

**Table S4. Key characteristics of the included studies**

<b>Author, year (reference)</b>	<b>Country</b>	<b>Type of comparison</b>	<b>Participant n (%F)</b>	<b>Age, mean (SD)</b>	<b>Follow-up (months)</b>	<b>BMI, mean (SD)</b>	<b>Focus on other comorbidities OR other comorbidities as inclusion criteria; type of comorbidity</b>	<b>Interventions (as named by authors)</b>	<b>Outcomes</b>
Ackermann, 2011 (10.1177/1742395311407532.)	US	Intervention vs usual care*	509 (71)	58 (10)	12	31 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Diabetes prevention program	SBP
Kim, 2014 (10.1111/cen.12249.)	KR	Intervention vs usual care	205 (0)	48 (8)	6	28 (3)	Other focus: yes Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Lifestyle Modification Intervention	F consum.; CHO; Fb consum.; BF; BMI; Wt; WC; SBP; DBP
Koo, 2010 (10.1111/j.1464-5491.2010.03045.x.)	KR	Intervention vs usual care	64 (100)	56 (8)	3	28 (3)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: Diet I3: Exercise I4: Diet plus Exercise	CHO; PA; PAEE; BF; Wt
Labrunee, 2012 (10.1016/j.rehab.2012.06.001.)	FR	Intervention vs usual care	23 (44)	53 (8)	3	40 (9)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: Home-based rehabilitation program	PA; BMI; Wt
Pedersen, 2007 (10.1001/archinte.167.12.1277.)	CA	Intervention vs usual care	130 (59)	56 (10)	6	39 (6)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: Portion control plate	Wt; SBP; DBP
Espeland, 2007 (10.1111/jgs.14692.)	US	Head-to-head intervention	5,145 (59)	59 (7)	48	36 (6)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Diabetes support and education I2: Intensive weight loss intervention	PA; Wt

Patja, K. 2012 (10.1186/1472-6963-12-147)	FI	Intervention vs usual care	1,129 (43)	65 (9)	12	32 (6)	Other focus: yes Inclusion criteria: yes Comorbidity: Diabetes	I1: Usual care I2: Health coach	WC; SBP; DBP
Miller, C. K. 2012 (10.1016/j.jand.2012.07.036)	US	Head-to- head intervention	52 (64)	54 (8)	3	36 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Mindfulness- Based Eating Awareness Training for Diabetes I2: The Smart Choices (	DH; F consum.; CHO; Fb consum.; PA; BMI; Wt; WC
Yoo 2009 (10.1111/j.1464-5491.2009.02732.x.)	ZA	Intervention vs usual care	123 (47)	58 (9)	3	26 (3)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: the Ubiquitous Chronic Disease Care system using cellular phones and the internet	BMI; Wt; WC; DM
Wolf 2004 (10.2337/diacare.27.7.1570.)	US	Intervention vs usual care	147 (60)	53 (8)	12	38 (7)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: Lifestyle case management	Wt; WC; DM
West 2007 (10.2337/dc06-1966.)	US	Head-to- head intervention	217 (100)	53 (10)	18	37 (6)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Group-based behavioral weight control program I2: Motivational interviewing	Wt
Wang 2018 (10.2196/mhealth.4478.)	US	Intervention vs usual care	26 (62)	56 (8)	6	38 (7)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: Mobile I3: Paper	Wt
Sorkin 2014 (10.1037/hea0000063.)	US	Intervention vs usual care	89 (100)	28 (7)	6	0 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Dyad-based lifestyle intervention	F consum.; FV consum.; Wt

Samuel-Hodge 2009 (10.1177/0145721709 333270.)	US	Head-to- head intervention *	201 (64)	59 (11)	12	35 (5)	Other focus: yes Inclusion criteria: yes Comorbidity: Diabetes	I1: Special intervention (church-based self- management) I2: Minimal intervention	Fb consum.; FV consum.; ACM; PAI; Wt; SBP; DBP; QoL
Samuel-Hodge 2017 (10.1002/oby.21700. )	US	Intervention vs usual care	108 (37)	54 (0)	5	38 (0)	Other focus: yes Inclusion criteria: yes Comorbidity: Diabetes	I1: Usual care I2: weight loss intervention	FV consum.; PA; BMI; Wt; SBP; DBP; QoL; DEPR
Rock 2014 (10.2337/dc13-2900.)	US	Intervention vs usual care	227 (51)	57 (9)	12	0 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: higher carbohydrate, lower fat diet plan; I3: lower carbohydrate, higher fat diet plan	PA; BMI; Wt; WC; SBP; DBP; QoL
Plotnikoff 2010 (10.1038/ijo.2010.109. )	CA	Intervention vs usual care	48 (67)	55 (12)	4	36 (7)	Other focus: yes Inclusion criteria: yes Comorbidity: Diabetes	I1: Usual care I2: Training group	SE; WHR; BMI; Wt; WC; SBP; DBP; QoL
O'Neil 2016 (10.1002/oby.21616.)	US	Intervention vs usual care	563 (65)	0 (0)	12	116 (14)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: Weight watchers	Wt; WC; SBP; DBP
Mottalib 2018 (10.1186/s12937-018- 0351-0)	US	Intervention vs usual care	72 (39)	60 (10)	4	35 (8)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: Dietary plan I3: Dietary plan + patient-RDN interaction	F consum.; CHO; Fb consum.; BF; BMI; Wt; WC; SBP; DBP
Moncrieft 2016 (10.1097/PSY.0000000 000000348.)	US	Intervention vs usual care	79 (71)	55 (7)	12	33 (5)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: Community Approach to Lifestyle	Wt

								Modification for Diabetes	
Lutes, LD 2018 (10.1016/j.cct.2018.04.007.)	US	Intervention vs usual care	108 (78)	54 (9)	12	37 (9)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: Tailored care intervention	MA; Wt; SBP; DEPR; S
Lutes, LD 2017 (10.1002/oby.21883.)	US	Head-to-head intervention	200 (100)	53 (10)	nr	38 (8)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Mail-based education group I2: Small Changes Intervention	Wt; SBP; DBP
Luley 2011 (10.1016/j.diabres.2010.11.020.)	DE	Intervention vs usual care	36 (51)	58 (8)	6	35 (6)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: ABC Program	BMI; Wt
Jiang, X 2017 (10.1097/MD.00000000000007524.)	CN	Intervention vs usual care	61 (48)	57 (5)	12	33 (3)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: Care intervention	WM; BMI
Hansel 2017 (10.2196/jmir.7947.)	FR	Intervention vs usual care	80 (67)	57 (9)	nr	33 (4)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: Web-based nutritional support tool	F consum.; Fb consum.; FV consum.; Wt; WC
Bender, M. S. 2017 (10.2196/diabetes.8156.)	US	Head-to-head intervention	28 (62)	58 (10)	3	30 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: PilAm Go4Health intervention	TS; BMI; Wt; WC
Dallow, C. B. 2003 (10.4278/0890-1171-17.6.373)	US	Intervention vs usual care	29 (100)	47 (0)	6	36 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Lifestyle intervention group	ESES; PA
Armenta Guirado, B. I. 2015 (10.3305/nh.2015.32.4.9366)	MX	Intervention vs usual care	13 (62)	37 (9)	3	34 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Programa Intensivo de Cambio de Estilo de Vida	BF; BMI; Wt; WC; SBP; DBP

