

Obesity Prevention and Control: Technology-Supported Multicomponent Coaching or Counseling Interventions to Reduce Weight and Maintain Weight Loss

Summary Evidence Tables

Interventions to Reduce Weight

Author & year (study period) Design suitability (design) Quality of execution (# of Limitations) Intervention focus	Intervention location Intervention and comparison elements	Study population description Sample size	Effect measure	Reported Baseline and f/u	Reported effect	Value used in summary	Follow-up time																								
Bond, 2007 (2004-2006) Greatest (Randomized trial) Good (1 limitation) counseling + social interaction + tracking/monitoring + provision of information Primary focus: diabetes management	Location: Seattle, WA Intervention Components: participate in weekly online discussion groups, access to articles, received online advice and counseling from a nurse via e-mail, received tailored self-management instruction regarding personal action plans, had access to the Internet bulletin board, and submitted daily log of diabetes self-management activities (e.g., blood sugar levels, weight, etc). Comparison: access to educational materials/classes provided by their health provider through face-to-face classroom methods and/or via the Internet.	Study population recruited by: flyers, provider referral, letter from Washington State Diabetes Registry Clients receive intervention in: Community/Home <table border="1" data-bbox="655 954 894 1047"> <thead> <tr> <th>Group</th> <th>N₀</th> <th>N₁</th> </tr> </thead> <tbody> <tr> <td>Interv</td> <td>31</td> <td>31</td> </tr> <tr> <td>Comp</td> <td>31</td> <td>31</td> </tr> </tbody> </table>	Group	N ₀	N ₁	Interv	31	31	Comp	31	31	1. Weight (lbs) (direct measure) <table border="1" data-bbox="894 673 1325 722"> <thead> <tr> <th></th> <th>Intervention</th> <th>Comparison</th> </tr> </thead> <tbody> <tr> <td>Baseline</td> <td>200</td> <td>196</td> </tr> <tr> <td>6 mo</td> <td>204</td> <td>207</td> </tr> </tbody> </table>		Intervention	Comparison	Baseline	200	196	6 mo	204	207	<table border="1" data-bbox="1325 646 1621 722"> <thead> <tr> <th>Baseline</th> <th>6 mo</th> </tr> </thead> <tbody> <tr> <td>200</td> <td>196</td> </tr> <tr> <td>204</td> <td>207</td> </tr> </tbody> </table>	Baseline	6 mo	200	196	204	207	Diff score adjusted -4.5 2.5	-4.5 2.5	6 mo
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<p>Gold, 2007 (Feb 2003-March 2005) Greatest (Randomized trial) Fair (2 limitations)</p> <p>Counseling + social interaction + tracking/monitoring + provision of information</p> <p>Primary focus: weight loss</p>	<p>Location: Burlington, VT</p> <p>Intervention Components: VTrim group focused on weight loss for the first 6 months. Provided information on eating and exercise modification strategies and self management skills. Met weekly with a trained therapist online, advised to reduce their calorie intake and increase their physical activity. They also had access to discussion board and chat room; self-reported weight weekly online; tracked energy intake in online journal. During the 6 month maintenance phase they were provided the same information but less frequently and therapist feedback was given every two weeks.</p> <p>Comparison: Participants in the eDiets.com group did not have a structured behavioral curriculum (lessons, activities) but were provided with fundamental behavioral weight loss concepts. They were each prescribed a calorie goal based on individual resting metabolic rate. Self-reported weight was entered weekly and automated feedback messages delivered based on weight loss progression. The program provided and encouraged participants to follow meal plans and exercise program. An online exercise journal was provided to track weekly progress but there was no direct accountability to a therapist.</p>	<p>Study population recruited by: newspaper ads in local Burlington paper</p> <p>Clients receive intervention in: Community/Home</p> <table border="1" data-bbox="661 422 890 511"> <thead> <tr> <th>Group</th> <th>N₀</th> <th>N₁</th> </tr> </thead> <tbody> <tr> <td>Interv</td> <td>62</td> <td>62</td> </tr> <tr> <td>Comp</td> <td>62</td> <td>62</td> </tr> </tbody> </table>	Group	N ₀	N ₁	Interv	62	62	Comp	62	62	<p>1. Weight (kg) (Self-reported)</p> <table border="1" data-bbox="898 162 1318 219"> <tbody> <tr> <td></td> <td>Intervention (VTrim)</td> <td>Comparison (eDiets)</td> </tr> <tr> <td>Baseline</td> <td>92.0</td> <td>90.2</td> </tr> <tr> <td>6 mo</td> <td>85.2</td> <td>86.9</td> </tr> </tbody> </table>		Intervention (VTrim)	Comparison (eDiets)	Baseline	92.0	90.2	6 mo	85.2	86.9		<p>-8.3 -4.1</p>	<p>6 mo</p>
