| **Author, Year** | **Outcome [unit]** | **FU, mos** | **IG** | **IG N** | **IG Mean (SD) BL** | **IG Mean change****(95% CI)** | **CG N** | **CG Mean (SD) BL** | **CG Mean change****(95% CI)** | **Between-group difference in mean change (95% CI)\*** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Ackermann, 2008214 | Weight [% change] | 12 | IG1 | 29 | NA | -6.0 (-8.3 to -3.8) | 33 | NA | -1.8 (-3.9 to 0.3) | -4.20 (-7.15 to -1.25); p=0.008 |
| BMI [% change] | 12 | IG1 | 29 | NA | -6.7 (-9.1 to -4.4) | 33 | NA | -1.4 (-3.6 to 0.8) | -5.30 (-8.39 to -2.21); p=0.002 |
| Weight [kg] | 12 | IG1 | 29 | 94.5 (16.4) | -5.7 (NR) | 33 | 90.9 (17.3) | -1.6 (NR) | -4.10 (NR); p=NR |
| Ackermann, 2015215 | Weight [kg] | 12 | IG1 | 257 | 103.0 (25.6) | -2.5 (NR) | 252 | 101.7 (25.4) | -0.2 (NR) | -2.30 (-3.40 to -1.10); p<0.001 |
| Ahern, 2017323 | WC [cm] | 12 | IG1 | 528 | 110.0 (12.7) | -7.3 (-8.2 to -6.4) | 210 | 110.0 (11.9) | -3.2 (-4.4 to -1.9) | -4.05 (-5.54 to -2.56); p=<0.0001 |
| WC [cm] | 12 | IG2 | 528 | 111.0 (12.4) | -5.2 (-6.0 to -4.3) | 210 | 110.0 (11.9) | -3.2 (-4.4 to -1.9) | -2.12 (-3.59 to -0.65); p=0.0048 |
| WC [cm] | 24 | IG1 | 528 | 110.0 (12.7) | -5.6 (-6.5 to -4.7) | 210 | 110.0 (11.9) | -3.6 (-5.1 to -2.2) | -1.98 (-3.56 to -0.41); p=0.0137 |
| WC [cm] | 24 | IG2 | 528 | 111.0 (12.4) | -4.4 (-5.3 to -3.4) | 210 | 110.0 (11.9) | -3.6 (-5.1 to -2.2) | -0.27 (-2.27 to 0.83); p=0.365 |
| Weight [kg] | 12 | IG1 | 528 | 95.7 (16.4) | -6.8 (-7.6 to -5.9) | 211 | 96.1 (16.4) | -3.3 (-4.6 to -1.9) | -3.50 (-5.07 to -1.93); p=NR |
| Weight [kg] | 12 | IG2 | 528 | 96.6 (17.9) | -4.8 (-5.4 to -4.1) | 211 | 96.1 (16.4) | -3.3 (-4.6 to -1.9) | -1.61 (-2.48 to -0.38); p=0.0105 |
| Weight [kg] | 24 | IG1 | 528 | 95.7 (16.4) | -4.3 (-5.2 to -3.4) | 211 | 96.1 (16.4) | -2.3 (-3.7 to -0.9) | -1.99 (-3.66 to -0.32); p=NR |
| Weight [kg] | 24 | IG2 | 528 | 96.6 (NR) | -3.0 (-3.7 to -2.3) | 211 | 96.1 (16.4) | -2.3 (-3.7 to -0.9) | -0.74 (-2.45 to 0.77); p=0.338 |
| Anderson, 2014217 | Weight [% change] | 12 | IG1 | 163 | NA | -3.9 (-4.8 to -3.0) | 166 | NA | -0.8 (-1.5 to -0.2) | -3.04 (-3.92 to -2.16); p=NR |
| BMI [kg/m2] | 12 | IG1 | 148 | 31.0 (4.5) | -1.2 (-1.5 to -0.9) | 157 | 30.4 (3.9) | -0.3 (-0.5 to -0.1) | -0.92 (-1.20 to -0.64); p<0.001 |
| WC [cm] | 12 | IG1 | 145 | 104.7 (10.9) | -4.9 (-5.8 to -4.0) | 157 | 103.9 (10.9) | -2.2 (-2.8 to -1.5) | -2.68 (-3.62 to -1.74); p<0.001 |
| Weight [kg] | 12 | IG1 | 148 | 90.2 (14.9) | -3.5 (-4.3 to -2.7) | 157 | 88.4 (14.3) | -0.8 (-1.4 to -0.2) | -2.69 (-3.67 to -1.70); p<0.001 |
| Appel, 2011219 | Weight [% change] | 12 | IG1 | 123 | NA | -5.5 (-6.9 to -4.1) | 108 | NA | -1.3 (-2.3 to -0.3) | -4.20 (-5.80 to -2.50); p<0.001 |
| Weight [% change] | 12 | IG2 | 124 | NA | -6.0 (-7.4 to -4.6) | 108 | NA | -1.3 (-2.3 to -0.3) | -4.70 (-6.40 to -3.00); p<0.001 |
| Weight [% change] | 24 | IG1 | 133 | NA | -5.2 (-6.6 to -3.8) | 129 | NA | -1.1 (-2.3 to 0.1) | -4.20 (-6.10 to -2.30); p<0.001 |
| Weight [% change] | 24 | IG2 | 132 | NA | -4.9 (-6.5 to -3.3) | 129 | NA | -1.1 (-2.3 to 0.1) | -3.90 (-5.80 to -1.90); p<0.001 |
| BMI [kg/m2] | 12 | IG1 | 123 | 36.8 (16.4) | -1.8 (-2.2 to -1.4) | 108 | 36.8 (4.7) | -0.4 (-0.8 to -0.0) | -1.40 (-1.90 to -0.80); p<0.001 |
| BMI [kg/m2] | 12 | IG2 | 124 | 36.1 (4.7) | -1.9 (-2.3 to -1.5) | 108 | 36.8 (4.7) | -0.4 (-0.8 to -0.0) | -1.50 (-2.10 to -0.90); p<0.001 |
| BMI [kg/m2] | 24 | IG1 | 133 | 36.8 (16.4) | -1.7 (-2.3 to -1.1) | 129 | 36.8 (4.7) | -0.4 (-0.8 to -0.0) | -1.30 (-2.10 to -0.60); p<0.001 |
| BMI [kg/m2] | 24 | IG2 | 132 | 36.1 (4.7) | -1.7 (-2.3 to -1.1) | 129 | 36.8 (4.7) | -0.4 (-0.8 to -0.0) | -1.30 (-2.00 to -0.60); p<0.001 |
| WC [cm] | 24 | IG1 | 119 | 118.3 (14.1) | -6.3 (-7.9 to -4.7) | 107 | 118.5 (12.9) | -3.4 (-4.8 to -2.0) | -2.80 (-4.80 to -0.90); p=0.005 |
| WC [cm] | 24 | IG2 | 119 | 117.8 (13.0) | -6.7 (-8.5 to -4.9) | 107 | 118.5 (12.9) | -3.4 (-4.8 to -2.0) | -3.30 (-5.40 to -1.20); p=0.003 |
| Weight [kg] | 12 | IG1 | 123 | 104.9 (18.8) | -5.4 (-6.8 to -4.0) | 108 | 104.2 (15.3) | -1.1 (-2.1 to -0.1) | -4.30 (-5.90 to -2.60); p<0.001 |
| Weight [kg] | 12 | IG2 | 124 | 102.5 (14.1) | -5.7 (-7.1 to -4.3) | 108 | 104.2 (15.3) | -1.1 (-2.1 to -0.1) | -4.50 (-6.10 to -2.90); p<0.001 |
| Weight [kg] | 24 | IG1 | 133 | 104.9 (18.8) | -5.1 (-6.7 to -3.5) | 129 | 104.2 (15.3) | -0.8 (-2.2 to 0.6) | -4.30 (-6.30 to -2.30); p<0.001 |
| Weight [kg] | 24 | IG2 | 132 | 102.5 (14.1) | -4.5 (-5.9 to -3.1) | 129 | 104.2 (15.3) | -0.8 (-2.2 to 0.6) | -3.80 (-5.60 to -1.90); p<0.001 |
| Aveyard, 2016221 | Weight [kg] | 12 | IG1 | 940 | 97.1 (15.5) | -2.4 (-2.8 to -2.0) | 942 | 98.3 (17.6) | -1.0 (-1.4 to -0.7) | -1.43 (-1.97 to -0.89); p<0.0001 |
| Beeken, 2017318 | BMI [kg/m2] | 12 | IG1 | 143 | Median: 35.0 (IQR: 32.6 to 38.7) | -0.8 (-1.1 to -0.5) | 152 | Median: 34.8 (IQR: 32.6 to 39.4) | -0.8 (-1.1 to -0.5) | 0.00 (-0.63 to 0.63); p=NR |
| BMI [kg/m2] | 18 | IG1 | 126 | Median: 35.0 (IQR: 32.6 to 38.7) | -0.8 (-1.1 to -0.4) | 127 | Median: 34.8 (IQR: 32.6 to 39.4) | -1.2 (-1.7 to -0.7) | 0.46 (-0.41 to 1.33); p=NR |
| BMI [kg/m2] | 24 | IG1 | 143 | Median: 35.0 (IQR: 32.6 to 38.7) | -0.7 (-1.1 to -0.4) | 149 | Median: 34.8 (IQR: 32.6 to 39.4) | -1.1 (-1.5 to -0.6) | 0.34 (-0.47 to 1.15); p=NR |
| WC [cm] | 12 | IG1 | 143 | Median: 111.3 (IQR: 103.0 to 120.0) | -1.8 (-3.0 to -0.6) | 152 | Median: 112.0 (IQR: 104.0 to 118.0) | -2.3 (-3.7 to -0.9) | 0.52 (-1.33 to 2.37); p=NR |
| WC [cm] | 18 | IG1 | 126 | Median: 111.3 (IQR: 103.0 to 120.0) | -2.0 (-3.4 to -0.6) | 127 | Median: 112.0 (IQR: 104.0 to 118.0) | -2.3 (-3.9 to -0.7) | 0.30 (-1.83 to 2.43); p=NR |
| WC [cm] | 24 | IG1 | 143 | Median: 111.3 (IQR: 103.0 to 120.0) | -2.7 (-3.9 to -1.4) | 149 | Median: 112.0 (IQR: 104.0 to 118.0) | -2.3 (-3.7 to -1.0) | -0.33 (-2.17 to 1.51); p=NR |
| Weight [kg] | 12 | IG1 | 143 | 100.4 (17.0) | -2.4 (-3.3 to -1.5) | 152 | 101.2 (17.5) | -2.3 (-3.1 to -1.5) | -0.06 (-1.25 to 1.13); p=NR |
| Weight [kg] | 18 | IG1 | 126 | 100.4 (17.0) | -2.0 (-2.9 to -1.2) | 127 | 101.2 (17.5) | -3.3 (-4.6 to -2.0) | 1.18 (-0.41 to 2.77); p=NR |
| Weight [kg] | 24 | IG1 | 143 | 100.4 (17.0) | -2.2 (-3.1 to -1.2) | 149 | 101.2 (17.5) | -3.0 (-4.1 to -1.8) | 0.75 (-0.73 to 2.24); p=NR |
| Bennett, 2012224 | BMI [kg/m2] | 12 | IG1 | 180 | 37.0 (5.0) | -0.5 (-0.8 to -0.3) | 185 | 37.0 (5.2) | -0.1 (-0.4 to 0.1) | -0.42 (-0.80 to -0.03); p=NR |
| BMI [kg/m2] | 18 | IG1 | 180 | 37.0 (5.0) | -0.5 (-0.8 to -0.2) | 185 | 37.0 (5.2) | -0.2 (-0.4 to 0.1) | -0.35 (-0.75 to 0.06); p=NR |
| BMI [kg/m2] | 24 | IG1 | 180 | 37.0 (5.0) | -0.6 (-0.9 to -0.3) | 185 | 37.0 (5.2) | -0.2 (-0.5 to 0.1) | -0.38 (-0.75 to -0.00); p=NR |
| Weight [kg] | 12 | IG1 | 180 | 99.7 (16.3) | -1.4 (-2.1 to -0.6) | 185 | 100.6 (18.7) | -0.3 (-1.0 to 0.4) | -1.05 (-2.09 to -0.01); p=NR |
| Weight [kg] | 18 | IG1 | 180 | 99.7 (16.3) | -1.3 (-2.1 to -0.5) | 185 | 100.6 (18.7) | -0.3 (-1.1 to 0.4) | -0.95 (-2.03 to 0.14); p=NR |
| Weight [kg] | 24 | IG1 | 180 | 99.7 (16.3) | -1.5 (-2.3 to -0.8) | 185 | 100.6 (18.7) | -0.5 (-1.2 to 0.2) | -1.03 (-2.03 to -0.03); p=NR |
| Bhopal, 2014225 | BMI [kg/m2] | 12 | IG1 | 84 | 30.6 (5.0) | -0.4 (-0.9 to 0.1) | 83 | 30.5 (4.6) | -0.1 (-0.5 to 0.3) | -0.31 (-0.96 to 0.34); p=NR |
| BMI [kg/m2] | 24 | IG1 | 84 | 30.6 (5.0) | -0.3 (-0.8 to 0.2) | 83 | 30.5 (4.6) | 0.1 (-0.4 to 0.5) | -0.36 (-1.03 to 0.31); p=NR |
| BMI [kg/m2] | 36 | IG1 | 84 | 30.6 (5.0) | -0.4 (-0.9 to 0.1) | 83 | 30.5 (4.6) | 0.2 (-0.3 to 0.6) | -0.60 (-1.06 to -0.14); p=0.0112 |