Cussler, E. C. 2008 (10.1038/oby.2008.19)	US	Intervention vs usual care	135 (100)	48 (4)	12	31 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Internet contact group	DH; PA; BMI; Wt
Miguel Soca, P. E. 2012 (10.1016/j.aprim.2011 .07.010)	CU	Intervention vs usual care	150 (81)	55 (1)	12	33 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Experimental group	BMI; Wt; WC; SBP; DBP
Carels, R. A. 2017 (10.1177/1359105315 619690)	US	Head-to- head intervention	84 (86)	53 (12)	4	36 (7)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Diabetes prevention program I2: Transforming your life program	Wt
Annesi, J. J. 2015 (10.1080/03630242.20 14.996727)	US	Head-to- head intervention	102 (100)	43 (10)	6	44 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Nutrition education I2: Cognitive- behavioral nutrition group	SE; ESE; cog. DIS
Anton, S. D. 2011 (10.2147/cia.S17001)	US	Intervention vs usual care	34 (100)	64 (5)	6	38 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: WL+E	Wt
Appel, L. J. 2011 (10.1056/NEJMoa110 8660)	US	Intervention vs usual care	264 (64)	54 (10)	nr	37 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Remote Support Only I3: In-Person Support	BMI; Wt; WC; SBP; DBP
Jakicic, J. M. 2016 (10.1001/jama.2016.1 2858)	US	Head-to- head intervention	335 (71)	31 (4)	24	31 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Standard behavioral weight loss intervention I2: technology Enhanced weight loss intervention	DH; F consum.; CHO; PA; ST; BMI; Wt

Daumit, G. L. 2013 (10.1056/NEJMoa1214530)	US	Intervention vs usual care	146 (50)	45 (11)	18	36 (7)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: Intervention group	Wt
Davis, S. K. 2013 (10.4236/ojpm.2013.39071)	US	Intervention vs usual care	86 (63)	49 (7)	nr	34 (4)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: Multiple 3-month risk factor reduction intervention	FV consum.; PA; BMI; WC; SBP; DBP; S
Salinardi, T. C. 2013 (10.3945/ajcn.112.046995)	US	Intervention vs usual care*	100 (75)	49 (1)	nr	33 (1)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Group weight-loss program	BMI; Wt; SBP; DBP
Samuel-Hodge, C. D. 2013 (10.1002/oby.20317)	US	Intervention vs usual care	189 (100)	51 (1)	4	37 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Special intervention	FV consum.; ACM; Wt; SBP; DBP; QoL; DEPR
Goode, R. W. 2018 (10.1016/j.eatbeh.2018.03.005)	US	Intervention vs usual care	31 (100)	49 (13)	2	34 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Appetite Awareness Training Intervention group	ESE; ADH measure; Wt; WC; SBP; DBP; DEPR
Goulis, D. G. 2004 (10.1038/sj.ijo.0802773)	GR	Intervention vs usual care	12 (100)	45 (13)	6	38 (8)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Specialized patient care: hospital and virtual visits	BMI; Wt; SBP; DBP; QoL
Ard, J. D. 2017 (10.1111/joim.12622)	US	Head-to-head intervention*	409 (100)	47 (10)	6	39 (8)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Weight Loss Only I2: Weight Loss Plus	BMI; Wt; WC; SBP; DBP
Arikawa, A. Y. 2018 (10.1186/s40814-017-0160-9)	US	Head-to-head intervention	21 (100)	57 (8)	4	34 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Calorie restricted diet plus exercise I2: Weight	Wt; QoL

									management counseling
Assuncao, M. C. 2010 (10.1016/j.nutres.2010.07.006)	BR	Intervention vs usual care	214 (89)	81 (19)	6	34 (9)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Diet and physical intervention	DH; F consum.; CHO; Fb consum.; FV consum.; PA; BMI; Wt; WC; SBP; DBP
Baria, F. 2014 (10.1093/ndt/gft529.)	BR	Intervention vs usual care	0 (0)	52 (9)	3	30 (3)	Other focus: yes Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Home-based exercise group	DH; PA; BF; BMI; Wt; WC; CMs
Barnason, S. A. 2013 (DOI NOT FOUND)	US	Intervention vs usual care	15 (30)	63 (9)	3	35 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Weight Management Intervention	SE; ESES; ESE; Pat. A; PA; BMI; Wt
Carr, L. J. 2008 (10.1016/j.ypped.2007.12.005)	US	Intervention vs usual care	26 (39)	46 (11)	4	31 (1)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Active Living Every Day program	ACM; BF; BMI; Wt; WC; SBP; DBP; HD
Cesa, G. L. 2013 (10.2196/jmir.2441)	IT	Head-to-head intervention	90 (100)	32 (8)	1	41 (5)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Integrated Multimodal Medically Managed program I2: Cognitive behaviour therapy I3: VR-enhanced cognitive behaviour therapy	BMI; Wt
Cleo, G. 2018 (10.1038/s41366-018-0067-4)	AU	Intervention vs usual care	34 (68)	51 (11)	3	35 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: The ten top tips intervention	FV consum.; PA; BMI; Wt; WC
Cooper, Z. 2010 (10.1016/j.brat.2010.03.008)	GB	Head-to-head intervention	150 (100)	41 (9)	6	35 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Guided self-help I2: Behaviour	Wt

								therapy I3: Cognitive behaviour therapy	
Daniali, S. S. 2017 PMCID: <a href="https://pubmed.ncbi.nlm.nih.gov/35515187/">PMC5515187</a> )	IR	Intervention vs usual care	146 (100)	53 (7)	6	30 (4)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: Intervention group	SE; DH; PA; Wt; SBP; DBP
de Vos, B. C. 2014 (10.1007/s00394-013- 0505-y.)	NL	Intervention vs usual care	407 (100)	56 (3)	nr	32 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Individual tailor-made intervention to reduce weight	PA; BF; BMI; Wt; QoL
Hersey, J. C. 2012 (10.1016/j.ypped.201 1.09.018)	US	Head-to- head intervention	1292 (89)	47 (0)	18	34 (0)	Other focus: yes Inclusion criteria: no Comorbidity: other	I1: written materials and basic Web access I2: written materials and basic Web access plus an interactive Web site I3: written materials and basic Web access plus an interactive Web site, plus brief telephone/e- mail coaching support	Wt; SBP; DBP
Heshka, S. 2003 (10.1001/jama.289.14. 1792)	US	Head-to- head intervention	358 (85)	45 (10)	24	34 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Self-help program I2: Structured Commercial weight loss program	BF; BMI; Wt; WC; SBP; DBP



Hsu, Ya-Ting 2013 (10.1016/j.psychsport.2012.11.007)	US	Head-to-head intervention	25 (100)	0 (0)	2	0 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: SDT-based intervention with a HAES orientation I2: No-SMI: exercise only intervention	ESES; SDM; PA
Abdi, J. 2015 (DOI NOT FOUND)	IR	Head-to-head intervention	310 (71)	42 (0)	6	0 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Control group: Brochure I2: Telephone-assisted intervention I3: Web-assisted intervention	Wt
Abed, H. S. 2013 (10.1001/jama.2013.280521)	AU	Head-to-head intervention	49 (33)	60 (10)	15	33 (4)	Other focus: yes Inclusion criteria: no Comorbidity: other	I1: Control Group: General lifestyle advice I2: Weight management	BMI; Wt; WC; SBP; DBP
Adams, M. A. 2017 (10.1186/s12889-017-4197-8)	US	Head-to-head intervention	74 (77)	41 (9)	4	34 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Adaptive with Immediate Rewards I2: Adaptive with Delayed Rewards I3: Static with Immediate Rewards I4: Static with Delayed Rewards	ACM; TS
Annesi, J. J. 2017 (10.1016/j.orcp.2016.03.011)	US	Head-to-head intervention	107 (100)	49 (7)	14	35 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Experimental I2: Comparison	ESE; PA; Wt

