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<https://orcid.org/0000-0002-4525-6419> (2021) Group versus onetoone multicomponent lifestyle
interventions for weight management: a systematic review and meta-analysis of randomised
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Final accepted version (with author's formatting)

This version is available at: <https://eprints.mdx.ac.uk/33369/>

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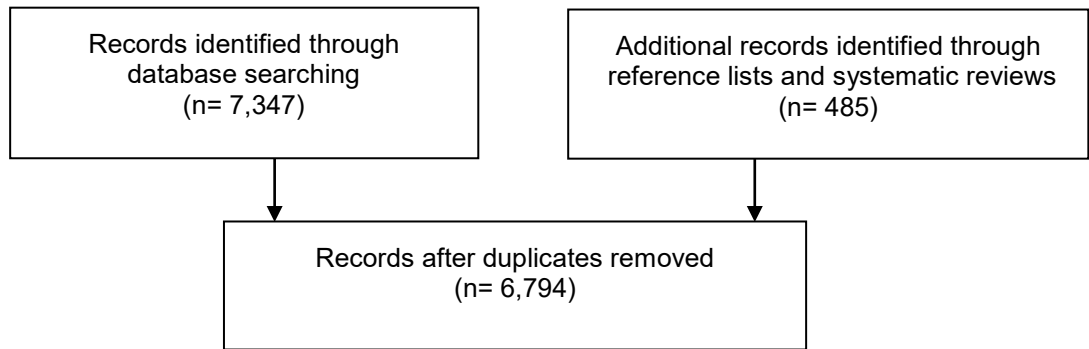
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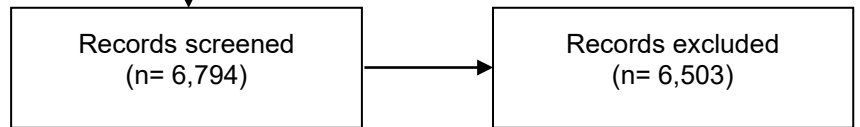
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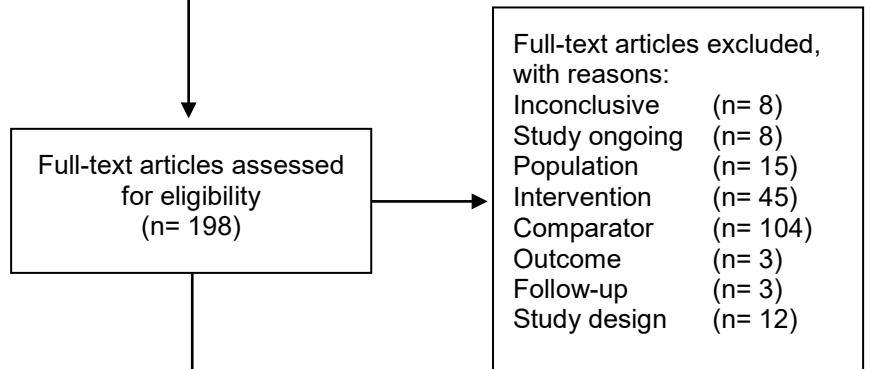
Identification



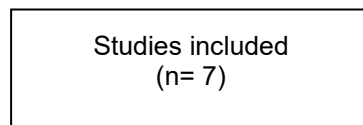
Screening



Eligibility



Included



| Author | Year | Country | n= | Inclusion BMI | Mean BMI (kg/m ²) | Mean Age (years) | Male (%) | Group Intervention | | | One-to-One Comparator | | |
|----------|------|----------------------------|-----|---------------|-------------------------------|------------------|----------|--------------------------------|--------------|-----------------|-----------------------------|--------------|-----------------|
| | | | | | | | | Interventionist | Setting | Contact (hours) | Interventionist | Setting | Contact (hours) |
| Appel | 2011 | USA | 277 | 30-50 | 36.4 | 55 | 36 | Weight Loss Coach | Primary care | 55.3 | Weight Loss Coach | Remote | 11 |
| Ash | 2006 | Australia | 128 | >27 | 34.0 | 49 | 29 | Dietitian | Outpatients | 14 | Dietitian | Outpatients | NA |
| Heshka | 2003 | USA | 423 | 27-40 | 33.7 | 45 | 16 | Group Leader (Weight Watchers) | Community | NA | Dietitian | - | 2.5 |
| Jebb | 2011 | UK Australia Germany | 772 | 30-35 | 31.4 | 48 | 13 | Group Leader (Weight Watchers) | Community | NA | Nurse or GP | Primary care | NA |
| Jolly | 2011 | UK | 540 | >25 | 33.6 | 50 | 32 | Group Leader (Weight Watchers) | Community | 12 | Pharmacist | Pharmacy | 3.75 |
| | | | | | | | | Group Leader (Slimming World) | Community | 18 | Primary Care Nurse | Primary care | 3.75 |
| | | | | | | | | Group Leader (Rosemary Conley) | Community | 18 | | | |
| | | | | | | | | Food Advisor | Community | 12 | | | |
| McRobbie | 2016 | UK | 330 | 28-45 | 35.4 | 46 | 29 | Psychologist | Primary care | 18 | Nurse | Primary care | 3 |
| Tur | 2013 | Spain | 106 | >40 | 46.2 | 48 | 33 | Nurse | Outpatients | 46.5 | Dietitian & Endocrinologist | Outpatients | NA |

BMI = Body Mass Index, NA = data not available

| | Random sequence generation (selection bias) | Allocation concealment (selection bias) | Blinding of outcome assessment (detection bias) | Incomplete outcome data (attrition bias) | Selective reporting (reporting bias) |
|---------------|---------------------------------------------|-----------------------------------------|-------------------------------------------------|------------------------------------------|--------------------------------------|
| Appel 2011 | + | + | + | + | - |
| Ash 2006 | + | ? | - | - | - |
| Heshka 2003 | + | ? | ? | + | ? |
| Jebb 2011 | + | + | - | + | ? |
| Jolly 2011 | + | + | - | + | + |
| McRobbie 2016 | + | + | + | + | + |
| Tur 2013 | ? | ? | - | - | - |