| WC [cm] | 12 | IG1 | 84 | 102.7 (11.2) | -1.1 (-3.5 to 1.3) | 83 | 103.3 (11.0) | 0.2 (-2.3 to 2.6) | -1.33 (-4.76 to 2.10); p=NR |
| WC [cm] | 24 | IG1 | 84 | 102.7 (11.2) | -0.7 (-3.0 to 1.7) | 83 | 103.3 (11.0) | 0.2 (-2.2 to 2.6) | -0.82 (-4.20 to 2.56); p=NR |
| WC [cm] | 36 | IG1 | 84 | 102.7 (11.2) | -2.2 (-4.6 to 0.2) | 83 | 103.3 (11.0) | -0.4 (-2.8 to 2.0) | -1.89 (-3.27 to -0.52); p=0.0072 |
| Waist-to-hip ratio  | 12 | IG1 | 84 | 1.0 (0.1) | 0.0 (0.0 to 0.0) | 83 | 1.0 (0.1) | 0.0 (0.0 to 0.0) | -0.01 (-0.03 to 0.01); p=NR |
| Waist-to-hip ratio  | 24 | IG1 | 84 | 1.0 (0.1) | 0.0 (0.0 to 0.0) | 83 | 1.0 (0.1) | 0.0 (0.0 to 0.0) | -0.01 (-0.03 to 0.01); p=NR |
| Waist-to-hip ratio  | 36 | IG1 | 84 | 1.0 (0.1) | 0.0 (0.0 to 0.0) | 83 | 1.0 (0.1) | 0.0 (0.0 to 0.0) | 0.00 (-0.01 to 0.01); p=0.6756 |
| Weight [kg] | 12 | IG1 | 84 | 79.8 (16.2) | -0.9 (-2.5 to 0.6) | 83 | 80.7 (15.0) | -0.3 (-1.8 to 1.1) | -0.63 (-2.74 to 1.48); p=NR |
| Weight [kg] | 24 | IG1 | 84 | 79.8 (16.2) | -0.7 (-2.2 to 0.9) | 83 | 80.7 (15.0) | 0.3 (-1.2 to 1.7) | -0.96 (-3.07 to 1.15); p=NR |
| Weight [kg] | 36 | IG1 | 84 | 79.8 (16.2) | -1.0 (-2.6 to 0.6) | 83 | 80.7 (15.0) | 0.3 (-1.2 to 1.8) | -1.64 (-2.83 to -0.44); p=0.0076 |
| Burke, 2005228 | WC [cm] | 16 | IG1 | 106 | 96.6 (9.3) | -5.0 (-6.8 to -3.2) | 98 | 93.7 (8.9) | -1.9 (-3.8 to -0.0) | -3.10 (-5.67 to -0.53); p<0.001 |
| Weight [kg] | 16 | IG1 | 106 | 86.7 (12.4) | -3.9 (-5.0 to -2.8) | 98 | 84.2 (10.9) | -1.4 (-2.4 to -0.4) | -2.50 (-3.97 to -1.03); p<0.001 |
| Cadmus-Bertram, 2016229 | Weight [% change] | 12 | IG1 | 59 | NA | -3.7 (-5.1 to -2.3) | 29 | NA | -1.3 (-2.8 to 0.2) | -2.40 (-4.46 to -0.34); p=0.003 |
| Weight [kg] | 12 | IG1 | 59 | 84.9 (12.1) | -2.9 (-4.0 to -1.8) | 29 | 85.3 (13.4) | -1.2 (-2.6 to 0.2) | -1.70 (-3.47 to 0.07); p=0.059 |
| Chirionos, 2016230 | Weight [% change] | 12 | IG1 | 60 | NA | 2.7 (NR) | 60 | NA | -0.5 (NR) | 3.23 (NR); p=NR |
| WC [cm] | 12 | IG1 | 60 | 104.6 (9.1) | -0.8 (NR) | 60 | 105.2 (9.2) | -1.1 (NR) | 0.29 (NR); p=NS, NR |
| Weight [kg] | 12 | IG1 | 60 | 87.8 (12.9) | -2.4 (NR) | 60 | 88.0 (13.0) | -0.5 (NR) | -1.82 (NR); p=NR, NS |
| Christian, 2011231 | WC [cm] | 12 | IG1 | 133 | 116.7 (14.9) | -2.2 (-4.2 to 0.1) | 130 | 113.8 (14.7) | 1.5 (-1.0 to 4.1) | -3.70 (-6.98 to -0.42); p=0.01 |
| Weight [kg] | 12 | IG1 | 133 | 93.9 (19.9) | -1.5 (-2.4 to -0.6) | 130 | 92.0 (22.6) | 0.1 (-0.5 to 0.9) | -1.65 (-3.85 to 0.56); p=0.002 |
| Cohen, 1991232 | Weight [kg] | 12 | IG1 | 15 | 91.8 (NR) | -0.9 (-2.9 to 1.1) | 15 | 91.7 (NR) | 1.3 (-0.2 to 2.8) | -2.18 (-4.71 to 0.35); p<0.10 |
| de Vos, 2014234 | BMI [kg/m2] | 12 | IG1 | 203 | 32.2 (4.1) | -0.2 (NR) | 204 | 32.5 (4.5) | 0.3 (NR) | -0.20 (NR); p=0.007 |
| Weight [kg] | 12 | IG1 | 187 | 88.2 (12.9) | -0.6 (-1.4 to 0.2) | 181 | 89.2 (13.6) | 0.6 (-0.2 to 1.4) | -1.22 (-2.09 to -0.35); p=0.014 |
| Weight [kg] | 18 | IG1 | 184 | 88.2 (12.9) | NR | 177 | 89.2 (13.6) | NR | -1.11 (-1.99 to -0.22); p=NR |
| Weight [kg] | 24 | IG1 | 184 | 88.2 (12.9) | NR | 177 | 89.2 (13.6) | NR | -0.99 (-1.91 to -0.07); p=NR |
| Weight [kg] | 30 | IG1 | 184 | 88.2 (12.9) | NR | 177 | 89.2 (13.6) | NR | -0.87 (-1.84 to 0.10); p=NR |
| Weight [kg] | 80 | IG1 | 130 | 88.2 (12.9) | NR | 117 | 89.2 (13.6) | NR | -0.11 (-2.00 to 1.77); p=NR |
| Demark-Wahnefried, 2014235 | BMI [kg/m2] | 12 | IG1 | 23 | 31.6 (3.4) | -0.9 (-2.1 to 0.3) | 18 | 30.7 (2.6) | -0.3 (-0.8 to 0.2) | -0.54 (-1.86 to 0.78); p=0.03 |
| BMI [kg/m2] | 12 | IG2 | 23 | 30.8 (3.3) | -0.7 (-1.4 to -0.1) | 18 | 30.7 (2.6) | -0.3 (-0.8 to 0.2) | -0.41 (-1.25 to 0.43); p=0.40 |
| WC [cm] | 12 | IG1 | 23 | 97.4 (8.9) | -6.5 (-9.2 to -3.8) | 18 | 94.7 (8.8) | -1.0 (-2.7 to 0.7) | -5.50 (-8.73 to -2.27); p=0.004 |
| WC [cm] | 12 | IG2 | 23 | 96.1 (10.5) | -3.7 (-5.9 to -1.5) | 18 | 94.7 (8.8) | -1.0 (-2.7 to 0.7) | -2.70 (-5.49 to 0.09); p=0.12 |
| Weight [kg] | 12 | IG1 | 23 | 83.2 (8.8) | -3.8 (-5.7 to -1.8) | 18 | 81.6 (9.3) | -0.9 (-2.2 to 0.5) | -2.90 (-5.29 to -0.51); p=0.04 |
| Weight [kg] | 12 | IG2 | 23 | 82.6 (13.4) | -2.1 (-3.8 to -0.3) | 18 | 81.6 (9.3) | -0.9 (-2.2 to 0.5) | -1.22 (-3.45 to 1.01); p=0.35 |
| Eaton, 2016237 | Weight [kg] | 12 | IG1 | 106 | 103.8 (21.0) | -5.4 (-6.9 to -3.9) | 105 | 102.8 (20.9) | -3.8 (-5.3 to -2.3) | -1.60 (-3.72 to 0.52); p=0.10 |
| Weight [kg] | 18 | IG1 | 106 | 103.8 (21.0) | -4.4 (-5.9 to -2.9) | 105 | 102.8 (20.9) | -4.3 (-5.8 to -2.8) | -0.10 (-2.22 to 2.02); p=0.87 |
| Weight [kg] | 24 | IG1 | 106 | 103.8 (21.0) | -4.1 (-5.6 to -2.6) | 105 | 102.8 (20.9) | -4.0 (-5.5 to -2.5) | -0.10 (-2.22 to 2.02); p=0.89 |
| Fischer, 2016319 | Weight [kg] | 12 | IG1 | 78 | 88.4 (19.1) | -1.2 (-2.5 to 0.1) | 79 | 91.4 (18.0) | -0.3 (-1.2 to 0.7) | -0.95 (-2.54 to 0.63); p=0.05 |
| Fitzgibbon, 2010240 | BMI [kg/m2] | 18 | IG1 | 93 | 38.9 (5.5) | -0.9 (-1.4 to -0.3) | 97 | 39.7 (5.9) | 0.2 (-0.2 to 0.6) | -1.13 (-1.83 to -0.43); p=0.002 |
| Weight [kg] | 18 | IG1 | 93 | 104.6 (15.8) | -2.3 (-3.8 to -0.8) | 97 | 105.6 (18.1) | 0.5 (-0.6 to 1.6) | -2.59 (-4.40 to -0.78); p=0.005 |
| Godino, 2016242 | BMI [kg/m2] | 12 | IG1 | 202 | 28.9 (2.8) | NR | 202 | 29.0 (2.7) | NR | -0.49 (-0.81 to -0.16); p=0.004 |
| BMI [kg/m2] | 18 | IG1 | 202 | 28.9 (2.8) | NR | 202 | 29.0 (2.7) | NR | -0.24 (-0.59 to 0.11); p=0.185 |
| BMI [kg/m2] | 24 | IG1 | 202 | 28.9 (2.8) | NR | 202 | 29.0 (2.7) | NR | -0.28 (-0.71 to 0.15); p=0.201 |
| WC [cm] | 12 | IG1 | 202 | 87.5 (8.8) | NR | 202 | 88.0 (9.1) | NR | -0.73 (-1.56 to 0.09); p=0.082 |
| WC [cm] | 18 | IG1 | 202 | 87.5 (8.8) | NR | 202 | 88.0 (9.1) | NR | -0.46 (-1.41 to 0.49); p=0.338 |
| WC [cm] | 24 | IG1 | 202 | 87.5 (8.8) | NR | 202 | 88.0 (9.1) | NR | -0.98 (-2.06 to 0.96); p=0.075 |
| Weight [kg] | 12 | IG1 | 202 | 80.8 (12.7) | NR | 202 | 81.3 (13.2) | NR | -1.33 (-2.30 to -0.35); p=0.008 |
| Weight [kg] | 18 | IG1 | 202 | 80.8 (12.7) | NR | 202 | 81.3 (13.2) | NR | -0.67 (-1.69 to 0.35); p=0.20 |
| Weight [kg] | 24 | IG1 | 202 | 80.8 (12.7) | NR | 202 | 81.3 (13.2) | NR | -0.79 (-2.02 to 0.43); p=0.204 |
| Greaves, 2015243 | BMI [kg/m2] | 12 | IG1 | 55 | 33.0 (3.2) | NR | 53 | 32.3 (3.0) | NR | -0.51 (-1.28 to 0.26); p=NR |
| WC [cm] | 12 | IG1 | 55 | 110.0 (10.7) | NR | 53 | 110.0 (8.8) | NR | -2.18 (-4.43 to 0.06); p=0.06 |
| Weight [kg] | 12 | IG1 | 55 | 96.6 (14.0) | -3.7 (-5.0 to -2.3) | 53 | 97.6 (12.8) | -1.9 (-3.7 to -0.1) | -1.85 (-4.08 to 0.38); p=0.103 |
| Haapala, 2009245 | Weight [% change] | 12 | IG1 | 42 | NA | -5.4 (-7.2 to -3.6) | 40 | NA | -1.3 (-3.3 to 0.7) | -4.10 (-6.77 to -1.43); p=0.003 |
| WC [cm] | 12 | IG1 | 62 | 98.5 (10.3) | -4.5 (-5.8 to -3.2) | 62 | 96.6 (10.4) | -1.6 (-2.7 to -0.5) | -2.90 (-4.63 to -1.17); p=NR |
| Weight [kg] | 12 | IG1 | 62 | 87.5 (12.6) | -3.1 (-4.3 to -1.9) | 62 | 86.4 (12.5) | -0.7 (-1.9 to 0.5) | -2.40 (-4.09 to -0.71); p=NR |
| Hunt, 2014249 | Weight [% change] | 12 | IG1 | 329 | NA | -5.0 (-5.7 to -4.2) | 347 | NA | -0.5 (-1.0 to -0.0) | -4.36 (-5.08 to -3.64); p<0.0001 |
| BMI [kg/m2] | 12 | IG1 | 333 | 35.5 (5.1) | -1.8 (-2.1 to -1.5) | 355 | 35.1 (4.8) | -0.2 (-0.4 to -0.0) | -1.56 (-1.82 to -1.29); p<0.0001 |
| Body fat [%] | 12 | IG1 | 271 | 31.8 (5.7) | -2.2 (-2.9 to -1.6) | 312 | 31.5 (5.2) | 0.0 (-0.4 to 0.4) | -2.15 (-2.78 to -1.52); p<0.0001 |
| WC [cm] | 12 | IG1 | 318 | 118.7 (12.3) | -7.3 (-8.2 to -6.5) | 353 | 118.0 (11.1) | -2.0 (-2.6 to -1.5) | -5.12 (-5.97 to -4.27); p<0.0001 |
| Weight [kg] | 12 | IG1 | 333 | 110.3 (17.9) | -5.6 (-6.4 to -4.7) | 355 | 108.7 (16.6) | -0.6 (-1.1 to -0.0) | -4.94 (-5.94 to -3.95); p<0.0001 |
| Huseinovic, 2016250 | Weight [% change] | 12 | IG1 | 44 | NA | Median: -11.6 (NR) | 45 | NA | Median: -5.1 (NR) | NR; p<0.01 |