Annesi, J. J. 2015 (10.1080/00223980.2014.913000)	US	Head-to-head intervention	165 (79)	45 (9)	6	41 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Nutrition Education I2: Cognitive-Behavioral Nutrition	FV consum.; PA; Wt
Annesi, James J. 2015 (DOI NOT FOUND)	US	Head-to-head intervention	142 (77)	45 (10)	6	41 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Cognitive-behavioral I2: Cognitive-behavioral + mood regulation	ESE; QoL; DH; FV consum.; PA; Wt
Arab, A. 2017 (10.4103/2008-7802.200854)	IR	Intervention vs usual care	55 (68)	49 (1)	2	32 (1)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Lifestyle modification program	PA; WHR; BF; BMI; Wt
Austel, A. 2015 (10.1038/ejcn.2015.11)	DE	Intervention vs usual care	174 (82)	53 (1)	3	30 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Intervention group (6 weeks of diet plans and 6 weeks of weight loss maintenance training)	BMI; Wt; WC
Azar, K. M. 2016 (10.2196/jmir.5143)	US	Intervention vs usual care	44 (60)	60 (11)	nr	37 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Immediate group (Electronic Cardio-Metabolic Program)	DH; PA; BMI; Wt; WC; SBP; DBP; QoL; S; ANX
Bachman, J. L. 2012 (10.1038/oby.2011.360)	US	Head-to-head intervention	29 (58)	51 (10)	6	36 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Three meal group I2: Grazing group	F consum.; CHO; PA; BF; BMI
Bond, D. S. 2015 (10.1016/j.soard.2014.07.010)	US	Intervention vs usual care	69 (89)	46 (9)	2	45 (7)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Preoperative physical activity intervention group	ESES; M + RTC; PA; TS

Buckley, J. 2016 (10.1177/1359105314 545096)	GB	Intervention vs usual care	97 (100)	37 (9)	3	0 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: intervention condition	ESES
Busnello, F. M. 2011 (10.1590/s0066- 782x2011005000077.)	BR	Intervention vs usual care	58 (71)	58 (6)	4	32 (2)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Intervention group	DH; BMI; Wt; WC
Carels, R. A. 2013 (10.1080/08870446.20 13.789875)	US	Head-to- head intervention	35 (67)	47 (14)	4	38 (8)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Behaviour weight loss programme I2: Stepped-Care condition	SM Wt; PA; PAEE; Wt
Gerber, B. S. 2013 (10.1177/1357633x13 490901)	US	Head-to- head intervention	88 (100)	50 (8)	9	34 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: telephone counselling - control group I2: Video telehealth intervention	ESES; SS; DH; PA; BMI; Wt
Gorin, A. A. 2013 (10.1037/a0026959)	US	Head-to- head intervention	157 (78)	49 (11)	18	36 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Behavioural weight loss I2: Behavioural weight loss+home modification	SS; DH; PA; Wt
Greenlee, H. A. 2013 (10.1002/oby.20245)	US	Intervention vs usual care	42 (100)	51 (9)	6	33 (6)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: Immediate arm	DH; F consum.; FV consum.; ADH Ex; PA; Wt; WC
Adams, M. A. 2013 (10.1371/journal.pone .0082901)	US	Head-to- head intervention	17 (85)	37 (9)	6	30 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Static intervention I2: Adaptive intervention	PA
Alencar, M. K. 2017 (10.1177/1357633x17 745471)	US	Head-to- head intervention	13 (52)	47 (19)	3	35 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Control group I2: Video	TS; WM; BF; Wt; SBP; DBP

								conferencing group	
Allen, J. K. 2013 (10.1155/2013/151597)	US	Head-to-head intervention	53 (78)	45 (11)	6	34 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Allocated to intensive counseling I2: Allocated to intensive counseling and smartphone I3: Allocated to less intensive counseling and smartphone I4: Allocated to smartphone	F consum.; FV consum.; PA; BMI; Wt; WC
Barry, V. W. 2011 (10.2147/dmso.S14526)	US	Intervention vs usual care	16 (82)	47 (11)	9	33 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Group Weight Loss (GWL) alone I3: SenseWear Armband (SWA) alone I4: GWL + SWA	BF; BMI; Wt; WC; SBP; DBP
Bartels, S. J. 2013 (10.1176/appi.ps.003622012)	US	Head-to-head intervention	82 (62)	44 (12)	12	38 (8)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Fitness club I2: In Shape	Pat. A; PA; BMI; Wt
Bennett, G. G. 2012 (10.1001/archinternmed.2012.1)	US	Intervention vs usual care	250 (68)	55 (11)	nr	37 (5)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: Intervention group	BMI; Wt; SBP; DBP
Cayir, Y. 2015 (10.1080/17461391.2014.940558)	TR	Intervention vs usual care	100 (100)	40 (10)	3	35 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Pedometer group	BF; BMI; Wt; WC

Cheng, H. L. 2014 (10.1007/s40519-014-0110-y.)	AU	Head-to-head intervention	36 (100)	22 (2)	12	34 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Higher-protein diet I2: Higher-carbohydrate diet	DH; F consum.; CHO; BF; Wt; WC
Christensen, J. R. 2012 (10.1186/1471-2458-12-625)	DK	Head-to-head intervention *	98 (100)	0 (0)	12	31 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Intervention group (diet, physical exercise, cognitive behavioral training) I2: Reference group	PI; PA; WHR; HS; BF; BMI; Wt; WC; SBP; DBP
Christensen, P. 2013 (10.1002/oby.20413)	DK	Intervention vs usual care	155 (81)	63 (6)	12	37 (5)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: Exercise I3: Diet	PA; ST; BMI; Wt; WC; SBP; DBP
Cooper, J. N. 2012 (10.1016/j.metabol.2012.04.012.)	US	Head-to-head intervention	80 (89)	47 (6)	6	44 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Diet I2: Diet+Physical activity	TS; PAI; BF; BMI; Wt; WC; SBP; DBP
Creasy, S. A. 2017 ( 10.1002/osp4.107)	US	Head-to-head intervention	38 (73)	44 (10)	3	32 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: unsupervised programme prescribed in steps per day I2: unsupervised programme prescribed in minutes perweek ( ) I3: supervised programme prescribed inminutes per week	DH; TS; PAI; ST; WM; HS; BF; Wt; WC