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<p>Glasgow, 2003 (Not reported) Greatest (Randomized trial) Fair (4 limitations)</p> <p>Counseling + tracking/monitoring + provision of information</p> <p>Primary focus: Diabetes management</p>	<p>Location: United States (unspecified)</p> <p>All participants received two 2-hour training sessions in the home pertaining to accessing their respective resources online.</p> <p>Intervention Components: The tailored self-management group had web access to a counselor/professional "coach" twice weekly from whom they received feedback on dietary intake, tailored strategies for overcoming barriers, as well as tips, information, and encouragement. They also collaborated with the coach to set goals and tracked their diets online using the website.</p> <p>Comparisons: The no tailored self management and no peer support groups had access to articles online, completed assessments on-line, and received automated dietary change goals.</p> <p>The peer support group exchanged information and emotional support with peers via a professionally monitored web forum. They also received 5 E-newsletters and had access to articles online.</p>	<p>Study population recruited by: invitations sent to patients from 1 of 16 physicians; patients decline or express interest to enroll in study</p> <p>Clients receive intervention in: Community/Home</p> <table border="1" data-bbox="661 500 890 625"> <thead> <tr> <th>Group</th> <th>N₀</th> <th>N₁</th> </tr> </thead> <tbody> <tr> <td>Intervs</td> <td>unknown</td> <td></td> </tr> <tr> <td>Comps</td> <td>unknown</td> <td></td> </tr> <tr> <td>TOTAL</td> <td>320</td> <td></td> </tr> </tbody> </table>	Group	N ₀	N ₁	Intervs	unknown		Comps	unknown		TOTAL	320		<p>1. Average minutes of physical activity per day (min)</p> <p>Interv: Tailored self-management Comps: No tailored self management Peer support No peer support</p> <p>2. Total Fat (g)</p> <p>Interv: Tailored self-management Comps: No tailored self management Peer support No peer support</p> <p>3. Kristal Fat and Fiber Behavior (Kristal total)</p> <p>Interv: Tailored self-management Comps: No tailored self management Peer support No peer support</p>	<table border="1"> <thead> <tr> <th></th> <th><u>Baseline adjusted</u></th> <th><u>10 mo</u></th> </tr> </thead> <tbody> <tr> <td>Interv: Tailored self-management</td> <td>33.4</td> <td>30.9</td> </tr> <tr> <td>Comps: No tailored self management</td> <td>26.8</td> <td>32.1</td> </tr> <tr> <td>Peer support</td> <td>29.4</td> <td>30.5</td> </tr> <tr> <td>No peer support</td> <td>30.7</td> <td>32.5</td> </tr> <tr> <td>Interv: Tailored self-management</td> <td>40.8</td> <td>27.9</td> </tr> <tr> <td>Comps: No tailored self management</td> <td>44.4</td> <td>29.8</td> </tr> <tr> <td>Peer support</td> <td>44</td> <td>27.9</td> </tr> <tr> <td>No peer support</td> <td>41.3</td> <td>29.8</td> </tr> <tr> <td>Interv: Tailored self-management</td> <td>2.19</td> <td>1.93</td> </tr> <tr> <td>Comps: No tailored self management</td> <td>2.22</td> <td>2.03</td> </tr> <tr> <td>Peer support</td> <td>2.19</td> <td>1.96</td> </tr> <tr> <td>No peer support</td> <td>2.22</td> <td>2.00</td> </tr> </tbody> </table>		<u>Baseline adjusted</u>	<u>10 mo</u>	Interv: Tailored self-management	33.4	30.9	Comps: No tailored self management	26.8	32.1	Peer support	29.4	30.5	No peer support	30.7	32.5	Interv: Tailored self-management	40.8	27.9	Comps: No tailored self management	44.4	29.8	Peer support	44	27.9	No peer support	41.3	29.8	Interv: Tailored self-management	2.19	1.93	Comps: No tailored self management	2.22	2.03	Peer support	2.19	1.96	No peer support	2.22	2.00		<p>-2.5 5.3 1.1 1.8</p> <p>-12.9 -14.6 -16.1 -11.5</p> <p>-0.26 -0.19 -0.23 -0.22</p>	<p>10 mo</p>
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<p>Micco, 2007 (Not reported) Greatest (Randomized trial) Fair (2 limitations)</p> <p>Both study arms intervention: Counseling + social interaction + tracking/monitoring + provision of information</p> <p>Primary focus: Weight loss</p>	<p>Location: Burlington, VT</p> <p>Intervention Components: The VTrim group had a therapist who reviewed lessons and led chats weekly, and provided advice by email. They also had access to a web discussion board and chat room, tracked their energy expenditure and calorie intake with E-journals, and had access to information via the website.</p> <p>Comparison: The VTrim + in-person support group had access to a web discussion board and chat room, tracked their energy expenditure and calorie intake with E-journals, and had access to information via the website. They met in-person once a month with a therapist.</p>	<p>Study population recruited by: newspaper ads directed to online application, followed by screening via phone</p> <p>Clients receive intervention in: Community/Home</p> <table border="1" data-bbox="663 451 886 539"> <thead> <tr> <th>Group</th> <th>N₀</th> <th>N₁</th> <th>N₁</th> </tr> </thead> <tbody> <tr> <td>Interv</td> <td>62</td> <td>?</td> <td>?</td> </tr> <tr> <td>Comps</td> <td>61</td> <td>?</td> <td>?</td> </tr> </tbody> </table>	Group	N ₀	N ₁	N ₁	Interv	62	?	?	Comps	61	?	?	<p>1. Weight Change (kg) (direct measure)</p> <p><u>Intention to treat [imputed values]</u></p> <table border="1" data-bbox="903 217 1314 373"> <thead> <tr> <th></th> <th>Baseline</th> <th>6 mo</th> <th>12 mo</th> <th>6 mo-D</th> <th>12 mo</th> <th></th> </tr> </thead> <tbody> <tr> <td>Internet Only</td> <td>92.0</td> <td>85.2</td> <td>86.9</td> <td>-6.8</td> <td>-5.1</td> <td>-6.8</td> </tr> <tr> <td>Internet + In-person</td> <td>86.1</td> <td>81.0</td> <td>82.6</td> <td>-5.1</td> <td>-3.5</td> <td>-5.1</td> </tr> <tr> <td colspan="7"><u>Completers</u></td> </tr> <tr> <td>Internet Only</td> <td>92.0</td> <td>82.8</td> <td>83.9</td> <td>-9.2</td> <td>-8.1</td> <td></td> </tr> <tr> <td>Internet + In-person</td> <td>86.1</td> <td>79.2</td> <td>80.5</td> <td>-6.9</td> <td>-5.6</td> <td></td> </tr> </tbody> </table> <p>Note: both arms are intervention arms</p>		Baseline	6 mo	12 mo	6 mo-D	12 mo		Internet Only	92.0	85.2	86.9	-6.8	-5.1	-6.8	Internet + In-person	86.1	81.0	82.6	-5.1	-3.5	-5.1	<u>Completers</u>							Internet Only	92.0	82.8	83.9	-9.2	-8.1		Internet + In-person	86.1	79.2	80.5	-6.9	-5.6					<p>6 mo</p>