| BMI [kg/m2] | 12 | IG1 | 44 | 31.8 (4.0) | -3.3 (-3.8 to -2.8) | 45 | 31.6 (3.4) | -2.0 (-2.8 to -1.2) | -1.30 (-2.21 to -0.39); p=0.005 |
| Body fat [%] | 12 | IG1 | 44 | 45.7 (4.3) | -5.7 (-6.7 to -4.7) | 45 | 45.9 (4.2) | -3.5 (-4.7 to -2.3) | -2.20 (-3.76 to -0.64); p=0.008 |
| Hip circumf-erence [cm] | 12 | IG1 | 44 | 116.1 (7.7) | -6.7 (-7.9 to -5.5) | 45 | 114.5 (6.7) | -3.6 (-5.3 to -1.9) | -3.10 (-5.18 to -1.02); p=0.006 |
| WC [cm] | 12 | IG1 | 44 | 98.8 (11.4) | -9.9 (-11.4 to -8.4) | 45 | 96.8 (11.2) | -7.4 (-9.1 to -5.7) | -2.50 (-4.81 to -0.19); p=0.028 |
| Weight [kg] | 12 | IG1 | 44 | 90.0 (13.7) | -9.3 (-10.7 to -7.9) | 45 | 86.6 (11.5) | -5.6 (-7.7 to -3.5) | -3.70 (-6.26 to -1.14); p=0.004 |
| Jakicic, 2011251 | Weight [% change] | 18 | IG1 | 88 | NA | -1.2 (-2.4 to -0.0) | 84 | NA | -0.7 (-1.7 to 0.3) | -0.50 (-2.03 to 1.03); p=NS, NR |
| Weight [% change] | 18 | IG2 | 76 | NA | -0.9 (-2.0 to 0.2) | 84 | NA | -0.7 (-1.7 to 0.3) | -0.20 (-1.64 to 1.24); p=NS, NR |
| BMI [kg/m2] | 12 | IG1 | 88 | 27.0 (1.6) | -0.5 (-0.7 to -0.3) | 84 | 27.1 (1.7) | -0.4 (-0.6 to -0.2) | -0.10 (-0.39 to 0.19); p=NR |
| BMI [kg/m2] | 12 | IG2 | 76 | 27.2 (1.8) | -0.3 (-0.5 to -0.1) | 84 | 27.1 (1.7) | -0.4 (-0.6 to -0.2) | 0.10 (-0.19 to 0.39); p=NS, NR |
| BMI [kg/m2] | 18 | IG1 | 88 | 27.0 (1.6) | -0.3 (-0.5 to -0.1) | 84 | 27.1 (1.7) | -0.2 (-0.4 to -0.0) | -0.10 (-0.42 to 0.22); p=NS, NR |
| BMI [kg/m2] | 18 | IG2 | 76 | 27.2 (1.8) | -0.3 (-0.5 to -0.1) | 84 | 27.1 (1.7) | -0.2 (-0.4 to -0.0) | -0.10 (-0.38 to 0.18); p=NS, NR |
| Body fat [%] | 12 | IG1 | 88 | 33.0 (4.1) | -0.7 (-1.2 to -0.2) | 84 | 33.7 (4.4) | -0.5 (-1.0 to 0.0) | -0.20 (-0.90 to 0.50); p=NR |
| Body fat [%] | 12 | IG2 | 76 | 33.5 (4.1) | -0.2 (-0.7 to 0.3) | 84 | 33.7 (4.4) | -0.5 (-1.0 to 0.0) | 0.30 (-0.43 to 1.03); p=NS, NR |
| Body fat [%] | 18 | IG1 | 88 | 33.0 (4.1) | -0.7 (-1.2 to -0.2) | 84 | 33.7 (4.4) | -0.5 (-1.0 to 0.0) | -0.20 (-0.92 to 0.52); p=NS, NR |
| Body fat [%] | 18 | IG2 | 76 | 33.5 (4.1) | -0.2 (-0.7 to 0.3) | 84 | 33.7 (4.4) | -0.5 (-1.0 to 0.0) | 0.30 (-0.40 to 1.00); p=NS, NR |
| WC [cm] | 12 | IG1 | 88 | 90.5 (8.4) | -2.7 (-4.7 to -0.7) | 84 | 89.3 (8.8) | -1.2 (-3.1 to 0.7) | -1.50 (-4.20 to 1.20); p=NR |
| WC [cm] | 12 | IG2 | 76 | 91.4 (7.9) | -1.2 (-3.1 to 0.7) | 84 | 89.3 (8.8) | -1.2 (-3.1 to 0.7) | 0.00 (-2.66 to 2.66); p=NS, NR |
| WC [cm] | 18 | IG1 | 88 | 90.5 (8.4) | -1.1 (-3.0 to 0.8) | 84 | 89.3 (8.8) | -0.9 (-2.8 to 1.0) | -0.20 (-2.91 to 2.51); p=NS, NR |
| WC [cm] | 18 | IG2 | 76 | 91.4 (7.9) | -0.8 (-2.8 to 1.2) | 84 | 89.3 (8.8) | -0.9 (-2.8 to 1.0) | 0.10 (-2.62 to 2.82); p=NS, NR |
| Weight [kg] | 12 | IG1 | 88 | 74.3 (8.2) | -1.3 (-2.1 to -0.5) | 84 | 73.7 (8.0) | -0.9 (-1.7 to -0.1) | -0.40 (-1.53 to 0.73); p=NS, NR |
| Weight [kg] | 12 | IG2 | 76 | 74.2 (8.4) | -0.7 (-1.5 to 0.1) | 84 | 73.7 (8.0) | -0.9 (-1.7 to -0.1) | 0.20 (-0.97 to 1.37); p=NS, NR |
| Weight [kg] | 18 | IG1 | 88 | 74.3 (8.2) | -1.3 (-2.1 to -0.5) | 84 | 73.7 (8.0) | -0.9 (-1.7 to -0.1) | -0.40 (-1.53 to 0.73); p=NS, NR |
| Weight [kg] | 18 | IG2 | 76 | 74.2 (8.4) | -0.7 (-1.6 to 0.2) | 84 | 73.7 (8.0) | -0.9 (-1.7 to -0.1) | 0.20 (-0.98 to 1.38); p=NS, NR |
| Jansson, 2013252 | Weight [kg] | 12 | IG1 | 45 | 97.7 (13.7) | -2.5 (-4.0 to -1.0) | 49 | 95.0 (13.4) | -0.8 (-2.3 to 0.8) | -1.70 (-3.80 to 0.40); p=0.108 |
| Jebb, 2011253 | WC [cm] | 12 | IG1 | 377 | 100.0 (9.2) | -4.1 (-4.7 to -3.4) | 395 | 99.9 (9.3) | -2.3 (-2.8 to -1.8) | -1.72 (-2.56 to -0.88); p=0.0001 |
| Weight [kg] | 12 | IG1 | 377 | 86.9 (11.6) | -4.1 (-4.7 to -3.5) | 395 | 86.5 (11.5) | -1.8 (-2.1 to -1.4) | -2.29 (-2.99 to -1.58); p<0.0001 |
| Jeffery, 1993254 | BMI [kg/m2] | 12 | IG1 | 34 | 31.3 (NR) | -3.0 (NR) | 28 | 30.9 (NR) | -0.5 (NR) | -2.47 (NR); p=NR |
| BMI [kg/m2] | 12 | IG2 | 36 | 30.7 (NR) | -3.2 (NR) | 28 | 30.9 (NR) | -0.5 (NR) | -2.70 (NR); p=NR |
| BMI [kg/m2] | 12 | IG3 | 35 | 30.8 (NR) | -1.9 (NR) | 28 | 30.9 (NR) | -0.5 (NR) | -1.35 (NR); p=NR |
| BMI [kg/m2] | 12 | IG4 | 26 | 30.9 (NR) | -2.0 (NR) | 28 | 30.9 (NR) | -0.5 (NR) | -1.45 (NR); p=NR |
| BMI [kg/m2] | 18 | IG1 | 34 | 31.3 (NR) | -2.3 (NR) | 28 | 30.9 (NR) | -0.2 (NR) | -2.10 (NR); p=NR |
| BMI [kg/m2] | 18 | IG2 | 36 | 30.7 (NR) | -2.5 (NR) | 28 | 30.9 (NR) | -0.2 (NR) | -2.28 (NR); p=NR |
| BMI [kg/m2] | 18 | IG3 | 35 | 30.8 (NR) | -1.5 (NR) | 28 | 30.9 (NR) | -0.2 (NR) | -1.28 (NR); p=NR |
| BMI [kg/m2] | 18 | IG4 | 26 | 30.9 (NR) | -1.8 (NR) | 28 | 30.9 (NR) | -0.2 (NR) | -1.54 (NR); p=NR |
| Weight [kg] | 12 | IG1 | 34 | 91.1 (NR) | -8.7 (NR) | 27 | 88.2 (NR) | -1.4 (NR) | -7.30 (NR); p=NR |
| Weight [kg] | 12 | IG2 | 34 | 88.1 (NR) | -8.7 (NR) | 27 | 88.2 (NR) | -1.4 (NR) | -7.30 (NR); p=NR |
| Weight [kg] | 12 | IG3 | 34 | 92.3 (NR) | -6.0 (NR) | 27 | 88.2 (NR) | -1.4 (NR) | -4.60 (NR); p=NR |
| Weight [kg] | 12 | IG4 | 24 | 89.4 (NR) | -5.8 (NR) | 27 | 88.2 (NR) | -1.4 (NR) | -4.40 (NR); p=NR |
| Weight [kg] | 18 | IG1 | 34 | 91.1 (NR) | -6.8 (NR) | 27 | 88.2 (NR) | -0.5 (NR) | -6.30 (NR); p=NR |
| Weight [kg] | 18 | IG2 | 34 | 88.1 (NR) | -6.6 (NR) | 27 | 88.2 (NR) | -0.5 (NR) | -6.10 (NR); p=NR |
| Weight [kg] | 18 | IG3 | 34 | 92.3 (NR) | -4.9 (NR) | 27 | 88.2 (NR) | -0.5 (NR) | -4.40 (NR); p=NR |
| Weight [kg] | 18 | IG4 | 24 | 89.4 (NR) | -5.5 (NR) | 27 | 88.2 (NR) | -0.5 (NR) | -5.00 (NR); p=NR |
| Weight [kg] | 30 | IG1 | 41 | 91.1 (NR) | -1.6 (NR) | 40 | 88.2 (NR) | 0.6 (NR) | -2.20 (-4.73 to 0.33); p=NR |
| Weight [kg] | 30 | IG2 | 40 | 88.1 (NR) | -2.2 (NR) | 40 | 88.2 (NR) | 0.6 (NR) | -2.80 (-5.42 to -0.18); p=NR |
| Weight [kg] | 30 | IG3 | 41 | 92.3 (NR) | -1.6 (NR) | 40 | 88.2 (NR) | 0.6 (NR) | -2.20 (-4.55 to 0.15); p=NR |
| Weight [kg] | 30 | IG4 | 40 | 89.4 (NR) | -1.4 (NR) | 40 | 88.2 (NR) | 0.6 (NR) | -2.00 (-4.77 to 0.77); p=NR |
| Jolly, 2011255 | Weight [% change] | 12 | IG1 | 100 | NA | NR | 100 | NA | NR | -1.65 (-3.45 to 0.16); p=0.500 |
| Weight [% change] | 12 | IG2 | 100 | NA | NR | 100 | NA | NR | -2.96 (-4.47 to -0.91); p=0.022 |
| Weight [% change] | 12 | IG3 | 100 | NA | NR | 100 | NA | NR | -0.98 (-2.78 to 0.81); p=1.000 |
| Weight [% change] | 12 | IG4 | 100 | NA | NR | 100 | NA | NR | -1.41 (-3.21 to 0.38); p=0.861 |
| Weight [% change] | 12 | IG5 | 70 | NA | NR | 100 | NA | NR | -0.12 (-2.09 to 1.86); p=1.000 |
| Weight [% change] | 12 | IG6 | 70 | NA | NR | 100 | NA | NR | -0.05 (-2.08 to 1.99); p=1.000 |
| Weight [% change] | 12 | IG7 | 100 | NA | NR | 100 | NA | NR | -1.66 (-3.45 to 0.12); p=0.474 |
| BMI [kg/m2] | 12 | IG1 | 100 | 33.8 (3.9) | -0.7 (-1.0 to -0.3) | 100 | 33.9 (4.4) | -0.4 (-0.8 to -0.1) | -0.22 (-0.71 to 0.27); p=NR |
| BMI [kg/m2] | 12 | IG2 | 100 | 34.0 (3.9) | -1.2 (-1.7 to -0.7) | 100 | 33.9 (4.4) | -0.4 (-0.8 to -0.1) | -0.72 (-1.33 to -0.11); p=NR |
| BMI [kg/m2] | 12 | IG3 | 100 | 33.8 (3.8) | -0.7 (-1.0 to -0.4) | 100 | 33.9 (4.4) | -0.4 (-0.8 to -0.1) | -0.26 (-0.72 to 0.20); p=NR |
| BMI [kg/m2] | 12 | IG4 | 100 | 33.4 (3.5) | -0.8 (-1.1 to -0.3) | 100 | 33.9 (4.4) | -0.4 (-0.8 to -0.1) | -0.30 (-0.83 to 0.23); p=NR |
| BMI [kg/m2] | 12 | IG5 | 70 | 33.1 (3.5) | -0.3 (-0.7 to 0.1) | 100 | 33.9 (4.4) | -0.4 (-0.8 to -0.1) | 0.13 (-0.40 to 0.66); p=NR |
| BMI [kg/m2] | 12 | IG6 | 70 | 33.4 (3.5) | -0.3 (-0.7 to 0.0) | 100 | 33.9 (4.4) | -0.4 (-0.8 to -0.1) | 0.14 (-0.35 to 0.63); p=NR |
| BMI [kg/m2] | 12 | IG7 | 100 | 33.4 (3.4) | -0.9 (-1.3 to -0.5) | 100 | 33.9 (4.4) | -0.4 (-0.8 to -0.1) | -0.45 (-0.98 to 0.08); p=NR |
| Weight [kg] | 12 | IG1 | 100 | 95.5 (17.9) | -2.5 (-3.6 to -1.3) | 100 | 93.1 (15.1) | -1.1 (-2.1 to -0.1) | -1.65 (-3.33 to 0.04); p=0.386 |