Erickson, Z. D. 2017 (10.1007/s11606-016-3960-3.)	US	Intervention vs usual care	20 (17)	51 (9)	2	0 (0)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: Behavioral Intervention: Lifestyle Balance	DH; PA; BF; BMI; Wt; WC
Gabriel, K. K. 2011 (10.1097/gme.0b013e31820acdcc)	US	Head-to-head intervention	508 (100)	57 (3)	12	31 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Health education, comparison I2: Lifestyle change intervention	PA; BF; BMI; Wt; WC; SBP
Grilo, C. M. 2013 (10.1016/j.brat.2013.10.002)	US	Intervention vs usual care	38 (79)	46 (11)	4	38 (5)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: Self-Help Cognitive-Behavioral Therapy	BMI; DEPR
Hales, S. 2016 (10.1016/j.ijmedinf.2016.07.003)	US	Head-to-head intervention	42 (82)	46 (12)	3	35 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Standard app I2: Social POD app	ESE; SS; BMI; Wt
Heideman, W. H. 2015 (10.1016/j.pec.2014.12.008)	NL	Intervention vs usual care	65 (68)	55 (9)	nr	31 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: DiAlert	Copg. DIS; BMI; Wt; WC; SBP; DBP; QoL
Jebb, S. A. 2011 (10.1016/S0140-6736(11)61344-5)	AU	Intervention vs usual care	668 (87)	47 (13)	12	31 (26)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: weight watchers programme	Wt; WC; SBP; DBP
Johnston, C. A. 2013 (10.1016/j.amjmed.2013.04.025)	US	Intervention vs usual care	260 (89)	47 (11)	6	33 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: weight watchers group	Wt
Kaholokula, J. K. 2012 (10.1177/1090198110394174)	US	Head-to-head intervention	122 (85)	50 (15)	6	40 (9)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: PILI lifestyle program I2: standard behavioural weight loss program	Wt

Katzmarzyk, P. T. 2011 (10.1371/journal.pone.0026667)	US	Intervention vs usual care	47 (87)	51 (8)	0,2	31 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Education and pedometer group	TS; PAI; ST; BMI; WC
Kempf, K. 2015 (10.1136/bmjopen-2018-022242)	DE	Head-to-head intervention	16 (15)	50 (5)	12	31 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: pedometer and scales only control group I2: short-term coaching plus pedometers and scales control group I3: telemedical coaching group	DH; BMI; Wt; SBP; DBP
Kiernan, M. 2013 (10.1037/a0030544)	US	Head-to-head intervention	267 (100)	48 (8)	6	32 (2)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Weight loss program I2: Maintenance first	Wt
Leahey, T. M. 2012 (10.1038/oby.2011.124)	US	Head-to-head intervention	52 (84)	52 (9)	6	35 (5)	Other focus: yes Inclusion criteria: no Comorbidity: other	I1: Standard behavioral weight loss condition I2: Behavioral Weight Loss + SC condition	SS; Prog. ADH; Wt; DEPR
Leahey, T. M. 2013 (10.1002/oby.20271)	US	Head-to-head intervention	37 (84)	53 (5)	6	36 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Professional coach + Behavioral weight loss I2: Peer coach + Behavioral weight loss I3: Mentor + Behavioral weight loss	SDM; Prog. ADH; PA; Wt

Leehey, D. J. 2016 (10.1159/000447703)	US	Head-to-head intervention	0 (0)	66 (8)	12	37 (5)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Diet Alone Group I2: Exercise plus Diet Group	PA; BF; BMI; QoL; DEPR
Lin, M. 2015 (10.1016/j.amjmed.2015.03.013)	US	Intervention vs usual care	105 (85)	51 (12)	12	38 (8)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Text Message Intervention	Wt
Linde, J. A. 2011 (10.1080/08964289.2011.568992)	US	Intervention vs usual care	50 (73)	45 (11)	6	87 (11)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Self-directed intervention group	ADH measure; Wt
Linde, J. A. 2011 (10.1007/s12160-010-9232-2)	US	Head-to-head intervention	203 (100)	52 (6)	3	39 (7)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: behavioral weight loss I2: behavioral weight loss combined with cognitive- behavioral depression management	Wt; DEPR
Liu, X. 2017 (10.14704/nq.2017.15.4.1156)	CN	Intervention vs usual care	38 (100)	27 (3)	nr	0 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Buckroyd's Group-Based Therapy group	DEPR; S
Melanson, K. J. 2012 (10.1186/1475-2891-11-57)	US	Head-to-head intervention	138 (88)	39 (7)	3	31 (2)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Low energy density I2: Low glycemic index diet plans I3: program's portion-controlled plan	F consum.; CHO; Fb consum.; BMI; Wt; WC; SBP; DBP
Methapatara, W. 2011 (10.1111/j.1440-1819.2011.02225.x)	TH	Intervention vs usual care	64 (38)	40 (10)	3	28 (4)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: Pedometer walking plus	BMI; Wt; WC



									motivational interviewing program
Miller, G. D. 2010 (10.1007/s12603-010-0100-3.)	US	Head-to-head intervention	57 (65)	70 (6)	6	35 (4)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: weight stable group I2: intensive weight loss group	DH; F consum.; CHO; Fb consum.; TS; BMI; Wt
Murphy, P. J. 2013 (10.7812/tpp/12-094)	US	Intervention vs usual care	223 (100)	0 (0)	18	38 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: culturally adapted weight-loss program	SE; ESES; ESE
Nackers, L. M. 2013 (10.1002/oby.20439)	US	Head-to-head intervention	125 (100)	52 (11)	12	38 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Intake goal 1,000 kcal/day I2: Intake goal 1,500 kcal/day	Wt
Nakade, M. 2012 (DOI NOT FOUND)	JP	Intervention vs usual care	122 (52)	55 (6)	24	26 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Saku Control Obesity Program	DH; SM DI; TS; BF; BMI; Wt; WC
Nakata, Y. 2011 (10.1159/000329619)	JP	Head-to-head intervention	145 (77)	51 (7)	6	29 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Control Intervention Group I2: Moderate Intervention Group I3: Intensive Intervention Group	TS; PAI; BMI; Wt; WC; SBP; DBP
Napolitano, M. A. 2013 (10.1002/oby.20232.)	US	Intervention vs usual care	45 (87)	20 (2)	2	31 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Facebook only condition I3: Facebook plus condition	Wt

Oh, B. 2015 (10.2196/mhealth.4222)	KR	Head-to-head intervention	207 (49)	49 (14)	5	29 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Control Group I2: Intervention Group: mobile phone-based care-uHealth	BMI; Wt
Oh, Minsuk 2018 (10.1186/s12889-018-6009-1.)	KR	Intervention vs usual care	26 (58)	36 (8)	2	73 (14)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: ADCR I3: Exercise I4: E-ADCR	BF; BMI; Wt; WC; SBP; DBP
Ortner Hadziabdic, M. 2016 (10.1080/07315724.2014.982770)	HR	Head-to-head intervention	92 (74)	48 (12)	12	42 (7)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Mediterranean diet combined with physical activity I2: Standard hypolypemic diet with physical activity	DH; PA; WM
Petosa, R. Lingyak 2016 (10.1080/19325037.2016.1219284)	US	Head-to-head intervention	16 (70)	57 (9)	1	37 (7)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Intervention (a 4-week behavioral intervention on the use of self-regulation skills for physical activity) I2: Control	ESES
Pinto, A. M. 2013 (10.1002/oby.20044)	US	Head-to-head intervention	130 (90)	50 (9)	11	36 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Professionally delivered behavioral weight loss treatment I2: Weight Watchers program I3: Combined treatment	DH; PA; Wt