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<p>Tate, 2001 (Not reported) Greatest (Randomized trial) Good (1 limitation)</p> <p>Counseling + social interaction + tracking/monitoring + provision of information</p> <p>Primary focus: Weight loss</p>	<p>Location: Providence, RI</p> <p>Both arms received 1 hour of instruction at the beginning of the intervention.</p> <p>Intervention Components: The Internet education plus therapy group received an email weekly from a doctoral-level therapist. On a website, they had access to a web bulletin board on which to post questions and comments to peers, were able to track their diets and physical activity, and had access to helpful information.</p> <p>Comparison: The Internet education participants were able to track their diets and physical activity, and had access to helpful information via the website.</p>	<p>Study population recruited by: 2 email messages and an ad posted to hospital worksite's intranet website</p> <p>Clients receive intervention in: Community/Home & Workplace (website was provided via hospital workplace intranet)</p> <table border="1" data-bbox="663 500 886 591"> <thead> <tr> <th>Group</th> <th>N₀</th> <th>N₁</th> <th>N₁</th> </tr> </thead> <tbody> <tr> <td>Interv</td> <td>46</td> <td>46</td> <td>46</td> </tr> <tr> <td>Comps</td> <td>45</td> <td>45</td> <td>45</td> </tr> </tbody> </table>	Group	N ₀	N ₁	N ₁	Interv	46	46	46	Comps	45	45	45	<ol style="list-style-type: none"> Weight (kg) direct measure Intervention: Internet Behavioral Comparison: Internet Education Waist Circumference (cm) Intervention: Internet Behavioral Comparison: Internet Education Energy Expenditure (kcal/day) Intervention: Internet Behavioral Comparison: Internet Education Total Calories (kcal/day) Intervention: Internet Behavioral Comparison: Internet Education 	<table border="1" data-bbox="1331 108 1612 883"> <thead> <tr> <th>Baseline</th> <th>3 mo</th> <th>6 mo</th> <th>3 mo</th> <th>6 mo</th> </tr> </thead> <tbody> <tr> <td>77.4</td> <td>74.2</td> <td>74.5</td> <td>-3.2</td> <td>-2.9</td> </tr> <tr> <td>78.8</td> <td>77.8</td> <td>77.5</td> <td>-1.0</td> <td>-1.3</td> </tr> <tr> <td>98.5</td> <td>93.2</td> <td>93.9</td> <td>-5.3</td> <td>-4.6</td> </tr> <tr> <td>98.4</td> <td>96.3</td> <td>96.1</td> <td>-2.1</td> <td>-2.3</td> </tr> <tr> <td>1360</td> <td>1903</td> <td>1289</td> <td>543</td> <td>-71</td> </tr> <tr> <td>1031</td> <td>1500</td> <td>1125</td> <td>469</td> <td>94</td> </tr> <tr> <td>1558</td> <td>1062</td> <td>1146</td> <td>-496</td> <td>-412</td> </tr> <tr> <td>1757</td> <td>1256</td> <td>1286</td> <td>-501</td> <td>-471</td> </tr> </tbody> </table>	Baseline	3 mo	6 mo	3 mo	6 mo	77.4	74.2	74.5	-3.2	-2.9	78.8	77.8	77.5	-1.0	-1.3	98.5	93.2	93.9	-5.3	-4.6	98.4	96.3	96.1	-2.1	-2.3	1360	1903	1289	543	-71	1031	1500	1125	469	94	1558	1062	1146	-496	-412	1757	1256	1286	-501	-471	<table border="1" data-bbox="1629 108 1806 883"> <thead> <tr> <th>3 mo</th> <th>6 mo</th> </tr> </thead> <tbody> <tr> <td>-2.9</td> <td>-2.9</td> </tr> <tr> <td>-1.3</td> <td>-1.3</td> </tr> <tr> <td>-4.6</td> <td>-4.6</td> </tr> <tr> <td>-2.3</td> <td>-2.3</td> </tr> <tr> <td>-71</td> <td>-71</td> </tr> <tr> <td>94</td> <td>94</td> </tr> <tr> <td>-412</td> <td>-412</td> </tr> <tr> <td>-471</td> <td>-471</td> </tr> </tbody> </table>	3 mo	6 mo	-2.9	-2.9	-1.3	-1.3	-4.6	-4.6	-2.3	-2.3	-71	-71	94	94	-412	-412	-471	-471	<table border="1" data-bbox="1822 108 1936 883"> <tbody> <tr> <td>-2.9</td> </tr> <tr> <td>-1.3</td> </tr> <tr> <td>-71</td> </tr> <tr> <td>94</td> </tr> <tr> <td>-412</td> </tr> <tr> <td>-471</td> </tr> </tbody> </table>	-2.9	-1.3	-71	94	-412	-471	<p>6 mo</p>
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<p>Tate, 2003 (Sept 2001 to Sept 2002) Greatest (Randomized trial) Good (1 limitation)</p> <p>Counseling + social interaction + tracking/monitoring + provision of information</p> <p>Primary focus: Weight loss</p>	<p>Location: Providence, RI</p> <p>All participants attended a 1- hour intro group weight loss session.</p> <p>Intervention Components: The behavioral e-counseling group had email communication with a weight loss counselor, five times weekly for month 1, and once a week during months 2 through 12. They had access to an online message board and information via a website, and kept web-based diaries of their diet and energy expenditure. They were also emailed weight loss info on a weekly basis.</p> <p>Comparison: The basic Internet program group received the standard Internet weight loss program described above minus the behavioral counseling.</p>	<p>Study population recruited by: newspaper ads and drawn from waiting list at research center</p> <p>Clients receive intervention in: Community/Home</p> <table border="1" data-bbox="661 422 890 511"> <thead> <tr> <th>Group</th> <th>N₀</th> <th>N₁</th> </tr> </thead> <tbody> <tr> <td>Interv</td> <td>46</td> <td>46</td> </tr> <tr> <td>Comps</td> <td>46</td> <td>46</td> </tr> </tbody> </table>	Group	N ₀	N ₁	Interv	46	46	Comps	46	46	<p><u>Intention to treat [imputed values]</u></p> <p>1. Weight change (kg) (direct measure) Intervention: Behavioral e-Counseling Comparison: Basic Internet Program</p> <p>2. BMI Direct Measurement (kg/m²) Intervention: Behavioral e-Counseling Comparison: Basic Internet Program</p> <p>3. % of initial body weight (%) Intervention: Behavioral e-Counseling Comparison: Basic Internet Program</p> <p>4. Waist Circumference (cm) Intervention: