, although not statistically significant. |

BMI = Body Mass Index

**References**

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