Pressler, A. 2010 (10.1016/j.jpmed.2010.07.008)	DE	Head-to-head intervention	11 (15)	45 (7)	3	29 (25)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: intervention group receiving structured exercise schedules via an interactive website I2: control group choosing workouts individually via an interactive website	TS; BF; BMI; WC
Pritchett, A. M. 2012 (10.4172/2165-7904.1000118)	US	Intervention vs usual care	6 (30)	52 (10)	3	39 (6)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: Heart failure management plus institution of a monitored diet and exercise program	PA; BMI; Wt; WC; QoL
Pronk, N. P. 2011 (10.1155/2011/909248)	US	Intervention vs usual care	91 (91)	46 (9)	6	38 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: immediate-start (intervention group) telehealth technology	Wt
Raynor, H. A. 2012 (10.3945/ajcn.111.031153)	US	Head-to-head intervention	117 (58)	51 (10)	18	35 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Lifestyle (1200-1500 kcal/d, <=30% of energy as fat) I2: Lifestyle + limited variety (limit variety of NND-EDFs, ie, 2 choices)	DH; PA; Wt
Reichard, A. 2015 (10.1016/j.dhjo.2014.08.002)	US	Head-to-head intervention	101 (80)	52 (0)	6	45 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Stop Light Diet Program I2: Usual Care diet	BMI; Wt

Rejeski, W. J. 2011 (10.1093/geronb/gbq104)	US	Head-to-head intervention	172 (66)	67 (5)	6	33 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Physical activity only I2: Weight loss + physical activity I3: Successful aging health education control group	ESE; PA
Rock, C. L. 2010 (10.1001/jama.2010.1503)	US	Head-to-head intervention	692 (99)	44 (10)	24	34 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Standardized weight program I2: Center-based intervention I3: Telephone-based intervention	PA; WM; BMI; Wt; WC; QoL; DEPR
Donnelly, J. E. 2013 (10.1002/oby.20334)	US	Head-to-head intervention	265 (67)	44 (10)	6	35 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: face to face clinic I2: group conference calls (phone)	F consum.; CHO; FV consum.; TS; WHR; BMI; Wt
Järvi, A. 2016 (10.1017/S0007114516000970. )	SE	Head-to-head intervention	nr	0 (0)	4	31 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: reference group I2: intervention	F consum.; CSD consum.; FV consum.; BMI; Wt; WC; SBP; DBP
Rolls, B. J. 2016 (DOI NOT FOUND)	US	Head-to-head intervention	168 (100)	50 (11)	12	34 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Standard advice I2: Portion Selection Group I3: Pre-portioned foods group	F consum.; FV consum.; Wt
Gabriele, J. M. 2011 (10.1007/s12160-010-9240-2)	US	Head-to-head intervention	87 (84)	45 (9)	3	32 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Minimal e-coach support I2: Nondirective e-	Wt; WC

								coach support I3: Directive e-coach support	
Harvey-Berino, J. 2002 (10.1038/sj.ijo.0802051.)	US	Head-to-head intervention	104 (86)	48 (9)	18	32 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Internet Support I2: Minimal in-person support I3: Frequent in-person support	Wt
McGorrian, C. 2015 (10.1093/heapro/dat017.)	IE	Intervention vs usual care	29 (25)	63 (8)	6	29 (4)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: Cookery skills programme	F consum.; CHO; Fb consum.; FV consum.; BMI
McNeilly, A. M. 2011 (10.1186/1476-511X-10-217.)	GB	Head-to-head intervention	2 (50)	54 (8)	3	33 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: alpha lipoic acid + exercise I2: alpha lipoic acid	F consum.; CHO; HS; BF; BMI; Wt; WC
Mehring, M. 2013 (10.1186/1471-2296-14-76)	DE	Intervention vs usual care*	98 (53)	48 (13)	nr	33 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Web-based coaching program	BMI; Wt; WC
Nanchahal, K. 2012 (10.1136/bmjopen-2011-000793)	GB	Intervention vs usual care	138 (36)	49 (15)	nr	33 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: CAMWEL intervention	BF; BMI; Wt; WC
Patrick, K. 2011 (10.1007/s12160-011-9296-7)	US	Intervention vs usual care	0 (0)	44 (8)	12	0 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Web-based intervention	DH; PA; BMI; Wt; WC
Pearson, E. S. 2013 (10.1016/j.jcjd.2012.12.002)	CA	Head-to-head intervention	34 (76)	0 (0)	3	44 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: MI-via-CALC (Motivational interviewing via Co-Active Life Coaching) I2: LEARN program (lifestyle, Exercise, Attitudes,	DH; Wt; WC

									Relationships, Nutrition)
Pellegrini, C. A. 2012 (10.1038/oby.2011.13)	US	Head-to-head intervention	44 (86)	44 (9)	6	34 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: standard behavioural weight loss (SBWL) I2: SBWL plus TECH I3: TECH only	DH; PAI; HS; BF; BMI; Wt; WC
Ross, R. 2012 (10.1001/archinternmed.2011.1972)	CA	Intervention vs usual care	344 (69)	52 (11)	24	32 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Behavioral intervention group	BF; BMI; Wt; WC; SBP; DBP
Ruusunen, A. 2012 (10.1111/j.1464-5491.2012.03602.x)	FI	Intervention vs usual care	350 (67)	55 (7)	36	32 (5)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: reducing weight intervention	DH; F consum.; Fb consum.; PA; BMI; Wt; WC; SBP; DBP
Saito, T. 2011 (10.1001/archinternmed.2011.275)	JP	Intervention vs usual care	186 (29)	0 (0)	36	27 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: frequent intervention	F consum.; PA; BMI; Wt; WC; SBP; DBP; DM
Sherwood, N. E. 2010 (10.4278/ajhp.080826-QUAN-161)	US	Head-to-head intervention	50 (79)	50 (11)	6	34 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: self-directed I2: 10 sessions I3: 20 sessions	Copg. DIS; PA; Wt; DEPR
Wagner, M. G. 2016 (10.1016/j.appet.2016.02.002)	US	Intervention vs usual care	35 (65)	45 (12)	nr	0 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Education group I3: Fruit and vegetable group	DH
Webber, Kelly H. 2010 (10.1186/1479-5868-7-4)	US	Head-to-head intervention	80 (100)	49 (11)	4	32 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Motivation- enhanced Intervention I2: Standard Intervention	SE; DH; ADH measure; PA; Wt; WC