Behavioral e-Counseling Comparison: Basic Internet Program</p> <p>5. Energy Expenditure (kcal/week) Intervention: Behavioral e-Counseling Comparison: Basic Internet Program</p> <p>6. Energy Intake (% change) Intervention: Behavioral e-Counseling Comparison: Basic Internet Program</p>	<table border="1"> <thead> <tr> <th></th> <th>Base</th> <th>12mo</th> <th></th> </tr> </thead> <tbody> <tr> <td>1. Weight change (kg)</td> <td>0</td> <td>-4.4</td> <td>-4.4</td> </tr> <tr> <td>Comparison: Basic Internet Program</td> <td>0</td> <td>-2.0</td> <td>-2.0</td> </tr> <tr> <td>2. BMI Direct Measurement (kg/m²)</td> <td>0</td> <td>-1.6</td> <td>-1.6</td> </tr> <tr> <td>Comparison: Basic Internet Program</td> <td>0</td> <td>-0.8</td> <td>-0.8</td> </tr> <tr> <td>3. % of initial body weight (%)</td> <td>0</td> <td>4.8</td> <td>4.8</td> </tr> <tr> <td>Comparison: Basic Internet Program</td> <td>0</td> <td>2.2</td> <td>2.2</td> </tr> <tr> <td>4. Waist Circumference (cm)</td> <td>0</td> <td>-7.2</td> <td></td> </tr> <tr> <td>Comparison: Basic Internet Program</td> <td>0</td> <td>-4.4</td> <td></td> </tr> <tr> <td>5. Energy Expenditure (kcal/week)</td> <td><u>Base</u></td> <td><u>3mo</u></td> <td><u>12mo</u></td> </tr> <tr> <td>Intervention: Behavioral e-Counseling</td> <td>0</td> <td>446</td> <td>342</td> </tr> <tr> <td>Comparison: Basic Internet Program</td> <td>0</td> <td>38</td> <td>63</td> </tr> <tr> <td>6. Energy Intake (% change)</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Intervention: Behavioral e-Counseling</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Comparison: Basic Internet Program</td> <td></td> <td></td> <td></td> </tr> </tbody> </table>		Base	12mo		1. Weight change (kg)	0	-4.4	-4.4	Comparison: Basic Internet Program	0	-2.0	-2.0	2. BMI Direct Measurement (kg/m ²)	0	-1.6	-1.6	Comparison: Basic Internet Program	0	-0.8	-0.8	3. % of initial body weight (%)	0	4.8	4.8	Comparison: Basic Internet Program	0	2.2	2.2	4. Waist Circumference (cm)	0	-7.2		Comparison: Basic Internet Program	0	-4.4		5. Energy Expenditure (kcal/week)	<u>Base</u>	<u>3mo</u>	<u>12mo</u>	Intervention: Behavioral e-Counseling	0	446	342	Comparison: Basic Internet Program	0	38	63	6. Energy Intake (% change)				Intervention: Behavioral e-Counseling				Comparison: Basic Internet Program				<p>Both groups reported significant reductions in caloric intake</p>	<p>342 63</p>	<p>12 mo</p>
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Tate, 2006 (Not reported) Greatest (Randomized trial) Good (1 limitation) Counseling + social interaction + tracking/monitoring + provision of information Primary focus: Weight loss	Location: United States (unspecified)	Study population recruited by: local newspaper ads	1. Weight Direct Measurement (kg) Interv: Human E-mail Counseling Comp: Computer Tailored Feedback Comp: No Counseling	<u>Base</u>	<u>3 Mo</u>	<u>6 Mo</u>				6 mo
	All participants attended one group face-to-face introduction session. All participants were given meal recommendations, meal replacements for 1st week, and coupons to offset price of meal replacements.	Clients receive intervention in: Community/Home		89.0 -6.1 -7.2 89.0 -5.3 -4.9 88.3 -2.8 -2.6						
	Intervention Components: Human E-mail Counseling (HC) participants had access to a web site offering additional features specific to the study (e.g. electronic diary, message board to connect with other study participants within their randomized group), and they both received a 2nd weekly email that reminded them to complete the diary and included a behavioral lesson.	Group N ₀ N ₁ Interv 64 ? Comp1 61 ? Comp2 67 ?	2. Percent of initial body weight lost (%) Interv: Human E-mail Counseling Comp: Computer Tailored Feedback Comp: No Counseling							
	Comparisons: Computer Tailored Feedback (CTF) participants received same as above, but also weekly feedback on the web page from preprogrammed computer instead of a counselor.		3. Energy Expenditure (kcal/week) Interv: Human E-mail Counseling Comp: Computer Tailored Feedback Comp: No Counseling				<u>3 Mo</u>	<u>6 Mo</u>		
	No Counseling (NC) participants received access to website with limited resources: an e-buddy network system, web self-monitoring of weight, and were emailed weight loss tips weekly.		4. Total Calories (kcal/day) Interv: Human E-mail Counseling Comp: Computer Tailored Feedback Comp: No Counseling	1283.9 1537.2 1377.1 1210.9 1525.1 1335.1 1188.7 1335.8 1064.4			253.3 93.2 314.2 124.2 147.1 -124.3	93.2 124.2 -124.3	93.2 124.2 -124.3	
			5. Total Fat (%/day) Interv: Human E-mail Counseling Comp: Computer Tailored Feedback Comp: No Counseling	2042.6 1468.2 1484.3 1991.6 1381.7 1488.7 1869 1544.2 1603.5			-574.4 -558.3 -509.2 -422.9 -324.8 -266.2	-558.3 -422.9 -266.2	-558.3 -422.9 -266.2	
				38.8 32.8 33.1 37.5 33.5 34 38.4 36 37.3			-6.0 -5.7 -4.0 -3.5 -2.4 -1.1	-5.7 -3.5 -1.1	-5.7 -3.5 -1.1	