| Weight [kg] | 12 | IG2 | 100 | 93.5 (14.1) | -3.5 (-4.8 to -2.1) | 100 | 93.1 (15.1) | -1.1 (-2.1 to -0.1) | -2.49 (-4.15 to -0.83); p=0.024 |
| Weight [kg] | 12 | IG3 | 100 | 94.3 (13.4) | -1.9 (-2.9 to -0.9) | 100 | 93.1 (15.1) | -1.1 (-2.1 to -0.1) | -0.90 (-2.57 to 0.77); p=1.000 |
| Weight [kg] | 12 | IG4 | 100 | 93.7 (13.7) | -2.1 (-3.4 to -0.9) | 100 | 93.1 (15.1) | -1.1 (-2.1 to -0.1) | -1.35 (-3.03 to 0.33); p=0.798 |
| Weight [kg] | 12 | IG5 | 70 | 92.0 (14.8) | -0.8 (-2.0 to 0.4) | 100 | 93.1 (15.1) | -1.1 (-2.1 to -0.1) | 0.12 (-1.96 to 1.72); p=1.000 |
| Weight [kg] | 12 | IG6 | 70 | 92.8 (13.7) | -0.7 (-1.7 to 0.4) | 100 | 93.1 (15.1) | -1.1 (-2.1 to -0.1) | 0.06 (-1.84 to 1.96); p=1.000 |
| Weight [kg] | 12 | IG7 | 100 | 91.7 (12.5) | -2.2 (-3.4 to -0.9) | 100 | 93.1 (15.1) | -1.1 (-2.1 to -0.1) | -1.47 (-3.13 to 0.20); p=0.591 |
| Jones, 1999256 | Weight [kg] | 12 | IG1 | 51 | 97.0 (18.0) | -1.6 (NR) | 51 | 92.0 (18.0) | -1.3 (NR) | -0.33 (NR); p>0.05 |
| Weight [kg] | 18 | IG1 | 51 | 97.0 (18.0) | -1.8 (NR) | 51 | 92.0 (18.0) | -1.4 (NR) | -0.38 (NR); p>0.05 |
| Weight [kg] | 24 | IG1 | 51 | 97.0 (18.0) | -1.7 (NR) | 51 | 92.0 (18.0) | -2.0 (NR) | 0.25 (NR); p>0.05 |
| Weight [kg] | 30 | IG1 | 51 | 97.0 (18.0) | -1.3 (NR) | 51 | 92.0 (18.0) | -2.2 (NR) | 0.96 (NR); p>0.05 |
| Kanke, 2015257 | WC [cm] | 12 | IG1 | 29 | Median: 94.0 (IQR: 91.8 to 98.0) | Median: 0.0 (-3.5 to 1.5) | 21 | Median: 95.0 (IQR: 92.0 to 97.5) | Median: -1.2 (-2.8 to 1.0) | NR; p=NS, NR |
| Weight [kg] | 12 | IG1 | 29 | Median: 71.8 (IQR: 67.3 to 82.4) | Median: -0.8 (-2.5 to 1.0) | 21 | Median: 74.1 (IQR: 68.1 to 77.4) | Median: 0.2 (-2.4 to 0.8) | NR; p=0.68 |
| Katula, 2011258 | Weight [% change] | 12 | IG1 | 151 | NA | -7.2 (-8.3 to -6.1) | 150 | NA | -1.3 (-2.1 to -0.6) | -6.11 (-6.97 to -5.25); p<0.001 |
| Weight [% change] | 18 | IG1 | 151 | NA | -5.8 (-7.0 to -4.6) | 150 | NA | -0.9 (-1.9 to 0.1) | -4.89 (-6.46 to -3.32); p=NR |
| Weight [% change] | 24 | IG1 | 151 | NA | -5.4 (-6.7 to -4.1) | 150 | NA | -0.6 (-1.6 to 0.5) | -4.82 (-6.50 to -3.14); p=NR |
| BMI [kg/m2] | 12 | IG1 | 151 | 32.8 (3.9) | -2.3 (-2.6 to -2.0) | 150 | 32.6 (4.2) | -0.6 (-0.9 to -0.3) | -1.72 (-2.16 to -1.28); p=NR |
| BMI [kg/m2] | 18 | IG1 | 151 | 32.8 (3.9) | -2.1 (-2.4 to -1.8) | 150 | 32.6 (4.2) | -0.8 (-1.1 to -0.4) | -1.34 (-1.79 to -0.89); p=NR |
| BMI [kg/m2] | 24 | IG1 | 151 | 32.8 (3.9) | -1.9 (-2.2 to -1.6) | 150 | 32.6 (4.2) | -0.4 (-0.7 to -0.1) | -1.51 (-1.96 to -1.06); p=NR |
| WC [cm] | 12 | IG1 | 151 | 104.9 (9.3) | -5.7 (-7.4 to -4.1) | 150 | 104.4 (10.7) | -0.9 (-2.6 to 0.8) | -4.79 (-7.17 to -2.41); p=NR |
| WC [cm] | 24 | IG1 | 151 | 104.9 (9.3) | -4.0 (-5.7 to -2.3) | 150 | 104.4 (10.7) | -0.3 (-2.1 to 1.4) | -3.69 (-6.11 to -1.27); p=NR |
| Weight [kg] | 12 | IG1 | 151 | 94.4 (14.7) | -6.9 (-8.0 to -5.8) | 150 | 93.0 (16.2) | -2.1 (-3.3 to -0.9) | -4.85 (-6.46 to -3.24); p=NR |
| Weight [kg] | 18 | IG1 | 151 | 94.4 (14.7) | -6.0 (-7.2 to -4.9) | 150 | 93.0 (16.2) | -2.1 (-3.3 to -0.9) | -3.96 (-5.63 to -2.29); p=NR |
| Weight [kg] | 24 | IG1 | 151 | 94.4 (14.7) | -5.6 (-6.7 to -4.4) | 150 | 93.0 (16.2) | -0.8 (-2.0 to 0.4) | -4.78 (-6.45 to -3.11); p=NR |
| Knowler, 2002205 | BMI [kg/m2] | 12 | IG1 | 1026 | 33.9 (6.8) | -2.4 (-2.5 to -2.3) | 1027 | 34.2 (6.7) | -0.2 (-0.3 to -0.0) | -2.27 (-2.44 to -2.10); p=NR |
| WC [cm] | 12 | IG1 | 1026 | 105.1 (14.8) | -6.4 (-6.7 to -6.0) | 1027 | 105.2 (14.3) | -0.7 (-1.1 to -0.3) | -5.67 (-6.20 to -5.14); p=NR |
| Waist-to-hip ratio  | 12 | IG1 | 1026 | 0.9 (0.1) | -0.0 (-0.0 to -0.0) | 1027 | 0.9 (0.1) | -0.0 (-0.0 to -0.0) | -0.02 (-0.02 to -0.02); p=NR |
| Weight [kg] | 12 | IG1 | 1026 | 94.1 (20.8) | -6.8 (-7.1 to -6.4) | 1027 | 94.3 (20.2) | -0.4 (-0.8 to -0.1) | -6.34 (-6.81 to -5.87); p=NR |
| Kuller, 2012261 | BMI [kg/m2] | 48 | IG1 | 222 | 30.6 (3.8) | -1.1 (-1.3 to -0.9) | 232 | 30.9 (3.8) | 0.0 (-0.2 to 0.2) | -1.10 (-1.44 to -0.76); p=0.0004 |
| WC [cm] | 18 | IG1 | 208 | 105.5 (11.2) | -9.8 (-10.8 to -8.8) | 213 | 106.3 (11.4) | -3.6 (-4.4 to -2.8) | -6.20 (-7.55 to -4.85); p<0.05 |
| WC [cm] | 30 | IG1 | 207 | 105.5 (11.2) | -8.3 (-9.4 to -7.2) | 211 | 106.3 (11.2) | -2.8 (-3.6 to -2.0) | -5.50 (-6.89 to -4.11); p<0.05 |
| WC [cm] | 48 | IG1 | 215 | 105.5 (11.2) | -7.7 (-8.8 to -6.6) | 228 | 106.3 (11.2) | -4.3 (-5.2 to -3.4) | -3.40 (-4.84 to -1.96); p<0.05 |
| Weight [kg] | 18 | IG1 | 208 | 81.2 (11.5) | -7.8 (-8.8 to -6.8) | 213 | 82.2 (11.8) | -1.6 (-2.3 to -0.9) | -6.20 (-7.42 to -4.98); p<0.05 |
| Weight [kg] | 30 | IG1 | 208 | 81.2 (11.5) | -5.7 (-6.7 to -4.7) | 212 | 82.2 (11.8) | -0.4 (-1.1 to 0.3) | -5.30 (-6.55 to -4.05); p<0.05 |
| Weight [kg] | 48 | IG1 | 216 | 81.2 (11.5) | -3.4 (-4.4 to -2.4) | 230 | 82.2 (11.8) | -0.2 (-0.9 to 0.5) | -3.20 (-4.40 to -2.00); p=0.000 |
| Kumanyika, 2012328 | Weight [kg] | 12 | IG1 | 89 | 100.7 (18.7) | -1.6 (-2.7 to -0.5) | 98 | 101.6 (20.9) | -0.6 (-1.5 to 0.2) | -0.98 (-2.33 to 0.36); p=0.15 |
| Kulzer, 2009262 | Weight [% change] | 12 | IG1 | 91 | NA | -4.0 (-5.1 to -2.9) | 91 | NA | -1.6 (-2.4 to -0.8) | -2.40 (-3.79 to -1.01); p=0.002 |
| BMI [kg/m2] | 12 | IG1 | 91 | 31.0 (4.7) | -1.3 (-1.6 to -1.0) | 91 | 32.0 (5.7) | -0.5 (-0.8 to -0.2) | -0.80 (-1.25 to -0.35); p=0.002 |
| WC [cm] | 12 | IG1 | 91 | 106.8 (13.7) | -4.1 (-5.3 to -2.9) | 91 | 106.3 (13.7) | -0.4 (-1.7 to 0.9) | -3.70 (-5.47 to -1.93); p=0.001 |
| Weight [kg] | 12 | IG1 | 91 | 92.1 (16.5) | -3.8 (-4.9 to -2.7) | 91 | 93.6 (19.3) | -1.4 (-2.2 to -0.6) | -2.40 (-3.75 to -1.05); p=0.001 |
| Little, 2016264 | Weight [kg] | 12 | IG1 | 221 | 102.4 (16.9) | -3.8 (-4.8 to -2.9) | 227 | 104.4 (21.1) | -2.6 (-3.8 to -1.5) | -0.37 (-1.66 to 0.92); p=0.556 |
| Weight [kg] | 12 | IG2 | 218 | 102.9 (18.3) | -3.2 (-4.3 to -2.1) | 227 | 104.4 (21.1) | -2.6 (-3.8 to -1.5) | -0.58 (-1.88 to 0.72); p=0.375 |
| Logue, 2005324 | WC [cm] | 12 | IG1 | 329 | NR | -2.0 (-2.6 to -1.4) | 336 | NR | -2.0 (-2.6 to -1.5) | 0.05 (-0.76 to 0.86); p=NS, NR |
| WC [cm] | 18 | IG1 | 329 | NR | -1.3 (-1.9 to -0.8) | 336 | NR | -2.4 (-3.1 to -1.8) | 1.08 (0.22 to 1.94); p=NS, NR |
| WC [cm] | 24 | IG1 | 329 | NR | -1.9 (-2.4 to -1.3) | 336 | NR | -1.8 (-2.4 to -1.3) | -0.04 (-0.84 to 0.76); p=0.57 |
| Weight [kg] | 12 | IG1 | 329 | NR | -1.4 (-1.8 to -1.1) | 336 | NR | -0.9 (-1.3 to -0.6) | -0.52 (-1.02 to -0.02); p=NS, NR |
| Weight [kg] | 18 | IG1 | 329 | NR | -0.2 (-0.6 to 0.2) | 336 | NR | -0.4 (-0.8 to -0.1) | 0.23 (-0.31 to 0.77); p=NS, NR |
| Weight [kg] | 24 | IG1 | 329 | NR | -0.4 (-1.1 to 0.4) | 336 | NR | -0.2 (-1.0 to 0.7) | 0.23 (-1.40 to 0.90); p=0.50 |
| Luley, 2014265 | Weight [% change] | 12 | IG1 | 58 | NA | -7.2 (-8.7 to -5.6) | 60 | NA | -2.5 (-4.0 to -0.9) | -4.70 (-7.40 to -2.10); p<0.001 |
| Weight [% change] | 12 | IG2 | 60 | NA | -10.3 (-11.8 to -8.7) | 60 | NA | -2.5 (-4.0 to -0.9) | -7.80 (-10.50 to -5.10); p<0.001 |
| BMI [kg/m2] | 12 | IG1 | 58 | 33.3 (5.8) | -2.3 (-2.9 to -1.8) | 60 | 32.6 (4.9) | -0.8 (-1.3 to -0.3) | -1.50 (-2.50 to -0.60); p<0.001 |
| BMI [kg/m2] | 12 | IG2 | 60 | 34.0 (4.9) | -3.7 (-4.2 to -3.1) | 60 | 32.6 (4.9) | -0.8 (-1.3 to -0.3) | -2.90 (-3.80 to -2.00); p<0.001 |
| WC [cm] | 12 | IG1 | 58 | 109.8 (11.8) |  -9.3 (-11.2 to -7.4) | 60 | 107.9 (13.1) | -4.1 (-6.0 to -2.2) | -5.20 (-8.50 to -1.90); p=0.001 |
| WC [cm] | 12 | IG2 | 60 | 111.8 (11.8) | -11.3 (-13.2 to -9.4) | 60 | 107.9 (13.1) | -4.1 (-6.0 to -2.2) | -7.20 (-10.50 to -4.00); p<0.001 |
| Weight [kg] | 12 | IG1 | 58 | 97.8 (16.3) | -7.3 (-8.9 to -5.6) | 60 | 96.1 (19.7) | -2.7 (-4.4 to -1.1) | -4.50 (-7.40 to -1.70); p<0.001 |