Sim, K. A. 2014 (10.1111/cob.12048)	AU	Intervention vs usual care	49 (100)	33 (3)	3	36 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: group weight loss intervention	BMI; Wt; WC; SBP; DBP
Sjögren, P. 2012 (10.1186/1476-511X- 11-80)	NO	Intervention vs usual care	44 (43)	68 (1)	nr	30 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Exercise intervention group	PA; TS; BF; BMI; Wt; WC; SBP; DBP
Sniehotta, F. F. 2011 (10.1371/journal.pone .0023040)	GB	Intervention vs usual care	51 (63)	57 (11)	2	37 (6)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: Face-to-face group intervention	F consum.; CHO; PA; HR MON; BF; Wt; WC; SBP; DBP
Somers, T. J. 2012 (10.1016/j.pain.2012.0 2.023)	US	Intervention vs usual care	184 (79)	58 (10)	nr	34 (4)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: Coping Skills Training alone (PCST-only) I3: Behavioural Weight Loss alone I4: PCST with Behavioural Weight Loss	SE; copg. DIS; PD; BMI; Wt
Steeves, J. A. 2012 (10.1186/1479-5868- 9-95)	US	Head-to- head intervention	46 (79)	52 (9)	6	34 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: TV Commercial Stepping group I2: Traditional walking group	TS; HS; BF; BMI; Wt; WC
Steinberg, D. M. 2014 (10.2196/jmir.2996)	US	Intervention vs usual care	194 (100)	35 (6)	nr	30 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Weight maintenance intervention	SQ; BMI; Wt; WC; SBP; DBP; DEPR
Straznicky, N. E. 2010 (10.2337/db09-0934)	AU	Intervention vs usual care	24 (40)	55 (4)	nr	32 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: weight loss by caloric restriction alone I3: weight loss + caloric restriction	WHR; BF; BMI; Wt; WC; SBP; DBP

									and aerobic exercise
Tandon, V. R. 2014 (10.4103/0976-7800.127787)	IN	Intervention vs usual care	60 (100)	55 (6)	6	31 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: life-style modification	BMI; Wt; WC
Tsai, A. G. 2010 (10.1038/oby.2009.457)	US	Intervention vs usual care	44 (88)	49 (12)	12	37 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Brief Counseling Group	WC
Unick, J. L. 2012 (10.5402/2012/465158)	US	Head-to-head intervention	24 (82)	42 (9)	6	45 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: SBWL I2: SBWL+TECH	PAI; Wt
Villareal, D. T. 2011 (10.1056/NEJMoa1008234)	US	Head-to-head intervention	67 (63)	70 (4)	12	37 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Control group I2: Diet group I3: Exercise group I4: Diet and exercise	PA; BF; Wt; QoL
Vissers, D. 2010 (10.1159/000301785)	BE	Intervention vs usual care	59 (74)	45 (10)	12	32 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Diet Group I3: Fitness group I4: NON-SMI: Vibration group	WHR; BF; BMI; Wt; WC; SBP; DBP
Wang, Q. 2017 (10.1016/j.ijcard.2016.12.084. )	CN	Intervention vs usual care	88 (51)	56 (11)	3	28 (2)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: LIP: lifestyle intervention program on physical outcomes, depression, and quality of life	BMI; Wt; WC; SBP; DBP; QoL; ANX
Watson, S. 2015 (10.2196/jmir.3828)	IE	Intervention vs usual care	36 (55)	52 (7)	12	33 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Intervention Group: Web-based program	PA; BMI; Wt; WC; SBP; DBP



Zwickert, K. 2016 (10.1016/j.orcp.2016.01.001)	AU	Head-to-head intervention	43 (72)	44 (35)	15	38 (1)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: cognitive-behaviour therapy+intensive text-message and e-mail I2: cognitive-behaviour therapy+minimal text-message and e-mail	SE; ESE; BMI; Wt; WC
Soureti, A. 2011 (10.2196/jmir.1773)	GB	Intervention vs usual care	nr	46 (9)	1	32 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Planning tool I3: Planning tool and text reminders	DH; F consum.
Soureti, Anastasia 2011 (10.2196/jmir.1579.)	GB	Intervention vs usual care	nr	47 (8)	1	36 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Planning group I3: Heart-age message group I4: Heart-age message + planning group	F consum.; F consum.
Schroder, K. E. 2011 (10.5993/ajhb.35.2.5.)	US	Head-to-head intervention	nr	44 (11)	1	34 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: computer-assisted dieting intervention I2: computer-assisted dieting intervention with self-management training on dieting	DH; F consum.; CHO; Fb consum.; FV consum.; BMI; Wt
Kempf, K. 2018 (10.1155/2018/7530602)	DE	Intervention vs usual care	99 (55)	45 (10)	12	33 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Telemedical coaching group	BMI; Wt; WC; SBP; DBP

								I3: Telemedical group	
Karintrakul, S. 2017 (10.4162/nrp.2017.11.4.319)	TH	Intervention vs usual care	45 (100)	33 (6)	3	27 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Intervention Individual nutrition counseling	M + RTC; F consum.; CHO; PA; BF; BMI; Wt; WC
Mason, A. E. 2016 (10.1002/oby.21396)	US	Head-to-head intervention	194 (80)	47 (13)	6	36 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Active Control (diet+ exercise + without mindfull eating) I2: Mindfulness Group (diet+ exercise + with mindfull eating)	SQ; ME; Wt; WC; SBP; DBP; S
White, C. 2010 (10.3109/09637480903397355)	GB	Intervention vs usual care	169 (100)	37 (15)	9	32 (8)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Group 2 (energy fat intake reduction diet) I3: Group 1 (energy fat and sucrose reduction diet)	F consum.; CHO; WM; BF; BMI; WC; QoL
Whittemore, R. 2009 (10.1097/NNR.0b013e31818fcef3)	US	Intervention vs usual care*	52 (90)	46 (13)	6	39 (8)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Lifestyle change program	DH; PA; BMI; WC; DEPR
Willis, E. A. 2017 (10.1002/osp4.96)	US	Head-to-head intervention	59 (84)	47 (12)	6	36 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Phone conference I2: Online Social Networks	F consum.; ADH measure; ADH D; ADH Ex; ACM; BMI; Wt; WC
Wilson, M. G. 2016 (10.1097/jom.0000000000000873)	US	Head-to-head	419 (63)	47 (0)	6	34 (8)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Telephone coaching I2: Small group	DH; F consum.; PA; BMI; Wt

		intervention *						coaching I3: Self-study	
Höchsmann, C. 2018 (10.1097/JSM.000000 0000000438.)	CH	Head-to- head intervention	4 (13)	40 (7)	1	29 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: E-Bike I2: Bike	HR MON; BMI; Wt; SBP; DBP
Chang, M. W. 2010 (10.1016/j.jneb.2010.0 1.010)	US	Intervention vs usual care	129 (100)	25 (4)	2	188 (12)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Intervention group	F consum.; FV consum.; PA; Wt; QoL; DEPR; S
Cayir, Y. 2014 (DOI NOT FOUND)	TR	Head-to- head intervention	80 (100)	40 (11)	3	35 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: control group: diet, exercise I2: Diet, Exercise and Group-based education	BF; BMI; Wt; WC
Christian, J. G. 2011 (10.1016/j.jada.2010.1 0.006)	US	Intervention vs usual care*	190(68)	50 (12)	12	34 (7)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Computer support program	PA; Wt; WC; SBP; DBP
Collins, C. E. 2012 (10.2196/jmir.1980)	AU	Intervention vs usual care	180 (58)	42 (10)	3	32 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Basic online program I3: Enhanced online program	PA; HR MON; TS; BMI; Wt; WC; SBP; DBP; QoL
de Zwaan, M. 2017 (10.1001/jamapsychia try.2017.2150.)	DE	Head-to- head intervention	148 (75)	43 (12)	4	34 (4)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Guided self- help I2: Cognitive behavioral therapy	BMI; QoL
Derose, K. P. 2018 (10.1177/0890117118 813333. )	US	Intervention vs usual care*	167 (78)	51 (0)	5	32 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Church-based intervention	DH; PA; BMI; Wt; SBP; DBP
Dhur 2014 (10.3945/ajcn.114.089 573)	DK	Intervention vs usual care	234 (76)	42 (12)	4	0 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: breakfast I3: no-breakfast	Wt