<p>Webber, 2008a (Not reported) Greatest (Randomized trial) Good (1 limitation)</p> <p>Counseling + social interaction + tracking/monitoring + provision of information</p> <p>Primary focus: Weight loss</p>	<p>Location: Chapel Hill, NC</p> <p>Intervention Components: One initial face-to-face introduction session for all participants. All were given a calorie book, self-monitoring diaries, an initial face-to-face weight loss session, goals for diet and exercise. For one week, participants had access to study website that contained weekly weight loss tips, lesson postings, message board feature, and helpful links on the web. Participants were asked to report weekly weight and daily caloric intake and expenditure online. The Enhanced group had an additional link to a weekly chat that lasted 1 hr led by a nutrition doctoral student.</p> <p>Comparison: Minimal group received an identical intervention, except without extra link to weekly chat on Enhanced website.</p>	<p>Study population recruited by: newspaper advertisement</p> <p>Clients receive intervention in: Community/Home</p> <table border="1" data-bbox="661 397 890 487"> <thead> <tr> <th>Group</th> <th>N₀</th> <th>N₁</th> </tr> </thead> <tbody> <tr> <td>Interv</td> <td>33</td> <td>33</td> </tr> <tr> <td>Comps</td> <td>32</td> <td>32</td> </tr> </tbody> </table>	Group	N ₀	N ₁	Interv	33	33	Comps	32	32	<ol style="list-style-type: none"> 1. Weight Direct Measurement (kg) <ul style="list-style-type: none"> Interv: Enhanced 0 -3.71 Comp: Minimal 0 -5.22 2. Energy Expenditure (kcal/week) <ul style="list-style-type: none"> Interv: Enhanced 0 1585 Comp: Minimal 0 1087 3. Total Calories (kcal/day) <ul style="list-style-type: none"> Interv: Enhanced 0 -253 Comp: Minimal 0 -488 4. Total Fat (% of total kcal/day) <ul style="list-style-type: none"> Interv: Enhanced 0 2.3 Comp: Minimal 0 2.4 	<table border="1" data-bbox="1327 110 1619 985"> <thead> <tr> <th></th> <th>Baseline</th> <th>4 mo</th> </tr> </thead> <tbody> <tr> <td>1. Weight Direct Measurement (kg)</td> <td>0</td> <td>-3.71</td> </tr> <tr> <td>2. Energy Expenditure (kcal/week)</td> <td>0</td> <td>1585</td> </tr> <tr> <td>3. Total Calories (kcal/day)</td> <td>0</td> <td>-253</td> </tr> <tr> <td>4. Total Fat (% of total kcal/day)</td> <td>0</td> <td>2.3</td> </tr> </tbody> </table>		Baseline	4 mo	1. Weight Direct Measurement (kg)	0	-3.71	2. Energy Expenditure (kcal/week)	0	1585	3. Total Calories (kcal/day)	0	-253	4. Total Fat (% of total kcal/day)	0	2.3		<table border="1" data-bbox="1820 110 1942 985"> <tbody> <tr> <td>-3.71</td> </tr> <tr> <td>-5.22</td> </tr> <tr> <td>1585</td> </tr> <tr> <td>1087</td> </tr> <tr> <td>-253</td> </tr> <tr> <td>-488</td> </tr> <tr> <td>2.3</td> </tr> <tr> <td>2.4</td> </tr> </tbody> </table>	-3.71	-5.22	1585	1087	-253	-488	2.3	2.4	<p>4 mo</p>
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<p>Webber, 2008b (Not reported) Greatest (Randomized trial) Fair (3 limitations)</p> <p>Both study arms intervention: Counseling + social interaction + provision of information</p> <p>Primary focus: Weight loss</p>	<p>Location: Chapel Hill, NC</p> <p>Each week, all participants were emailed a different behavioral weight-loss lesson. Participants took part in online group sessions (1 hour, led by a nutrition graduate student) to discuss the weekly lesson during the first 2 weeks of the study only.</p> <p>Intervention Components: Motivational Interviewing (MI) group did not receive emailed questions before the online sessions on personal values, values definitions, and relationship of those values to beginning a weight-loss program.</p> <p>MI + Values participants were emailed questions before the session about values, and the values were discussed during both weekly online sessions for the intervention group.</p>	<p>Study population recruited by: University of North Carolina listserv</p> <p>Clients receive intervention in: Community/Home</p> <table border="1" data-bbox="663 370 865 461"> <thead> <tr> <th>Group</th> <th>N₀</th> <th>N₁</th> </tr> </thead> <tbody> <tr> <td>Interv1</td> <td>16</td> <td>9</td> </tr> <tr> <td>Interv2</td> <td>16</td> <td>9</td> </tr> </tbody> </table>	Group	N ₀	N ₁	Interv1	16	9	Interv2	16	9	<p>1. Weight Self-reported (kg)</p> <p>Interv1: Motivational Interviewing</p> <p>Interv2: Motiv. Interviewing + values</p> <p>Note: Both arms are intervention arms</p>	<table border="1" data-bbox="1331 108 1612 191"> <thead> <tr> <th></th> <th><u>Baseline</u></th> <th><u>2 Month</u></th> </tr> </thead> <tbody> <tr> <td>Interv1</td> <td>0</td> <td>-2.7</td> </tr> <tr> <td>Interv2</td> <td>0</td> <td>-1.5</td> </tr> </tbody> </table>		<u>Baseline</u>	<u>2 Month</u>	Interv1	0	-2.7	Interv2	0	-1.5		<p>-2.7 -1.5</p>	<p>2 mo</p>
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<p>Williamson, 2006 (Not reported) Greatest (Randomized trial) Fair (3 limitations)</p> <p>Counseling + tracking/monitoring + provision of information</p> <p>Primary focus: Weight loss</p>	<p>Location: United States, unspecified</p> <p>All participants attended four face-to-face counseling sessions with a registered dietitian and received email correspondence.</p> <p>Intervention Components: Parent and adolescent dyads were trained to use computers, web sites, and emails. Internet counseling was provided to participants in this group; counselors were educated about culturally relevant issues related to diet and physical activity.</p> <p>Participants were given 52 weekly online lessons and quizzes with feedback, problem solving, goal setting, behavioral contracting, and self-monitoring.</p> <p>Comparison: Received education about exercise and nutrition but behavioral changes were not prescribed.