| Weight [kg] | 12 | IG2 | 60 | 104.8 (18.5) | -11.0 (-12.7 to -9.4) | 60 | 96.1 (19.7) | -2.7 (-4.4 to -1.1) | -8.30 (-11.10 to -5.40); p<0.001 |
| Ma, 2013266 | Weight [% change] | 15 | IG1 | 79 | NA | -6.6 (-8.4 to -4.8) | 81 | NA | -2.6 (-4.4 to -0.8) | -4.00 (-6.49 to -1.51); p<0.001 |
| Weight [% change] | 15 | IG2 | 81 | NA | -5.0 (-6.8 to -3.2) | 81 | NA | -2.6 (-4.4 to -0.8) | -2.40 (-4.89 to 0.09); p=0.008 |
| BMI [kg/m2] | 15 | IG1 | 79 | 32.4 (6.3) | -2.2 (-2.8 to -1.6) | 81 | 32.0 (5.4) | -0.9 (-1.5 to -0.3) | -1.30 (-2.13 to -0.47); p<0.001 |
| BMI [kg/m2] | 15 | IG2 | 81 | 31.7 (4.7) | -1.6 (-2.2 to -1.0) | 81 | 32.0 (5.4) | -0.9 (-1.5 to -0.3) | -0.70 (-1.53 to 0.13); p=0.02 |
| BMI [kg/m2] | 24 | IG1 | 79 | 32.4 (6.3) | -1.9 (-2.5 to -1.3) | 81 | 32.0 (48.6) | -0.9 (-1.5 to -0.3) | -1.00 (-1.83 to -0.17); p=0.001 |
| BMI [kg/m2] | 24 | IG2 | 81 | 31.7 (4.7) | -1.6 (-2.2 to -1.0) | 81 | 32.0 (48.6) | -0.9 (-1.5 to -0.3) | -0.70 (-1.53 to 0.13); p=0.03 |
| WC [cm] | 15 | IG1 | 79 | 106.2 (11.6) | -5.8 (-7.8 to -3.8) | 81 | 106.8 (12.7) | -2.2 (-4.4 to -0.0) | -3.60 (-6.51 to -0.69); p<0.001 |
| WC [cm] | 15 | IG2 | 81 | 105.9 (11.5) | -4.9 (-6.9 to -2.9) | 81 | 106.8 (12.7) | -2.2 (-4.4 to -0.0) | -2.70 (-5.61 to 0.21); p<0.001 |
| Weight [kg] | 15 | IG1 | 79 | 95.3 (18.0) | -6.3 (-8.1 to -4.5) | 81 | 92.6 (18.1) | -2.4 (-2.4 to -2.4) | -3.90 (-5.66 to -2.14); p<0.001 |
| Weight [kg] | 15 | IG2 | 81 | 93.6 (17.1) | -4.5 (-6.3 to -2.7) | 81 | 92.6 (18.1) | -2.4 (-2.4 to -2.4) | -2.10 (-3.86 to -0.34); p=0.02 |
| Weight [kg] | 24 | IG1 | 79 | 95.3 (18.0) | -5.4 (-7.2 to -3.6) | 81 | 92.6 (18.1) | -2.4 (-4.2 to -0.6) | -3.00 (-5.49 to -0.51); p=NR |
| Weight [kg] | 24 | IG2 | 81 | 93.6 (17.1) | -4.5 (-6.3 to -2.7) | 81 | 92.6 (18.1) | -2.4 (-4.2 to -0.6) | -2.10 (-4.59 to 0.39); p=NR |
| Marrero, 2016267 | Weight [% change] | 12 | IG1 | 94 | NA | -5.6 (-6.8 to -4.3) | 81 | NA | -0.2 (-1.5 to 1.1) | -5.30 (-7.12 to -3.48); p<0.001 |
| BMI [kg/m2] | 12 | IG1 | 94 | 36.9 (7.3) | -2.1 (-2.5 to -1.6) | 81 | 36.7 (7.0) | -0.1 (-0.6 to 0.4) | -1.99 (-2.66 to -1.32); p<0.001 |
| Weight [kg] | 12 | IG1 | 94 | 100.9 (10.6) | -5.5 (-6.7 to -4.3) | 81 | 100.0 (10.6) | -0.2 (-1.6 to 1.1) | -5.30 (-7.14 to -3.46); p<0.001 |
| Martin, 2008269 | Weight [kg] | 12 | IG1 | 68 | 101.2 (20.6) | -1.4 (-2.3 to -0.5) | 69 | 103.4 (18.0) | -0.2 (-1.0 to 0.7) | -1.22 (-2.64 to 0.20); p=0.10 |
| Weight [kg] | 18 | IG1 | 68 | 101.2 (20.6) | -0.5 (-1.3 to 0.3) | 69 | 103.4 (18.0) | 0.1 (-0.8 to 1.0) | -0.56 (-1.94 to 0.82); p=0.39 |
| Mensink, 2003325 | BMI [kg/m2] | 12 | IG1 | 40 | 29.8 (3.7) | -1.1 (-1.5 to -0.7) | 48 | 29.3 (3.1) | -0.1 (-0.5 to 0.3) | -1.00 (-1.55 to -0.45); p=<0.01 |
| BMI [kg/m2] | 24 | IG1 | 40 | 29.8 (3.7) | -0.8 (-1.2 to -0.3) | 48 | 29.3 (3.1) | 0.0 (-0.3 to 0.4) | -0.80 (-1.35 to -0.25); p=<0.01 |
| Body fat [%] | 12 | IG1 | 40 | NR | -1.7 (-2.3 to -1.1) | 48 | NR | -0.7 (-1.3 to -0.1) | -1.00 (-1.83 to -0.17); p=<0.05 |
| Body fat [%] | 24 | IG1 | 40 | NR | -1.0 (-1.6 to -0.3) | 48 | NR | -0.5 (-1.1 to 0.0) | -0.50 (-1.33 to 0.33); p=NR, NS |
| WC [cm] | 12 | IG1 | 40 | 102.4 (11.1) | -3.8 (-5.0 to -2.6) | 48 | 102.3 (8.4) | -1.2 (-2.4 to -0.0) | -2.60 (-4.26 to -0.94); p=<0.01 |
| WC [cm] | 24 | IG1 | 40 | 102.4 (11.1) | -1.9 (-3.4 to -0.5) | 48 | 102.3 (8.4) | -0.6 (-1.8 to 0.6) | -1.30 (-3.11 to 0.51); p=NR, NS |
| Waist-to-hip ratio  | 12 | IG1 | 40 | 1.0 (0.1) | 0.0 (0.0 to 0.0) | 48 | 1.0 (0.1) | 0.0 (0.0 to 0.0) | -0.01 (-0.04 to 0.02); p=NR, NS |
| Waist-to-hip ratio | 24 | IG1 | 40 | 1.0 (0.1) | 0.0 (0.0 to 0.0) | 48 | 1.0 (0.1) | 0.0 (0.0 to 0.0) | 0.00 (-0.03 to 0.03); p=NR, NS |
| Weight [kg] | 12 | IG1 | 40 | 86.0 (14.1) | -3.1 (-4.3 to -1.9) | 48 | 83.7 (11.5) | -0.2 (-1.2 to 0.8) | -2.90 (-4.43 to -1.37); p=<0.01 |
| Weight [kg] | 24 | IG1 | 40 | 86.0 (1.9) | -2.4 (-3.7 to -1.0) | 48 | 83.7 (11.5) | -0.1 (-1.0 to 0.9) | -2.30 (-3.99 to -0.61); p=<0.01 |
| Mitsui, 2008270 | BMI [kg/m2] | 12 | IG1 | 22 | 24.8 (2.2) | -1.1 (-1.5 to -0.7) | 21 | 25.6 (2.5) | -0.1 (-0.6 to 0.4) | -1.00 (-1.66 to -0.34); p>0.05 |
| WC [cm] | 12 | IG1 | 22 | 92.7 (5.1) | -2.9 (-5.3 to -0.5) | 21 | 94.9 (6.2) | 0.8 (-2.1 to 3.7) | -3.70 (-7.46 to 0.06); p=0.0071 |
| Moore, 2003271 | BMI [kg/m2] | 12 | IG1 | 279 | 37.0 (5.7) | -0.1 (NR) | 286 | 36.9 (5.8) | -0.1 (NR) | 0.00 (-1.00 to 1.00); p=0.96 |
| BMI [kg/m2] | 18 | IG1 | 256 | 37.0 (5.7) | 0.1 (NR) | 275 | 36.9 (5.8) | 0.0 (NR) | 0.10 (-1.00 to 1.10); p=0.90 |
| Weight [kg] | 12 | IG1 | 279 | 100.8 (18.1) | -0.5 (NR) | 286 | 100.2 (17.4) | -0.9 (NR) | 1.00 (-1.90 to 3.90); p=0.5 |
| Weight [kg] | 18 | IG1 | 256 | 100.8 (18.1) | 0.0 (NR) | 275 | 100.2 (17.4) | -0.7 (NR) | 1.30 (-1.80 to 4.40); p=0.4 |
| Morgan, 2011272 | Weight [% change] | 12 | IG1 | 34 | NA | -6.1 (NR) | 31 | NA | -3.4 (NR) | -2.70 (NR); p>0.05 |
| BMI [kg/m2] | 12 | IG1 | 34 | 30.6 (2.7) | -1.7 (-2.4 to -1.0) | 31 | 30.5 (3.0) | -0.9 (-1.7 to -0.2) | -0.70 (-1.70 to 0.30); p=0.332 |
| WC [cm] | 12 | IG1 | 34 | 102.8 (6.8) | -5.8 (-7.9 to -3.6) | 31 | 103.4 (8.3) | -3.8 (-6.1 to -1.6) | -1.90 (-5.00 to 1.10); p=0.630 |
| Weight [kg] | 12 | IG1 | 34 | 99.1 (12.2) | -5.3 (-7.5 to -3.0) | 31 | 99.2 (13.7) | -3.1 (-5.4 to -0.7) | -2.20 (-5.50 to 1.05); p=0.408 |
| Nakade, 2012274 | BMI [kg/m2] | 12 | IG1 | 115 | 30.3 (2.7) | -1.7 (-1.9 to -1.5) | 111 | 30.8 (3.4) | -0.1 (-0.4 to 0.2) | -1.60 (-1.98 to -1.22); p=NR |
| BMI [kg/m2] | 12 | IG1 | 58 | 29.8 (2.3) | -1.7 (-2.0 to -1.4) | 55 | 30.5 (3.7) | -0.0 (-0.5 to 0.4) | -1.66 (-2.21 to -1.11); p<0.01 |
| BMI [kg/m2] | 12 | IG1 | 57 | 30.9 (3.0) | -1.6 (-2.0 to -1.2) | 56 | 31.1 (3.1) | -0.1 (-0.5 to 0.3) | -1.50 (-2.03 to -0.97); p<0.01 |
| Body fat [%] | 12 | IG1 | 58 | 28.4 (3.6) | -1.7 (-2.2 to -1.2) | 55 | 29.3 (4.8) | 0.4 (-0.2 to 1.0) | -2.10 (-2.90 to -1.30); p<0.11 |
| Body fat [%] | 12 | IG1 | 115 | 33.9 (7.2) | -1.8 (-2.4 to -1.2) | 111 | 35.6 (8.0) | 0.1 (-0.6 to 0.8) | -1.90 (-2.80 to -1.00); p=NR |
| Body fat [%] | 12 | IG1 | 57 | 39.5 (5.4) | -2.0 (-2.7 to -1.3) | 56 | 41.7 (5.4) | -0.1 (-0.8 to 0.6) | -1.90 (-2.84 to -0.96); p<0.01 |
| WC [cm] | 12 | IG1 | 58 | 100.0 (6.4) | -4.1 (-5.9 to -2.3) | 55 | 102.0 (8.8) | 1.0 (-1.4 to 3.4) | -5.10 (-8.07 to -2.13); p<0.01 |
| WC [cm] | 12 | IG1 | 57 | 103.0 (7.9) | -3.8 (-6.1 to -1.5) | 56 | 104.0 (8.9) | 0.0 (-2.3 to 2.3) | -3.80 (-7.05 to -0.55); p<0.01 |
| WC [cm] | 12 | IG1 | 115 | 101.5 (7.3) | -4.0 (-5.5 to -2.5) | 111 | 103.0 (8.9) | 0.5 (-1.2 to 2.2) | -4.50 (-6.71 to -2.29); p=NR |
| Weight [kg] | 12 | IG1 | 115 | 79.3 (9.7) | -4.5 (-5.3 to -3.7) | 111 | 80.9 (12.5) | 0.1 (-1.0 to 1.2) | -4.60 (-5.94 to -3.26); p=NR |
| Weight [kg] | 12 | IG1 | 58 | 84.1 (8.4) | -5.0 (-6.0 to -4.0) | 55 | 87.0 (11.7) | 0.1 (-1.4 to 1.6) | -5.10 (-6.86 to -3.34); p<0.01 |
| Weight [kg] | 12 | IG1 | 57 | 74.4 (8.5) | -3.9 (-4.9 to -2.9) | 56 | 75.0 (10.2) | -0.2 (-1.4 to 1.0) | -3.70 (-5.32 to -2.08); p<0.01 |
| Nanchahal, 2012275 | Weight [% change] | 12 | IG1 | 103 | NA | -2.6 (-3.7 to -1.5) | 114 | NA | -1.4 (-2.4 to -0.4) | -0.79 (-2.37 to 0.79); p=0.33 |
| BMI [kg/m2] | 12 | IG1 | 103 | 33.9 (5.6) | -0.8 (-1.2 to -0.4) | 114 | 33.0 (5.4) | -0.5 (-0.8 to -0.1) | 0.34 (-0.18 to 0.85); p=0.20 |
| Body fat [%] | 12 | IG1 | 101 | 39.4 (8.1) | -0.7 (-1.3 to -0.2) | 111 | 38.9 (7.8) | -0.2 (-1.0 to 0.6) | -0.71 (-1.71 to 0.28); p=0.16 |
| WC [cm] | 12 | IG1 | 100 | 107.6 (12.8) | -3.4 (-4.9 to -1.8) | 112 | 105.8 (13.0) | -1.5 (-2.6 to -0.4) | -1.22 (-3.10 to 0.66); p=0.20 |
| Weight [kg] | 12 | IG1 | 103 | 93.7 (18.4) | -2.4 (-3.5 to -1.3) | 114 | 91.0 (18.1) | -1.3 (-2.2 to -0.4) | -0.70 (-2.17 to 0.76); p=0.35 |