DiMarco, Ilyse Dobrow 2009 (10.1016/j.eatbeh.2009.02.001.)	US	Intervention vs usual care	32 (82)	40 (9)	3	32 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: standard guided self-help behavioural weight loss treatment AND motivational interviewing	BMI; QoL
Dimitrov Ulian, M. 2018 (10.1371/journal.pone.0198401)	BR	Head-to-head intervention	97 (100)	35 (7)	7	34 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: CONTROL group I2: Intensified "Health at every size" intervention	FV consum.; PAI; ST; WHR; HS; BMI; Wt; WC
Driehuis, F. 2012 (10.1016/j.pec.2012.03.017)	NL	Intervention vs usual care	nr	57 (8)	36	29 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Nurse practitioners counselling	F consum.; CHO; FV consum.; FV consum.; ACM; PAI; Wt
Dutton, G. R. 2017 (10.1186/s12966-017-0564-1)	US	Head-to-head intervention	103 (95)	52 (13)	12	35 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: campaign I2: self-directed	BMI; Wt
Esposito, K. 2003 (10.1001/jama.289.14.1799)	IT	Intervention vs usual care	120 (100)	35 (5)	24	35 (2)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Weight loss and lifestyle program	F consum.; CHO; Fb consum.; WHR; BMI; Wt
Fitzgibbon, M. L. 2005 (DOI NOT FOUND)	US	Head-to-head intervention	59 (100)	48 (11)	3	39 (7)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Culturally Tailored Weight Loss Intervention. I2: Faith-Based Weight Loss Intervention.	F consum.; PA; BMI
Fitzgibbon, M. L. 2010 (10.1038/oby.2010.47)	US	Intervention vs usual care	100 (47)	46 (8)	18	39 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: weight loss/maintenance intervention	FV consum.; BMI; Wt

Forman, Evan M. 2016 (10.1002/oby.21601)	US	Head-to-head intervention	nr	52 (10)	12	37 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Standard behavioural treatment I2: Acceptance- based treatment	SE; copg. DIS; Wt
Forman, E. M. 2018 (10.1007/s10865-018- 9964-1)	US	Head-to-head intervention	35 (68)	54 (13)	1	34 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Non-optimized I2: Individually optimized I3: Group optimized	Wt
Fritz, T. 2011 (10.1111/j.1464- 5491.2011.03348.x)	SE	Intervention vs usual care	94 (44)	61 (5)	4	30 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: exercise- intervention	SQ; PD; BMI; QoL; SF
Gagnon, C. 2011 (10.1016/j.diabet.201 1.01.003)	CA	Head-to-head intervention	26 (54)	57 (11)	12	35 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Individual counselling + seminars I2: Only seminars	F consum.; CHO; PA; PAEE; BMI; Wt; WC; SBP; DBP
Gagnon-Girouard, M. 2010 (10.1155/2010/92809 7.)	CA	Intervention vs usual care	144 (100)	42 (6)	4	30 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Healthy at every size I3: Social support	Copg. DIS; Wt; QoL; DEPR
Gallagher, R. 2014 (10.1177/2047487313 486043)	AU	Intervention vs usual care	62 (42)	63 (9)	4	31 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Healthy Eating and Exercise Lifestyle Program	SE; PA; BMI; Wt; WC; SBP; DBP
Gokke-LaRose, J. 2009 (10.1186/1479-5868- 6-10)	US	Head-to-head intervention	33 (84)	29 (4)	2	33 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Behavioral self- regulation condition I2: Standard behavioral treatment	Copg. DIS; Wt; DEPR

Gao, S. 2016 (10.1016/j.pmedr.2015.12.007)	US	Intervention vs usual care	40 (17)	63 (13)	12	32 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Physical activity counseling	PA; ACM
Geiker, N. R. 2016 (10.3945/ajcn.115.126565)	DK	Head-to-head intervention	nr	31 (7)	6	32 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Control group, simple energy restriction I2: Menstralean group	Wt; WC
Godino, J. G. 2016 (10.1016/s2213-8587(16)30105-x)	US	Head-to-head intervention	284 (70)	0 (0)	24	29 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Control group I2: SMART intervention	Prog. ADH; BMI; WC; SBP; DBP
Huang, A. J. 2010 (10.1001/archinternmed.2010.162)	US	Head-to-head intervention	338 (100)	53 (8)	6	37 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Intensive behavioral weight loss I2: Structured education program	PA; BMI; Wt; WC; SBP; DBP; QoL
Hunter, C. M. 2008 (10.1016/j.amepre.2007.09.026)	US	Intervention vs usual care	224 (50)	34 (7)	6	29 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Behavioral internet therapy + usual care	F consum.; FV consum.; PA; BF; BMI; Wt; WC
Imanaka, M. 2013 (10.2196/jmir.2405)	JP	Head-to-head intervention	27 (14)	50 (7)	3	27 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Web-based self-disclosure health support I2: Email health support	BMI; Wt; WC; QoL
Iriyama, Y. 2014 (10.1177/0017896912471038)	JP	Intervention vs usual care	0 (0)	46 (0)	6	26 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Nutrition education + nutrition environmental interventions	BMI; Wt; WC; SBP; DBP

Irvine, L. 2017 (10.1093/alcalc/agx067)	GB	Head-to-head intervention	0 (0)	52 (0)	2	36 (5)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Intervention I2: Control	BMI
Jamal, S. N. 2016 (10.1371/journal.pone.0160343)	MY	Head-to-head intervention	141 (73)	40 (9)	6	32 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Group support lifestyle modification I2: Dietary counseling	ESE; SS; F consum.; CHO; PA; HS; BMI; Wt; WC; SBP; DBP; QoL; DEPR
Jane, M. 2017 (10.1371/journal.pone.0178326)	AU	Intervention vs usual care	57 (42)	50 (11)	6	33 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Pamphlet group I3: Facebook group	F consum.; CHO; TS; HS; BF; BMI; Wt; WC; SBP; DBP; QoL; DEPR
Little, P. 2016 (10.1016/s2213-8587(16)30099-7)	GB	Head-to-head intervention	520 (64)	54 (13)	6	37 (6)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Dietetic advice I2: POWeR+Face-to-face group I3: POWeR+Remote group	DH; F consum.; CSD consum.; FV consum.; PA; BF; Wt; SBP; DBP; QoL
Jakicic, J. M. 2011 (10.1038/oby.2010.122)	US	Head-to-head intervention	246 (91)	44 (8)	18	27 (2)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Self-help intervention I2: Moderate physical activity dose intervention I3: High physical activity dose intervention	PA; BF; BMI; Wt; WC
Lutes, L. D. 2017 (10.1007/s11606-017-3987-0)	US	Intervention vs usual care	71 (15)	55 (10)	12	36 (6)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: ASPIRE-Phone I3: ASPIRE-Group	DH; PA; TS; BMI; Wt; WC; SBP; DBP; QoL; QoL
Lally, P. 2008 (10.1038/sj.ijo.0803771)	GB	Intervention vs usual care	69 (66)	41 (10)	2	31 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Ten Top Tips (habit-formation model)	Wt; QoL