</p>	<p>Study population recruited by: media and advertising campaign that used talks in the community, paid advertisements, printed stories in newspapers and magazines, and radio and television appearances</p> <p>Clients receive intervention in: Community/Home</p> <table border="1" data-bbox="661 649 890 738"> <thead> <tr> <th>Group</th> <th>N₀</th> <th>N₁</th> </tr> </thead> <tbody> <tr> <td>Interv</td> <td>18</td> <td>18</td> </tr> <tr> <td>Comp</td> <td>22</td> <td>22</td> </tr> </tbody> </table>	Group	N ₀	N ₁	Interv	18	18	Comp	22	22	<p>1. Weight Change (kg) (direct measurement)</p> <p>Behavioral - Girls</p> <p>Behavioral - Parents</p> <p>Control - Girls</p> <p>Control - Parents</p> <p>2. BMI Direct Measurement (kg/m²)</p> <p>Behavioral - Girls</p> <p>Behavioral - Parents</p> <p>Control - Girls</p> <p>Control - Parents</p> <p>3. BMI Percentile (percentile)</p> <p>Behavioral - Girls</p> <p>Control - Girls</p> <p>4. DEXA (%)</p> <p>Behavioral - Girls</p> <p>Behavioral - Parents</p> <p>Control - Girls</p> <p>Control - Parents</p>	<table border="1"> <thead> <tr> <th></th> <th>Base</th> <th>6m</th> <th>12m</th> <th>18m</th> <th>24m</th> </tr> </thead> <tbody> <tr> <td>Behavioral - Girls</td> <td>0</td> <td>1.0</td> <td>2.0</td> <td>3.5</td> <td>4.4</td> </tr> <tr> <td>Behavioral - Parents</td> <td>0</td> <td>-2.8</td> <td>-2.0</td> <td>-1.0</td> <td>-1.1</td> </tr> <tr> <td>Control - Girls</td> <td>0</td> <td>2.7</td> <td>4.5</td> <td>4.6</td> <td>6.3</td> </tr> <tr> <td>Control - Parents</td> <td>0</td> <td>-0.5</td> <td>0.7</td> <td>-0.5</td> <td>-0.6</td> </tr> <tr> <td>Behavioral - Girls</td> <td>0</td> <td>0.0</td> <td>0.2</td> <td>0.6</td> <td>0.73</td> </tr> <tr> <td>Behavioral - Parents</td> <td>0</td> <td>-1.0</td> <td>-0.75</td> <td>-0.5</td> <td>-0.55</td> </tr> <tr> <td>Control - Girls</td> <td>0</td> <td>0.75</td> <td>1.5</td> <td>1.3</td> <td>1.2</td> </tr> <tr> <td>Control - Parents</td> <td>0</td> <td>-0.1</td> <td>0.25</td> <td>0.2</td> <td>0.04</td> </tr> <tr> <td>Behavioral - Girls</td> <td>0</td> <td>0</td> <td>0</td> <td>0</td> <td>-0.004</td> </tr> <tr> <td>Control - Girls</td> <td>0</td> <td>0</td> <td>0</td> <td>0</td> <td>-0.001</td> </tr> <tr> <td>Behavioral - Girls</td> <td>0</td> <td>-1.0</td> <td>-0.5</td> <td>0.25</td> <td>-0.08</td> </tr> <tr> <td>Behavioral - Parents</td> <td>0</td> <td>-0.6</td> <td>-0.2</td> <td>-0.1</td> <td>0.36</td> </tr> <tr> <td>Control - Girls</td> <td>0</td> <td>0.0</td> <td>0.5</td> <td>0.25</td> <td>0.84</td> </tr> <tr> <td>Control - Parents</td> <td>0</td> <td>0.2</td> <td>0.1</td> <td>0.4</td> <td>0.51</td> </tr> </tbody> </table>		Base	6m	12m	18m	24m	Behavioral - Girls	0	1.0	2.0	3.5	4.4	Behavioral - Parents	0	-2.8	-2.0	-1.0	-1.1	Control - Girls	0	2.7	4.5	4.6	6.3	Control - Parents	0	-0.5	0.7	-0.5	-0.6	Behavioral - Girls	0	0.0	0.2	0.6	0.73	Behavioral - Parents	0	-1.0	-0.75	-0.5	-0.55	Control - Girls	0	0.75	1.5	1.3	1.2	Control - Parents	0	-0.1	0.25	0.2	0.04	Behavioral - Girls	0	0	0	0	-0.004	Control - Girls	0	0	0	0	-0.001	Behavioral - Girls	0	-1.0	-0.5	0.25	-0.08	Behavioral - Parents	0	-0.6	-0.2	-0.1	0.36	Control - Girls	0	0.0	0.5	0.25	0.84	Control - Parents	0	0.2	0.1	0.4	0.51	<p>2.8</p> <p>-0.5</p> <p>-0.55</p> <p>-0.04</p> <p>-0.004</p> <p>-0.001</p>	<p>24 mo</p>
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<p>Womble, 2004 (Feb 2001 to Sept 2002) Greatest (Randomized trial) Fair (3 limitations)</p> <p>Counseling + social interaction + tracking/monitoring + provision of information</p> <p>Primary focus: Weight loss</p>	<p>Location: Philadelphia, PA</p> <p>All met with psychologist at baseline and quarterly</p> <p>Intervention Components: 1-year membership to eDiets.com, with a virtual visit with dietician. Participants prescribed a tailored diet, a customized shopping list, and had access to social support through moderated on-line meetings, web bulletin board support groups, an animated fitness instructor, a 24h/d help desk, email reminders, and a bi-weekly diet and fitness enewsletter. Participants had option to take part in "find a buddy" program to garner support via email with peers.</p> <p>Comparison: Given the LEARN Program for Weight Management 2000 booklet, providing 16 step-by-step lessons for modifying eating, activity, and thinking. At 16 weeks, given Weight Maintenance Survival Guide reiterating LEARN program concepts. Kept written diary of diet.</p>	<p>Study population recruited by: telephone calls from research assistants. Potential participants were identified from respondents to PSAs and news ads describing weight loss programs offered at Univ. of Pa.</p> <p>Clients receive intervention in: Community/Home</p> <table border="1" data-bbox="663 602 884 695"> <thead> <tr> <th>Group</th> <th>N₀</th> <th>N₁</th> </tr> </thead> <tbody> <tr> <td>Interv</td> <td>23</td> <td>23</td> </tr> <tr> <td>Comp</td> <td>24</td> <td>24</td> </tr> </tbody> </table>	Group	N ₀	N ₁	Interv	23	23	Comp	24	24	<p>1. Weight Direct Measurement (kg)</p> <table border="1" data-bbox="905 110 1312 196"> <thead> <tr> <th></th> <th>Baseline</th> <th>4 mo</th> </tr> </thead> <tbody> <tr> <td>eDiets</td> <td>93.4</td> <td>92.7</td> </tr> <tr> <td>Manual (LEARN)</td> <td>87.9</td> <td>84.9</td> </tr> </tbody> </table> <p>2. Percent reduction in initial weight (%)</p> <table border="1" data-bbox="905 269 1312 326"> <tbody> <tr> <td>eDiets</td> <td>-0.7</td> <td>-0.7</td> </tr> <tr> <td>Manual (LEARN)</td> <td>-3.0</td> <td>-3.0</td> </tr> </tbody> </table>		Baseline	4 mo	eDiets	93.4	92.7	Manual (LEARN)	87.9	84.9	eDiets	-0.7	-0.7	Manual (LEARN)	-3.0	-3.0				<p>4 mo</p>