| Narayan, 1998276 | BMI [kg/m2] | 6 | IG1 | 48 | Median: 36.5 (Range: 24.1 to 59.9) | Median: 0.3 (NR) | 47 | Median: 33.2 (Range: 20.2 to 55.8) | Median: 0.2 (NR) | NR; p=0.39 |
| BMI [kg/m2] | 12 | IG1 | 48 | Median: 36.5 (Range: 24.1 to 59.9) | Median: 0.9 (NR) | 47 | Median: 33.2 (Range: 20.2 to 55.8) | Median: 0.5 (NR) | NR; p=0.11 |
| WC [cm] | 6 | IG1 | 48 | Median: 116.0 (Range: 87.0 to 161.0) | Median: 0.1 (NR) | 47 | Median: 110.0 (Range: 85.0 to 163.0) | Median: -1.5 (NR) | NR; p=0.64 |
| WC [cm] | 12 | IG1 | 48 | Median: 116.0 (Range: 87.0 to 161.0) | Median: 0.1 (NR) | 47 | Median: 110.0 (Range: 85.0 to 163.0) | Median: -2.1 (NR) | NR; p=0.48 |
| Weight [kg] | 12 | IG1 | 48 | Median: 96.4 (Range: 59.4 to 159.1) | Median: 2.5 (NR) | 47 | Median: 89.3 (Range: 59.2 to 184.8) | Median: 0.8 (NR) | NR; p=0.06 |
| Nicklas, 2014277 | BMI [kg/m2] | 12 | IG1 | 36 | 31.2 (5.8) | -1.1 (-1.9 to -0.4) | 39 | 31.6 (5.5) | 0.2 (-0.5 to 0.9) | -1.30 (-2.30 to -0.32); p=0.029 |
| Weight [kg] | 12 | IG1 | 36 | 82.9 (17.3) | -2.8 (-4.8 to -0.7) | 39 | 84.2 (19.0) | 0.5 (-1.4 to 2.4) | -3.30 (-6.00 to -0.60); p=0.022 |
| Nilsen, 2011327 | BMI [kg/m2] | 18 | IG1 | 93 | 37.0 (6.0) | -0.8 (-1.3 to -0.3) | 89 | 35.8 (6.0) | -1.0 (-1.6 to -0.4) | 0.20 (-0.58 to 0.98); p=NS, NR |
| WC [cm] | 18 | IG1 | 93 | 118.0 (15.0) | -2.0 (-5.0 to 1.0) | 89 | 119.0 (14.0) | -4.0 (-7.0 to -1.0) | 2.00 (-2.22 to 6.22); p=NS, NR |
| Weight [kg] | 18 | IG1 | 93 | 110.5 (22.0) | -2.5 (-4.4 to -0.6) | 89 | 111.7 (22.0) | -3.0 (-5.1 to -0.9) | 0.50 (-2.37 to 3.37); p=NS, NR |
| O'Brien, 2017321 | BMI [kg/m2] | 12 | IG1 | 30 | 34.4 (7.9) | -1.6 (-2.3 to -1.0) | 28 | 32.2 (5.7) | 0.3 (-0.3 to 1.0) | -2.00 (-3.00 to -0.90); p=<0.001 |
| WC [cm] | 12 | IG1 | 30 | 101.4 (13.0) | -4.0 (-5.5 to -2.6) | 28 | 94.9 (9.8) | -0.2 (-1.7 to 1.3) | -3.80 (-6.40 to -1.30); p=0.001 |
| Weight [kg] | 12 | IG1 | 30 | 85.4 (23.0) | -4.0 (-5.5 to -2.6) | 28 | 78.2 (15.0) | 0.8 (-0.8 to 2.3) | -4.80 (-7.30 to -2.20); p=<0.001 |
| Weight [% change] | 12 | IG1 | 30 | NR | -5.0 (-6.8 to -3.2) | 28 | NR | 0.9 (-0.9 to 2.8) | -6.00 (-9.10 to -2.80); p=<0.001 |
| Ockene, 2012278 | BMI [kg/m2] | 12 | IG1 | 147 | 33.6 (5.1) | Median: -0.4 (-0.8 to -0.3) | 142 | 34.2 (5.9) | Median: 0.1 (-0.2 to 0.4) | Effect: -0.46 (-0.76 to -0.14); p=0.004 |
| Weight [kg] | 12 | IG1 | 147 | 86.3 (14.5) | Median: -2.5 (-4.0 to -1.5) | 142 | 86.7 (16.5) | Median: 0.6 (-1.1 to 2.0) | Effect: -1.13 (-4.25 to -0.75); p=0.004 |
| Pacanowski, 2015279 | Weight [% change] | 12 | IG1 | 70 | NA | -2.7 (-4.1 to -1.3) | 65 | NA | -0.5 (-1.7 to 0.7) | -2.20 (-4.01 to -0.39); p=NR |
| Weight [kg] | 12 | IG1 | 81 | 94.3 (17.0) | -2.1 (-3.3 to -0.9) | 67 | 93.1 (17.9) | -0.4 (-1.5 to 0.7) | -1.70 (-3.31 to -0.09); p=0.037 |
| Parikh, 2010280 | Weight [% change] | 12 | IG1 | 50 | NA | 3.3 (NR) | 49 | NA | 1.4 (NR) | 1.90 (NR); p<0.05 |
| WC [cm] | 12 | IG1 | 35 | 15.7 (1.6) | -0.5 (-0.9 to -0.2) | 37 | 15.4 (1.6) | 0.0 (-0.4 to 0.5) | -0.55 (-1.10 to -0.00); p=0.05 |
| Weight [kg] | 12 | IG1 | 50 | 78.9 (17.7) | -2.5 (NR) | 49 | 73.5 (12.2) | -1.0 (NR) | -1.45 (NR); p<0.05 |
| Patrick, 2011281 | BMI [kg/m2] | 12 | IG1 | 217 | 34.2 (4.2) | -0.4 (-0.7 to -0.1) | 224 | 34.3 (4.0) | -0.1 (-0.3 to 0.1) | -0.27 (-0.54 to 0.00); p=0.053 |
| WC [cm] | 12 | IG1 | 217 | 113.7 (11.0) | -1.6 (-3.1 to -0.1) | 224 | 112.9 (11.1) | -1.3 (-2.8 to 0.2) | -0.29 (-1.16 to 0.58); p=0.516 |
| Weight [kg] | 12 | IG1 | 217 | 104.7 (15.3) | -0.9 (-1.8 to 0.0) | 224 | 104.6 (15.3) | -0.2 (-1.1 to 0.7) | -0.69 (-1.52 to 0.14); p=0.101 |
| Penn, 2009283 | Weight [kg] | 12 | IG1 | 51 | 93.4 (16.0) | -2.3 (NR) | 51 | 90.6 (12.5) | 0.0 (NR) | -2.50 (-4.20 to 0.70); p=0.007 |
| Phelan, 2017330 | WC [cm] | 12 | IG1 | 174 | LSM: 99.7 (95% CI: 96.5 to 102.9) | LSM: -4.0 (-5.1 to -2.9) | 193 | LSM: 98.8 (95% CI: 96.0 to 101.7) | LSM: -1.2 (-2.2 to -0.2) | LSM: -2.80 (-4.30 to -1.30); p≤0.001 |
| Weight [kg] | 12 | IG1 | 174 | 82.5 (33.7) | -3.2 (-4.1 to -2.4) | 193 | 82.4 (32.6) | -0.9 (-1.7 to -0.1) | -2.30 (-3.50 to -1.10); p=<0.001 |
| Weight [% change] | 12 | IG1 | 174 | NR | NR | 193 | NR | NR | LSM: -3.10 (-4.60 to -1.60); p≤0.002 |
| Puhkala, 2015286 | WC [cm] | 12 | IG1 | 47 | 113.8 (9.5) | -4.7 (-6.4 to -3.0) | 48 | 114.9 (10.3) | -0.1 (-1.1 to 0.9) | -4.70 (-6.60 to -2.70); p<0.05 |
| WC [cm] | 24 | IG1 | 37 | 113.8 (9.5) | -4.5 (-6.9 to -2.1) | 43 | 114.9 (10.3) | -4.4 (-6.0 to -2.8) | -0.20 (-3.10 to 2.80); p=NS, NR |
| Weight [kg] | 12 | IG1 | 47 | 105.8 (16.3) | -3.4 (-5.3 to -1.5) | 48 | 106.7 (16.4) | 0.7 (-0.4 to 1.8) | -4.00 (-6.20 to -1.90); p<0.05 |
| Weight [kg] | 24 | IG1 | 37 | 105.8 (16.3) | -3.1 (-6.0 to -0.2) | 43 | 106.7 (16.4) | -2.5 (-4.3 to -0.7) | -0.50 (-3.80 to 2.90); p=NS, NR |
| Rock, 2007289 | Weight [% change] | 12 | IG1 | 35 | NR | -7.1 (-10.7 to -3.5) | 35 | NR | -0.7 (-2.7 to 1.3) | -6.40 (-10.49 to -2.31); p<0.01 |
| HC [cm] | 12 | IG1 | 35 | 123.5 (9.1) | -6.2 (-8.8 to -3.6) | 35 | 120.0 (6.5) | -0.3 (-2.0 to 1.4) | -5.90 (-8.97 to -2.83); p<0.01 |
| WC [cm] | 12 | IG1 | 35 | 113.0 (10.6) | -8.2 (-11.7 to -4.7) | 35 | 110.2 (11.6) | -0.2 (-2.5 to 2.1) | -8.00 (-12.18 to -3.82); p<0.01 |
| Weight [kg] | 12 | IG1 | 35 | 94.4 (12.2) | -6.6 (-10.0 to -3.2) | 35 | 89.6 (9.4) | -0.7 (-2.5 to 1.1) | -5.90 (-9.74 to -2.06); p<0.01 |
| Rock, 2015288 | Weight [% change] | 12 | IG1 | 297 | NA | -6.0 (-6.8 to -5.2) | 288 | NA | -1.5 (-2.3 to -0.7) | -4.50 (-5.61 to -3.39); p<0.001 |
| Weight [% change] | 18 | IG1 | 278 | NA | -4.7 (-5.5 to -3.9) | 262 | NA | -1.1 (-1.9 to -0.3) | -3.60 (-4.71 to -2.49); p<0.001 |
| Weight [% change] | 24 | IG1 | 300 | NA | -3.7 (-4.5 to -2.9) | 287 | NA | -1.3 (-2.1 to -0.5) | -2.40 (-3.51 to -1.29); p<0.001 |
| BMI [kg/m2] | 12 | IG1 | 297 | 31.6 (5.6) | -1.9 (-2.2 to -1.6) | 288 | 31.4 (3.7) | -0.5 (-0.8 to -0.2) | -1.40 (-1.79 to -1.01); p=0.003 |
| BMI [kg/m2] | 18 | IG1 | 278 | 31.6 (5.6) | -1.6 (-1.9 to -1.3) | 262 | 31.4 (3.7) | -0.6 (-0.9 to -0.3) | -1.00 (-1.39 to -0.61); p=0.03 |
| BMI [kg/m2] | 24 | IG1 | 300 | 31.6 (5.6) | -1.3 (-1.6 to -1.0) | 287 | 31.4 (3.7) | -0.4 (-0.7 to -0.1) | -0.90 (-1.29 to -0.51); p=0.14 |
| WC [cm] | 12 | IG1 | 275 | 104.9 (13.0) | -7.1 (-8.6 to -5.6) | 247 | 103.5 (13.1) | -3.1 (-4.6 to -1.6) | -4.00 (-6.11 to -1.89); p=0.004 |
| WC [cm] | 24 | IG1 | 272 | 104.9 (13.0) | -5.5 (-7.0 to -4.0) | 259 | 103.5 (13.1) | -3.1 (-4.6 to -1.6) | -2.40 (-4.49 to -0.31); p=0.21 |
| Weight [kg] | 12 | IG1 | 297 | 85.0 (14.8) | -5.3 (-6.1 to -4.5) | 288 | 84.7 (13.1) | -1.2 (-2.0 to -0.4) | -4.10 (-5.19 to -3.01); p=0.003 |
| Weight [kg] | 18 | IG1 | 278 | 85.0 (14.8) | -4.4 (-5.2 to -3.6) | 262 | 84.7 (13.1) | -1.2 (-2.0 to -0.4) | -3.20 (-4.30 to -2.10); p=0.02 |
| Weight [kg] | 24 | IG1 | 300 | 85.0 (14.8) | -3.6 (-4.4 to -2.8) | 287 | 84.7 (13.1) | -1.2 (-2.0 to -0.4) | -2.40 (-3.49 to -1.31); p=0.13 |
| Rodriguez-Cristobal, 2017329 | Weight [kg] | 12 | IG1 | 283 | 85.5 (13.9) | -1.8 (-2.6 to -1.0) | 302 | 87.1 (14.5) | -1.3 (-1.5 to -1.1) | -0.50 (-1.54 to 0.54); p=NS, NR |
| Rosas, 2015290 | Weight [% change] | 12 | IG1 | 84 | NA | -0.01 (-0.03 to 0.00) | 41 | NA | -0.01 (-0.03 to 0.01) | 0.00 (-0.02 to 0.02); p=0.96 |
| Weight [% change] | 12 | IG2 | 82 | NA | -0.02 (-0.04 to -0.01) | 41 | NA | -0.01 (-0.03 to 0.01) | -0.01 (-0.03 to 0.01); p=0.92 |
| Weight [% change] | 24 | IG1 | 84 | NA | -0.01 (-0.2 to 0.01) | 41 | NA | 0.0 (-0.03 to 0.02) | -0.01 (-0.12 to 0.10); p=0.92 |
| Weight [% change] | 24 | IG2 | 82 | NA | -0.02 (-0.03 to 0.00) | 41 | NA | 0.0 (-0.03 to 0.02) | -0.02 (-0.05 to 0.01); p=0.72 |