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<p>Liou, 2002 (Not reported) Least (Pre-post) Fair (2 limitations)</p> <p>Counseling + social interaction + tracking/monitoring + provision of information</p> <p>Primary focus: Weight loss</p>	<p>Location: Taipei, Taiwan</p> <p>Intervention Components: The weight loss program lasted 12 weeks.</p> <p>Participants were provided with a videocamera with microphone, along with username and password to access the site, and given a demonstration of the website. Site usage was monitored, with nature of participant queries and time spent in dealing with them. A registered dietician held group discussions via videoconferencing and chat room. Those unable to attend were asked to view saved files on server. After class they communicated by emailing the therapist or by talking to each other in chat room. They were also instructed to report self-monitoring information via an electronic diary accessible on the study website. Information included body weight, calories and grams of fat in food intake, and exercise energy expenditure. The dietician checked their records every week and gave individualized advice.</p>	<p>Study population recruited by: unknown</p> <p>Clients receive intervention in: Community/Home</p> <table border="1" data-bbox="665 370 884 428"> <thead> <tr> <th>Group</th> <th>N₀</th> <th>N₁</th> </tr> </thead> <tbody> <tr> <td>Interv</td> <td>10</td> <td>9</td> </tr> </tbody> </table>	Group	N ₀	N ₁	Interv	10	9	<ol style="list-style-type: none"> 1. Weight Direct Measurement (kg) 2. BMI Direct Measurement (kg/m²) 3. Waist Circumference (cm) 4. Body Fat Measurement (%) 	<table border="1" data-bbox="1333 107 1610 1138"> <thead> <tr> <th></th> <th><u>Baseline</u></th> <th><u>3 mo</u></th> </tr> </thead> <tbody> <tr> <td>1. Weight Direct Measurement (kg)</td> <td>100.2</td> <td>94.2</td> </tr> <tr> <td>2. BMI Direct Measurement (kg/m²)</td> <td>34.6</td> <td>32.6</td> </tr> <tr> <td>3. Waist Circumference (cm)</td> <td>110.0</td> <td>99.8</td> </tr> <tr> <td>4. Body Fat Measurement (%)</td> <td>35.9</td> <td>35.4</td> </tr> </tbody> </table>		<u>Baseline</u>	<u>3 mo</u>	1. Weight Direct Measurement (kg)	100.2	94.2	2. BMI Direct Measurement (kg/m ²)	34.6	32.6	3. Waist Circumference (cm)	110.0	99.8	4. Body Fat Measurement (%)	35.9	35.4	<table border="1" data-bbox="1631 107 1801 1138"> <tbody> <tr> <td>1. Weight Direct Measurement (kg)</td> <td>-5.9</td> </tr> <tr> <td>2. BMI Direct Measurement (kg/m²)</td> <td>-2.0</td> </tr> <tr> <td>3. Waist Circumference (cm)</td> <td>-10.2</td> </tr> <tr> <td>4. Body Fat Measurement (%)</td> <td>-0.5</td> </tr> </tbody> </table>	1. Weight Direct Measurement (kg)	-5.9	2. BMI Direct Measurement (kg/m ²)	-2.0	3. Waist Circumference (cm)	-10.2	4. Body Fat Measurement (%)	-0.5	<table border="1" data-bbox="1822 107 1934 1138"> <tbody> <tr> <td>1. Weight Direct Measurement (kg)</td> <td>-5.9</td> </tr> <tr> <td>2. BMI Direct Measurement (kg/m²)</td> <td>-2.0</td> </tr> </tbody> </table>	1. Weight Direct Measurement (kg)	-5.9	2. BMI Direct Measurement (kg/m ²)	-2.0	<table border="1" data-bbox="1955 107 2039 1138"> <tbody> <tr> <td>1. Weight Direct Measurement (kg)</td> <td>3 mo</td> </tr> </tbody> </table>	1. Weight Direct Measurement (kg)	3 mo
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Interventions to Maintain Weight Loss

Author & year (study period) Design suitability (design) Quality of execution (# of Limitations) Intervention components	Intervention location Intervention and comparison elements	Study population description Sample size	Effect measure	Reported Baseline and f/u	Reported effect	Value used in summary	Follow -up time																		
<p>Gold, 2007 (Feb 2003 to Mar 2005) Greatest (Randomized trial) Fair (2 limitations)</p> <p>Counseling + social interaction + tracking/monitoring + provision of information</p> <p>Primary focus: Weight maintenance</p>	<p>Location: Burlington, VT</p> <p>Intervention Components: VTrim group focused on weight loss for first 6 months and weight maintenance for second 6 months. Provided information on eating and exercise modification strategies and self management skills. During maintenance phase, met every two weeks with a trained therapist online, advised to reduce their calorie intake and increase their physical activity. They had access to discussion board and chat room; self-reported weight weekly online; tracked energy intake in online journal.</p> <p>Comparison: Participants in the eDiets.com group did not have a structured behavioral curriculum (lessons, activities) but were provided with fundamental behavioral weight loss concepts. They were prescribed calorie goals and encouraged to follow meal plans and exercise program. An online exercise journal was provided to track weekly progress but there was no direct accountability to a therapist.</p>	<p>Study population recruited by: newspaper ads in local Burlington paper</p> <p>Clients receive intervention in: Community/Home</p> <table border="1" data-bbox="663 711 865 799"> <thead> <tr> <th>Group</th> <th>N₀</th> <th>N₁</th> </tr> </thead> <tbody> <tr> <td>Interv</td> <td>62</td> <td>62</td> </tr> <tr> <td>Comp</td> <td>62</td> <td>62</td> </tr> </tbody> </table>	Group	N ₀	N ₁	Interv	62	62	Comp	62	62	<p>1. Weight (kg) (Self-reported)</p> <table border="1" data-bbox="903 428 1314 503"> <thead> <tr> <th></th> <th>6 mo</th> <th>12 mo</th> </tr> </thead> <tbody> <tr> <td>Intervention (VTrim)</td> <td>85.2</td> <td>86.9</td> </tr> <tr> <td>Comparison (eDiets)</td> <td>86.9</td> <td>87.6</td> </tr> </tbody> </table> <p>6 mo was baseline for weight maintenance phase.</p>		6 mo	12 mo	Intervention (VTrim)	85.2	86.9	Comparison (eDiets)	86.9	87.6			<p>1.7 0.7</p>	<p>6 mo</p>