| BMI [kg/m2] | 12 | IG1 | 84 | 36.0 (5.7) | -0.6 (-1.0 to -0.1) | 41 | 34.9 (4.4) | -0.3 (-0.8 to 0.3) | -0.30 (-1.00 to 0.40); p=0.39 |
| BMI [kg/m2] | 12 | IG2 | 82 | 35.5 (5.1) | -0.7 (-1.1 to -0.3) | 41 | 34.9 (4.4) | -0.3 (-0.8 to 0.3) | -0.40 (-1.07 to 0.27); p=0.20 |
| BMI [kg/m2] | 24 | IG1 | 84 | 36.0 (5.7) | -0.4 (-1.0 to 0.2) | 41 | 34.9 (4.4) | -0.2 (-1.1 to 0.7) | -0.20 (-1.26 to 0.86); p=0.67 |
| BMI [kg/m2] | 24 | IG2 | 82 | 35.5 (5.1) | -0.4 (-0.9 to 0.2) | 41 | 34.9 (4.4) | -0.2 (-1.1 to 0.7) | -0.20 (-1.23 to 0.83); p=0.72 |
| WC [cm] | 12 | IG1 | 84 | NR | -1.5 (-2.2 to -0.8) | 41 | NR | -1.3 (-2.2 to -0.4) | -0.20 (-1.32 to 0.92); p=0.76 |
| WC [cm] | 12 | IG2 | 82 | NR | -0.6 (-1.4 to 0.2) | 41 | NR | -1.3 (-2.2 to -0.4) | 0.70 (-0.48 to 1.88); p=0.26 |
| WC [cm] | 24 | IG1 | 84 | NR | -1.4 (-2.1 to -0.7) | 41 | NR | -0.7 (-1.7 to 0.2) | -0.70 (-1.86 to 0.46); p=0.24 |
| WC [cm] | 24 | IG2 | 82 | NR | -0.8 (-1.5 to -0.1) | 41 | NR | -0.7 (-1.7 to 0.2) | -0.10 (-1.26 to 1.06); p=0.95 |
| Weight [kg] | 12 | IG1 | 84 | 89.3 (NR) | -1.4 (-2.4 to -0.3) | 41 | 88.6 (NR) | -0.7 (-2.2 to 0.8) | -0.70 (-2.49 to 1.09); p=0.49 |
| Weight [kg] | 12 | IG2 | 82 | 89.3 (NR) | -1.9 (-2.9 to -0.9) | 41 | 88.6 (NR) | -0.7 (-2.2 to 0.8) | -1.20 (-2.97 to 0.57); p=0.21 |
| Weight [kg] | 24 | IG1 | 84 | 89.3 (NR) | -1.0 (-2.4 to 1.0) | 41 | 88.6 (NR) | -0.6 (-2.8 to 1.5) | -0.40 (-3.09 to 2.29); p=0.78 |
| Weight [kg] | 24 | IG2 | 82 | 89.3 (NR) | -1.0 (-2.4 to 0.4) | 41 | 88.6 (NR) | -0.6 (-2.8 to 1.5) | -0.40 (-2.91 to 2.11); p=0.76 |
| Ross, 2012291 | BMI [kg/m2] | 12 | IG1 | 249 | 32.6 (4.6) | -0.8 (-1.1 to -0.6) | 241 | 32.1 (4.5) | -0.3 (-0.5 to -0.0) | -0.57 (-0.93 to -0.21); p=0.001 |
| BMI [kg/m2] | 18 | IG1 | 249 | 32.6 (4.6) | -0.6 (-0.9 to -0.3) | 241 | 32.1 (4.5) | -0.3 (-0.5 to 0.0) | -0.34 (-0.76 to 0.08); p=0.10 |
| BMI [kg/m2] | 24 | IG1 | 249 | 32.6 (4.6) | -0.5 (-0.8 to -0.1) | 241 | 32.1 (4.5) | -0.2 (-0.5 to 0.1) | -0.23 (-0.66 to 0.20); p=0.26 |
| Body fat [%] | 12 | IG1 | 249 | 37.6 (4.7) | -1.2 (-1.6 to -0.8) | 241 | 37.5 (4.7) | -0.3 (-0.7 to 0.1) | -0.88 (-1.43 to -0.33); p=0.001 |
| Body fat [%] | 18 | IG1 | 249 | 37.6 (4.7) | -0.7 (-1.2 to -0.2) | 241 | 37.5 (4.7) | -0.3 (-0.8 to 0.1) | -0.35 (-0.99 to 0.29); p=0.13 |
| Body fat [%] | 24 | IG1 | 249 | 37.6 (4.7) | -0.7 (-1.1 to -0.2) | 241 | 37.5 (4.7) | -0.2 (-0.6 to 0.2) | -0.47 (-1.05 to 0.11); p=0.10 |
| WC [cm] | 12 | IG1 | 249 | 109.1 (11.0) | -2.5 (-3.3 to -1.7) | 241 | 108.0 (10.9) | -0.9 (-1.7 to -0.1) | -1.60 (-2.71 to -0.49); p=0.001 |
| WC [cm] | 18 | IG1 | 249 | 109.1 (11.0) | -1.8 (-2.6 to -1.0) | 241 | 108.0 (10.9) | -0.4 (-1.2 to 0.4) | -1.40 (-2.51 to -0.29); p=0.10 |
| WC [cm] | 24 | IG1 | 249 | 109.1 (11.0) | -0.9 (-1.7 to -0.1) | 241 | 108.0 (10.9) | 0.2 (-0.6 to 1.0) | -1.10 (-2.21 to 0.01); p=0.05 |
| Weight [kg] | 12 | IG1 | 249 | 94.2 (13.6) | -2.4 (-3.1 to -1.7) | 241 | 92.3 (13.5) | -0.9 (-1.6 to -0.1) | -1.56 (-2.53 to -0.59); p=0.002 |
| Weight [kg] | 18 | IG1 | 249 | 94.2 (13.6) | -1.7 (-2.5 to -0.9) | 241 | 92.3 (13.5) | -0.7 (-1.5 to 0.1) | -0.97 (-2.12 to 0.18); p=0.08 |
| Weight [kg] | 24 | IG1 | 249 | 94.2 (13.6) | -1.2 (-2.0 to -0.4) | 241 | 92.3 (13.5) | -0.6 (-1.4 to 0.2) | -0.58 (-1.73 to 0.57); p=0.33 |
| Shapiro, 2012293 | Weight [% change] | 12 | IG1 | 81 | NR | -1.8 (-1.8 to -1.8) | 89 | NR | -0.8 (-0.8 to -0.8) | -1.00 (-1.02 to -0.98); p=0.394 |
| Weight [kg] | 12 | IG1 | 81 | 91.6 (17.2) | -1.7 (-2.8 to -0.5) | 89 | 92.9 (17.9) | -1.0 (-1.9 to -0.1) | -0.62 (-2.10 to 0.86); p=0.12 |
| Silva, 2009295 | Weight [% change] | 12 | IG1 | 123 | NA | -6.6 (-7.7 to -5.6) | 116 | NA | -1.3 (-2.1 to -0.6) | -5.30 (-6.62 to -3.98); p<0.001 |
| BMI [kg/m2] | 12 | IG1 | 115 | 31.7 (4.2) | -2.3 (-2.6 to -2.0) | 93 | 31.3 (4.0) | 0.7 (0.3 to 1.1) | -3.00 (-3.52 to -2.48); p<0.001 |
| Body fat [%] | 12 | IG1 | 115 | 43.7 (4.9) | -6.9 (-8.3 to -5.5) | 93 | 44.1 (4.9) | -2.5 (-4.0 to -1.0) | -4.40 (-6.50 to -2.30); p<0.001 |
| Weight [kg] | 12 | IG1 | 123 | 82.1 (11.9) | -5.5 (NR) | 116 | 81.5 (12.1) | -1.1 (NR) | 4.40 (NR); p<0.001 |
| Stevens, 1993300 | Weight [kg] | 18 | IG1 | 293 | 90.2 (13.3) | -3.8 (-4.5 to -3.1) | 235 | 89.3 (13.0) | 0.1 (-0.4 to 0.6) | -3.90 (-4.77 to -3.03); p<0.01 |
| Stevens, 2001301 | Weight [kg] | 18 | IG1 | 545 | 93.4 (14.1) | -2.0 (-2.5 to -1.5) | 551 | 93.6 (13.5) | 0.7 (0.4 to 1.6) | -2.70 (-3.30 to -2.10); p<0.001 |
| Weight [kg] | 36 | IG1 | 547 | 93.4 (14.1) | -0.2 (-0.7 to 0.3) | 554 | 93.6 (13.5) | 1.8 (1.3 to 2.2) | -1.90 (-2.60 to -1.30); p<0.001 |
| Svetkey, 2015302 | Weight [% change] | 12 | IG1 | 120 | NA | -3.5 (NR) | 123 | NA | -2.1 (NR) | -1.36 (-3.14 to 0.42); p=NR |
| Weight [% change] | 12 | IG2 | 122 | NA | -1.3 (NR) | 123 | NA | -2.1 (NR) | 0.80 (-0.98 to 2.57); p=NR |
| Weight [% change] | 24 | IG1 | 120 | NA | -2.5 (NR) | 123 | NA | -1.2 (NR) | -1.26 (-3.13 to 0.62); p=NR |
| Weight [% change] | 24 | IG2 | 122 | NR | -0.9 (NR) | 123 | NA | -1.2 (NR) | 0.33 (-1.54 to 2.20); p=NR |
| Weight [kg] | 12 | IG1 | 120 | 99.3 (23.4) | -3.6 (NR) | 123 | 101.3 (22.6) | -2.3 (NR) | -1.33 (-3.19 to 0.53); p=NS, NR |
| Weight [kg] | 12 | IG2 | 122 | 102.4 (25.2) | -1.5 (NR) | 123 | 101.3 (22.6) | -2.3 (NR) | 0.77 (-1.08 to 2.63); p=NS, NR |
| Weight [kg] | 24 | IG1 | 120 | 99.3 (23.4) | -2.5 (NR) | 123 | 101.3 (22.6) | -1.4 (NR) | -1.00 (-2.91 to 0.90); p=NS, NR |
| Weight [kg] | 24 | IG2 | 122 | 102.4 (25.2) | -1.0 (NR) | 123 | 101.3 (22.6) | -1.4 (NR) | 0.46 (-1.45 to 2.35); p=NS, NR |
| Thomas, 2017322 | Weight [kg] | 12 | IG1 | 91 | 91.9 (14.1) | -1.6 (-2.6 to -0.6) | 86 | 88.8 (13.8) | -1.2 (-2.3 to -0.2) | -0.40 (-1.85 to 1.05); p=NS, NR |
| Weight [kg] | 12 | IG2 | 94 | 93.4 (14.0) | -2.1 (-3.0 to -1.1) | 86 | 88.8 (13.8) | -1.2 (-2.3 to -0.2) | -0.90 (-2.32 to 0.52); p=NS, NR |
| Tsai, 2010305 | WC [cm] | 12 | IG1 | 24 | 17.0 (2.1) | -0.0 (-0.6 to 0.5) | 26 | 17.8 (2.2) | -0.1 (-0.6 to 0.3) | 0.08 (-0.63 to 0.79); p=0.09 |
| Weight [kg] | 12 | IG1 | 22 | 97.0 (16.7) | -2.3 (-4.1 to -0.5) | 25 | 103.1 (17.8) | -1.1 (-2.7 to 0.5) | -1.20 (-3.56 to 1.16); p=0.31 |
| Tuomilehto, 2001306 | Weight [% change] | 12 | IG1 | 256 | NA | -4.7 (-5.0 to -4.4) | 250 | NA | 0.9 (-1.0 to -0.8) | -5.60 (-6.44 to -4.76); p<0.001 |
| Weight [% change] | 36 | IG1 | 231 | NA | -4.0 (-4.7 to -3.3) | 203 | NA | -1.1 (-2.0 to -0.2) | -2.90 (-4.03 to -1.77); p<0.0001 |
| BMI [kg/m2] | 12 | IG1 | 256 | 31.3 (4.6) | -1.6 (-1.8 to -1.4) | 250 | 31.0 (4.5) | -0.4 (-0.6 to -0.2) | -1.20 (-1.47 to -0.93); p<0.0001 |
| BMI [kg/m2] | 36 | IG1 | 231 | 31.3 (4.6) | -1.3 (-1.5 to -1.1) | 203 | 31.0 (4.5) | -0.3 (-0.6 to -0.0) | -1.00 (-1.37 to -0.63); p<0.0001 |
| WC [cm] | 12 | IG1 | 256 | 102.0 (11.0) | -4.4 (-5.1 to -3.9) | 250 | 100.5 (10.9) | -1.3 (-1.9 to -0.7) | -3.10 (-3.97 to -2.23); p<0.0001 |
| WC [cm] | 24 | IG1 | 256 | 102.0 (11.0) | -4.2 (-4.9 to -3.5) | 250 | 100.5 (10.9) | -1.3 (-2.0 to -0.6) | -2.90 (-3.82 to -1.98); p=0.0000 |
| WC [cm] | 36 | IG1 | 231 | 102.0 (11.0) | -3.3 (-4.0 to -2.6) | 203 | 100.5 (10.9) | -1.2 (-2.0 to -0.4) | -2.10 (-3.19 to -1.01); p=0.0005 |
| Weight [kg] | 12 | IG1 | 256 | 86.7 (14.0) | -4.2 (-4.8 to -3.6) | 250 | 85.5 (14.4) | -0.8 (-1.3 to -0.3) | -3.40 (-4.18 to -2.62); p=0.0001 |
| Weight [kg] | 24 | IG1 | 256 | 86.7 (14.0) | -3.5 (-4.2 to -2.8) | 250 | 85.5 (14.4) | -0.8 (-1.4 to -0.2) | -2.70 (-3.57 to -1.83); p=0.0001 |
| Weight [kg] | 36 | IG1 | 231 | 86.7 (14.0) | -3.5 (-4.2 to -2.8) | 203 | 85.5 (14.4) | -0.9 (-1.6 to -0.2) | -2.60 (-3.59 to -1.61); p<0.0001 |