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<p>Harvey-Berino, 2004 (Not reported) Greatest (Randomized trial) Fair (3 limitations)</p> <p>Counseling + social interaction + tracking/monitoring</p> <p>Primary focus: Weight maintenance</p>	<p>Location: Vermont</p> <p>Intervention Components: The Internet Support (IS) group had bi-weekly email contact initiated by a therapist. Self-reported weight, dietary intake, and exercise data were entered online. A biweekly Internet chat discussion was led by a therapist, and participants had access to a moderated email discussion group.</p> <p>Comparisons: Frequent In-Person Support (F-IPS) met in-person biweekly for 52 weeks. Turned in self-monitoring diary, got weighed, participated in facilitated group discussion. On other weeks, participants received call from therapist and submitted self-monitoring data via postcards. Peer-initiated phone and group contact to encourage social support. Minimal In-Person Support (M-IPS) met "in-person over ITV" monthly for 6 months at local interactive TV sites. Weight measured, met for 1 hour maintenance support group. No contact for months 7-12. Encouraged but not required to self-monitor. F-IPS and IS sessions differed only in the method of delivery. Subjects met biweekly to turn in monitoring diaries, get weighed, and participate in a discussion facilitated by the group therapist.</p>	<p>Study population recruited by: newspaper ads in ten papers throughout Vermont, then assessed for computer capabilities through a web page. All subjects participated in an identical 24-week behavioral weight control program, prior to beginning the 12-month weight maintenance intervention.</p> <p>Clients receive intervention in: Community/Home</p> <table border="1" data-bbox="663 760 865 880"> <thead> <tr> <th>Group</th> <th>N₀</th> <th>N₁</th> </tr> </thead> <tbody> <tr> <td>Interv</td> <td>52</td> <td>52</td> </tr> <tr> <td>Comp₁</td> <td>61</td> <td>61</td> </tr> <tr> <td>Comp₂</td> <td>63</td> <td>63</td> </tr> </tbody> </table>	Group	N ₀	N ₁	Interv	52	52	Comp ₁	61	61	Comp ₂	63	63	<p>1. Weight Direct Measurement (kg)</p> <table border="1" data-bbox="903 107 1314 246"> <thead> <tr> <th></th> <th>Base</th> <th>6 mo</th> <th>12 mo</th> <th>18 mo</th> </tr> </thead> <tbody> <tr> <td>Interv: Internet Support</td> <td>90.6</td> <td>81.0</td> <td>81.6</td> <td>83.0</td> </tr> <tr> <td>Comp₁: Freq in-person support</td> <td>88.6</td> <td>80.4</td> <td>82.0</td> <td>83.5</td> </tr> <tr> <td>Comp₂: Minimal in-person support</td> <td>88.2</td> <td>80.0</td> <td>81.6</td> <td>82.7</td> </tr> </tbody> </table>		Base	6 mo	12 mo	18 mo	Interv: Internet Support	90.6	81.0	81.6	83.0	Comp ₁ : Freq in-person support	88.6	80.4	82.0	83.5	Comp ₂ : Minimal in-person support	88.2	80.0	81.6	82.7			<table border="1" data-bbox="1785 107 1936 246"> <thead> <tr> <th></th> <th>12 mo</th> <th>18mo</th> </tr> </thead> <tbody> <tr> <td>Interv</td> <td>0.6</td> <td>2.0</td> </tr> <tr> <td>Comp₁</td> <td>1.6</td> <td>3.1</td> </tr> <tr> <td>Comp₂</td> <td>1.6</td> <td>2.7</td> </tr> </tbody> </table>		12 mo	18mo	Interv	0.6	2.0	Comp ₁	1.6	3.1	Comp ₂	1.6	2.7	<table border="1" data-bbox="1953 107 2037 214"> <tbody> <tr> <td>12 mo</td> </tr> <tr> <td>18 mo</td> </tr> </tbody> </table>	12 mo	18 mo
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<p>Haugen, 2007 (Not reported) Greatest (Randomized trial) Fair (3 limitations)</p> <p>Counseling + tracking/monitoring + reminders</p> <p>Primary focus: Weight maintenance</p>	<p>Location: Denver, CO</p> <p>Intervention Components: Telehealth group members received a weight maintenance program on-line with a registered dietician ("Healthy Coach") every other week for 24 weeks. Participants used BalanceLog software for weight and dietary management and communicated with their Coaches via email or telephone.</p> <p>Comparisons: The Traditional class received a Colorado Weigh maintenance program composed of 24 weeks of every other week classes to track calories, fat, and activity with paper logs. The classes were led by a registered dietician.</p> <p>Control: Group members were followed for 6 months, but received no materials or support.</p>	<p>Study population recruited: from individuals who had completed a 24-wk commercial behavioral weight loss program, Colorado Weigh (must have lost at least 7% of body weight during program).</p> <p>Clients receive intervention in: Community/Home</p> <table border="1" data-bbox="663 630 865 740"> <thead> <tr> <th>Group</th> <th>N₀</th> <th>N₁</th> </tr> </thead> <tbody> <tr> <td>Interv</td> <td>31</td> <td>31</td> </tr> <tr> <td>Comp</td> <td>31</td> <td>31</td> </tr> <tr> <td>Contr</td> <td>25</td> <td>25</td> </tr> </tbody> </table>	Group	N ₀	N ₁	Interv	31	31	Comp	31	31	Contr	25	25	<p>1. Weight (kg) (direct measure)</p> <table border="1" data-bbox="903 142 1314 220"> <thead> <tr> <th></th> <th>Interv: Telehealth</th> <th>Comp: Traditional Program</th> <th>Contr: No Program</th> </tr> </thead> <tbody> <tr> <td>Baseline</td> <td>80.1</td> <td>85.5</td> <td>74.9</td> </tr> <tr> <td>6 mo</td> <td>79.5</td> <td>85.0</td> <td>76.5</td> </tr> </tbody> </table>		Interv: Telehealth	Comp: Traditional Program	Contr: No Program	Baseline	80.1	85.5	74.9	6 mo	79.5	85.0	76.5			<p>-0.6 -0.5 1.7</p>	<p>6 mo</p>
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