| van Wier, 2011308 | WC [cm] | 24 | IG1 | 241 | 101.5 (9.9) | -2.1 (-3.4 to -0.8) | 241 | 101.3 (9.1) | -1.8 (-3.0 to -0.6) | -0.30 (-1.30 to 0.80); p=0.598 |
| WC [cm] | 24 | IG2 | 252 | 102.4 (9.7) | -2.6 (-3.8 to -1.4) | 241 | 101.3 (9.1) | -1.8 (-3.0 to -0.6) | -0.70 (-1.70 to 0.40); p=0.199 |
| Weight [kg] | 24 | IG1 | 450 | 92.9 (14.4) | -1.9 (-2.5 to -1.3) | 448 | 93.0 (13.4) | -1.0 (-1.6 to -0.4) | -0.90 (-2.00 to 0.30); p=0.112 |
| Weight [kg] | 24 | IG2 | 453 | 93.6 (14.0) | -1.5 (-2.1 to -0.9) | 448 | 93.0 (13.4) | -1.0 (-1.6 to -0.4) | -0.40 (-1.40 to 0.70); p=0.448 |
| von Gruenigen, 2012310 | Weight [% change] | 12 | IG1 | 41 | NA | -3.0 (NR) | 34 | NA | 1.4 (NR) | -4.40 (NR); p<0.001 |
| BMI [kg/m2] | 12 | IG1 | 41 | 36.4 (5.5) | -1.3 (-1.9 to -0.7) | 34 | 36.5 (9.6) | 0.3 (-0.5 to 1.1) | -1.60 (-2.59 to -0.61); p=0.119 |
| WC [cm] | 12 | IG1 | 41 | 16.6 (1.9) | -0.4 (-1.0 to 0.2) | 34 | 16.4 (2.3) | -0.3 (-1.1 to 0.5) | -0.24 (-0.43 to -0.06); p=0.011 |
| Weight [kg] | 12 | IG1 | 41 | 95.7 (19.0) | -3.0 (-5.7 to -0.3) | 34 | 94.0 (23.0) | 1.4 (-2.3 to 5.1) | -4.60 (-5.80 to -3.50); p<0.001 |
| Wadden, 2011206 | Weight [% change] | 12 | IG1 | 131 | NA | -3.5 (-4.7 to -2.3) | 130 | NA | -2.1 (-3.3 to -0.9) | -1.40 (-3.06 to 0.26); p=0.08 |
| Weight [% change] | 18 | IG1 | 131 | NA | -3.1 (-4.5 to -1.7) | 130 | NA | -1.7 (-3.1 to -0.3) | -1.40 (-3.34 to 0.54); p=0.10 |
| Weight [% change] | 24 | IG1 | 131 | NA | -2.9 (-4.3 to -1.5) | 130 | NA | -1.6 (-2.8 to -0.4) | -1.30 (-3.11 to 0.51); p=0.12 |
| BMI [kg/m2] | 12 | IG1 | 131 | 38.5 (4.6) | -1.3 (-1.7 to -0.9) | 130 | 39.0 (4.8) | -0.8 (-1.2 to -0.4) | -0.50 (-1.05 to 0.05); p=0.18 |
| BMI [kg/m2] | 18 | IG1 | 131 | 38.5 (4.6) | -1.1 (-1.5 to -0.7) | 130 | 39.0 (4.8) | -0.7 (-1.1 to -0.3) | -0.40 (-0.95 to 0.15); p=0.17 |
| BMI [kg/m2] | 24 | IG1 | 131 | 38.5 (4.6) | -0.9 (-1.3 to -0.5) | 130 | 39.0 (4.8) | -0.6 (-1.0 to -0.2) | -0.30 (-0.85 to 0.25); p=0.27 |
| WC [cm] | 12 | IG1 | 131 | 117.1 (11.9) | -4.6 (-5.8 to -3.4) | 130 | 119.8 (13.9) | -3.2 (-4.4 to -2.0) | -1.40 (-3.06 to 0.26); p=0.089 |
| WC [cm] | 24 | IG1 | 131 | 117.1 (136.2) | -4.0 (-5.4 to -2.6) | 130 | 119.8 (158.5) | -2.3 (-3.7 to -0.9) | -1.70 (-3.64 to 0.24); p=0.056 |
| Weight [kg] | 12 | IG1 | 131 | 106.3 (17.3) | -3.4 (-4.6 to -2.2) | 130 | 111.2 (20.0) | -2.3 (-3.5 to -1.1) | -1.10 (-2.76 to 0.56); p=0.23 |
| Weight [kg] | 18 | IG1 | 131 | 106.3 (17.3) | -3.0 (-4.4 to -1.6) | 130 | 111.2 (20.0) | -1.9 (-3.3 to -0.5) | -1.10 (-3.04 to 0.84); p=0.22 |
| Weight [kg] | 24 | IG1 | 131 | 106.3 (17.3) | -2.9 (-4.3 to -1.5) | 130 | 111.2 (20.0) | -1.7 (-3.1 to -0.3) | -1.20 (-3.14 to 0.74); p=0.22 |
| Whelton, 1998326 | Weight [kg] | 12 | IG1 | 294 | 86.5 (10.0) | -4.7 (-5.0 to -4.4) | 291 | 87.0 (10.5) | -1.1 (-1.4 to -0.9) | -3.60 (-3.99 to -3.21); p=NR |
| Weight [kg] | 18 | IG1 | 294 | 86.5 (10.0) | -4.4 (-4.6 to -4.1) | 291 | 87.0 (10.5) | -0.8 (-1.1 to -0.6) | -3.60 (-4.30 to -2.80); p=<0.001 |
| Weight [kg] | 30 | IG1 | 294 | 86.5 (10.0) | -4.7 (-5.2 to -4.2) | 291 | 87.0 (10.5) | -0.9 (-1.3 to -0.5) | -3.90 (-5.10 to -2.70); p=<0.001 |
| Wing, 1998314 | BMI [kg/m2] | 12 | IG1 | 30 | 35.7 (4.1) | -2.7 (-3.9 to -1.5) | 29 | 36.0 (5.4) | -0.2 (-0.8 to 0.4) | -2.50 (-3.86 to -1.14); p<0.001 |
| BMI [kg/m2] | 12 | IG2 | 33 | 36.1 (4.1) | -2.0 (-2.9 to -1.1) | 29 | 36.0 (5.4) | -0.2 (-0.8 to 0.4) | -1.80 (-2.85 to -0.75); p=NS, NR |
| BMI [kg/m2] | 12 | IG3 | 28 | 36.0 (3.7) | -0.1 (-0.8 to 0.6) | 29 | 36.0 (5.4) | -0.2 (-0.8 to 0.4) | 0.10 (-0.81 to 1.01); p=NS, NR |
| BMI [kg/m2] | 24 | IG1 | 32 | 35.7 (4.1) | -0.8 (-1.8 to 0.2) | 31 | 36.0 (5.4) | -0.1 (-0.7 to 0.5) | -0.70 (-1.90 to 0.50); p=NS, NR |
| BMI [kg/m2] | 24 | IG2 | 35 | 36.1 (4.1) | -0.8 (-1.7 to 0.1) | 31 | 36.0 (5.4) | -0.1 (-0.7 to 0.5) | -0.70 (-1.80 to 0.40); p=NS, NR |
| BMI [kg/m2] | 24 | IG3 | 31 | 36.0 (3.7) | 0.4 (-0.2 to 1.0) | 31 | 36.0 (5.4) | -0.1 (-0.7 to 0.5) | 0.50 (-0.35 to 1.35); p=NS, NR |
| Waist-to-hip ratio | 24 | IG1 | 32 | 0.9 (0.1) | -0.03 (-0.05 to -0.01) | 31 | 0.9 (0.1) | -0.02 (-0.04 to 0.00) | -0.01 (-0.03 to 0.01); p=NS, NR |
| Waist-to-hip ratio | 24 | IG2 | 35 | 0.1 (0.0) | -0.03 (-0.05 to -0.01) | 31 | 0.9 (0.1) | -0.02 (-0.04 to 0.00) | -0.01 (-0.04 to 0.02); p=NS, NR |
| Waist-to-hip ratio | 24 | IG3 | 31 | 0.1 (0.0) | -0.02 (-0.04 to 0.00) | 31 | 0.9 (0.1) | -0.02 (-0.04 to 0.00) | 0.00 (-0.02 to 0.02); p=NS, NR |
| Weight [kg] | 12 | IG1 | 30 | 98.7 (15.9) | -7.4 (-10.9 to -3.9) | 29 | 97.4 (16.0) | -0.3 (-1.9 to 1.3) | -7.10 (-10.94 to -3.26); p<0.001 |
| Weight [kg] | 12 | IG2 | 33 | 99.6 (13.0) | -5.5 (-7.9 to -3.1) | 29 | 97.4 (16.0) | -0.3 (-1.9 to 1.3) | -5.20 (-8.07 to -2.33); p=NS, NR |
| Weight [kg] | 12 | IG3 | 28 | 99.3 (15.3) | -0.4 (-2.2 to 1.4) | 29 | 97.4 (16.0) | -0.3 (-1.9 to 1.3) | -0.10 (-2.52 to 2.32); p=NS, NR |
| Weight [kg] | 24 | IG1 | 32 | 98.7 (15.9) | -2.5 (-5.4 to 0.4) | 31 | 97.4 (16.0) | -0.3 (-1.9 to 1.3) | -2.20 (-5.51 to 1.11); p=NS, NR |
| Weight [kg] | 24 | IG2 | 35 | 99.6 (13.0) | -2.1 (-4.6 to 0.4) | 31 | 97.4 (16.0) | -0.3 (-1.9 to 1.3) | -1.80 (-4.77 to 1.17); p=NS, NR |
| Weight [kg] | 24 | IG3 | 31 | 99.3 (15.3) | 1.0 (-0.7 to 2.7) | 31 | 97.4 (16.0) | -0.3 (-1.9 to 1.3) | 1.30 (-0.99 to 3.59); p=NS, NR |
| Wylie-Rosett, 2001315 | Weight [% change] | 12 | IG1 | 194 | NA | -3.5 (-4.5 to -2.5) | 97 | NA | -0.9 (-2.0 to 0.2) | -2.60 (-4.03 to -1.17); p=NR |
| Weight [% change] | 12 | IG2 | 183 | NA | -2.2 (-3.1 to -1.3) | 97 | NA | -0.9 (-2.0 to 0.2) | -1.30 (-2.72 to 0.12); p=NR |
| BMI [kg/m2] | 12 | IG1 | 194 | 35.2 (99.9) | -1.2 (-1.6 to -0.8) | 97 | 36.5 (64.6) | -0.4 (-0.8 to 0.0) | -0.80 (-1.36 to -0.24); p=NR |
| BMI [kg/m2] | 12 | IG2 | 183 | 35.7 (102.9) | -0.8 (-1.1 to -0.5) | 97 | 36.5 (64.6) | -0.4 (-0.8 to 0.0) | -0.40 (-0.93 to 0.13); p=NR |
| Body fat [%] | 12 | IG1 | 194 | 39.7 (124.4) | -1.2 (-1.8 to -0.7) | 97 | 40.1 (84.0) | -0.0 (-0.9 to 0.9) | -1.23 (-2.27 to -0.19); p=NR |
| Body fat [%] | 12 | IG2 | 183 | 39.8 (109.1) | -0.2 (-0.7 to 0.4) | 97 | 40.1 (84.0) | -0.0 (-0.9 to 0.9) | -0.16 (-1.19 to 0.87); p=NR |
| WC [cm] | 12 | IG1 | 194 | 16.1 (36.3) | -0.3 (-0.4 to -0.1) | 97 | 16.9 (25.4) | -0.1 (-0.2 to 0.1) | -0.19 (-0.43 to 0.04); p=NR |
| WC [cm] | 12 | IG2 | 183 | 16.2 (36.9) | -0.1 (-0.3 to 0.0) | 97 | 16.9 (25.4) | -0.1 (-0.2 to 0.1) | -0.08 (-0.31 to 0.15); p=NR |
| Weight [kg] | 12 | IG1 | 194 | 96.1 (302.4) | -3.4 (-4.4 to -2.3) | 97 | 100.1 (222.7) | -1.0 (-2.1 to 0.1) | -2.36 (-3.87 to -0.84); p=0.02 |
| Weight [kg] | 12 | IG2 | 183 | 96.7 (306.5) | -2.1 (-3.0 to -1.2) | 97 | 100.1 (222.7) | -1.0 (-2.1 to 0.1) | -1.13 (-2.57 to 0.31); p=NS, NR |
| Yeh, 2016316 | Weight [% change] | 12 | IG1 | 30 | NA | -3.3 (-4.7 to -1.9) | 28 | NA | 0.3 (-0.9 to 1.5) | -3.60 (-5.41 to -1.79); p=0.0003 |
| BMI [% change] | 12 | IG1 | 30 | NA | -3.2 (-5.7 to -0.7) | 28 | NA | -0.3 (-3.0 to 2.4) | -2.90 (-6.64 to 0.84); p=NR, NS |
| Body fat [% change] | 12 | IG1 | 30 | NA | -7.0 (-10.5 to -3.5) | 28 | NA | -1.6 (-4.5 to 1.3) | -5.40 (-9.99 to -0.81); p<0.05 |
| WC [% change] | 12 | IG1 | 30 | NA | -2.4 (-5.1 to 0.3) | 28 | NA | 1.9 (-0.6 to 4.4) | -4.30 (-8.04 to -0.56); p<0.05 |

\*Study-reported adjusted between group difference if available; otherwise, calculated unadjusted between group difference. P-value is study-reported.

**Abbreviations:** BMI = body mass index; CI = confidence interval; cm = centimeters; FU = followup; HC = hip circumference; kg = kilograms; mos = months; NR = not reported; NS = not statistically significant; SD = standard deviation; WC = waist circumference