Jelsma, J. G. M. 2018 (10.1002/dmrr.2942)	AU	Intervention vs usual care	59 (100)	35 (5)	6	31 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: patient centered counseling	ESES; ESE; SS; DH; F consum.; CHO; Fb consum.; ACM; TS; ST
Jospe, M. R. 2017 (10.1002/oby.21898)	NZ	Head-to- head intervention	155 (78)	48 (11)	12	33 (1)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Advice only I2: Daily weighing I3: MyFitnessPal I4: Brief support I5: Hunger training	BF; BMI; Wt; WC; SBP; DBP; DEPR; ANX
Juliana, N. 2017 (10.6133/apjcn.12201 5.05)	MY	Intervention vs usual care	31 (100)	49 (8)	4	301548 3871 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Dietary & physical intervention	F consum.; CHO; PA; BF; BMI
Kalter-Leibovici, O. 2010 (10.1001/archinternm ed.2010.103)	IL	Head-to- head intervention	202 (100)	44 (6)	12	34 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: intensive lifestyle intervention I2: moderate lifestyle intervention	Wt; WC; SBP; DBP; QoL
Kennedy, B. M. 2005 (DOI NOT FOUND)	US	Head-to- head intervention	nr	44 (10)	6	39 (7)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: group level intervention I2: individual level intervention	PA; BF; BMI; Wt; SBP; DBP; QoL
Latner, J. D. 2013 (10.1016/j.brat.2013.0 4.009)	US	Intervention vs usual care	58 (64)	50 (12)	24	36 (8)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Continuing care	Copg. DIS; SS; INTEG work.; SF; DH; PA; BMI; Wt; WC; QoL
Lewis, K. H. 2015 (10.1111/cob.12095)	US	Head-to- head intervention	35 (64)	44 (9)	3	35 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: grocery clinic arm I2: clinic arm	KNWL; BMI



Lillis, J. 2016 (10.1002/oby.21680)	US	Head-to-head intervention	138 (85)	50 (11)	12	38 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: acceptance-based behavioural intervention I2: standard behavioural treatment	Wt
Greaves, Colin J. 2008 (10.3399/bjgp08X3196 48)	GB	Intervention vs usual care	90 (64)	54 (12)	6	0 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Motivational interviewing	PA; Wt; WC
Green, C. A. 2015 (10.1176/appi.ajp.201 4.14020173.)	US	Intervention vs usual care	144 (72)	47 (11)	12	38 (8)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: moderate caloric reduction, DASH diet, and physical activity	BMI; Wt; SBP; DBP; DM
Haapala, I. 2009 (10.1017/S136898000 9005230)	FI	Intervention vs usual care	120 (96)	38 (5)	12	31 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: A mobile phone-operated weight-loss program	ESE; Wt; WC
Hageman, P. A. 2017 (10.1155/2017/16026 27)	US	Head-to-head intervention	301 (100)	54 (7)	30	0 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Web-based only I2: Web-based discussion I3: Web-based email	DH; PA; ACM; Wt; WC; SBP; DBP
Haggerty, A. F. 2017 (10.1002/oby.22021)	US	Intervention vs usual care	42 (100)	60 (59)	6	41 (8)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Text4Diet I3: Telemedicine	PA; Wt; WC; QoL; SF
Harrington, D. M. 2014 (10.1002/oby.20684.)	US	Head-to-head intervention	103 (85)	52 (8)	3	30 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Dietary guideline education only group I2: Dietary	ACM; Wt; WC

								guideline education +Physical activity group	
Harris, L. 2017 (10.1017/s000711451 7001933)	GB	Head-to- head intervention *	32 (64)	42 (15)	12	41 (7)	Other focus: yes Inclusion criteria: no Comorbidity: other	I1: the Waist Winners Too health education programme I2: TAKE 5 intervention	ACM; ST; BMI; Wt; WC; QoL
Hartman, S. J. 2016 (10.1016/j.amepre.20 16.06.024)	US	Intervention vs usual care	54 (100)	60 (6)	6	32 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: MyFitnessPal and a Fitbit	PA; Wt
Harvey-Berino, J. 2010 (10.1016/j.ypped.201 0.04.018)	US	Head-to- head intervention	447 (93)	47 (10)	6	36 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: In person I2: Hybrid I3: Internet	F consum.; PA; Wt
Heiestad, H. 2016 (10.1155/2016/38159 76)	NO	Intervention vs usual care	62 (100)	40 (11)	3	31 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Nonsupervised exercise	QoL
Kliemann, N. 2017 (10.1186/s12966-017- 0578-8)	GB	Intervention vs usual care	353 (66)	59 (3)	3	36 (1)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: 10 Top Tips trial: habit-based advice for weight	ESE; BMI; Wt; WC; SBP; DBP
Knauper, B. 2018 (10.1002/oby.22226)	US	Head-to- head intervention	167 (80)	50 (12)	12	0 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Standard Diabetes Prevention Program I2: Enhanced Diabetes Prevention Program	DH; F consum.; SM DI; SM PA; PA; TS; Wt; WC; SBP; DBP

Kraschnewski, J. L. 2011 (10.1016/j.amepre.2011.08.012)	US	Intervention vs usual care	70 (70)	50 (11)	3	33 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Achieve Together intervention	DH; BMI; Wt; SBP; DBP; QoL
Kreider, R. B. 2011 (10.1016/j.jada.2011.03.013)	US	Head-to-head intervention	90 (100)	41 (11)	2	34 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Meal-replacement program I2: Supervised diet and exercise program	DH; F consum.; CHO; PA; HR MON; REE; BF; BMI; Wt; WC; SBP; DBP
Kristeller, Jean 2014 (10.1007/s12671-012-0179-1)	US	Intervention vs usual care	132 (88)	47 (0)	2	40 (10)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Psycho-educational Cognitive-Behavioural Treatment I3: Mindfulness-Based Eating Awareness Training	ESE; DH; BMI; DEPR
Krouni, A. 2017 (10.4103/jfmpc.jfmpc_179_17.)	IR	Intervention vs usual care	60 (100)	27 (5)	3	29 (5)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: High-fiber, low-caloric balanced diet	BMI
Logue, E. 2005 (10.1038/oby.2005.106)	US	Head-to-head intervention	458 (69)	0 (0)	24	0 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Transtheoretical model-chronic disease care group I2: Augmented usual care	Wt
Logue, E. E. 2012 (10.5993/ajhb.36.3.4)	US	Head-to-head intervention	40 (87)	0 (0)	3	0 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Better Weight I2: Better Weight Better Sleep	SE; SQ; S

Lubans, D. R. 2012 (10.1186/1479-5868-9-45)	AU	Intervention vs usual care	0 (0)	41 (7)	3	33 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Healthy Dads, Healthy Kids intervention group	DH; PA; Wt
Ma, J. 2015 (10.1513/AnnalsATS.201406-271OC)	US	Head-to-head intervention	233 (71)	48 (12)	12	38 (6)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Enhanced usual care I2: Enhanced usual care + 12-month lifestyle intervention	PA; PAEE; BMI; Wt; WC
Mahdavi, R. 2016 (10.5812/ircmj.24390)	IR	Head-to-head intervention	90 (100)	28 (7)	6	33 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Diet group I2: Diet + education group	BMI; Wt
Morgan, P. J. 2012 (10.1097/JOM.0b013e31824329ab)	AU	Intervention vs usual care*	0 (0)	44 (9)	3	31 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Workplace POWER (Preventing Obesity Without Eating like a Rabbit) program group	M + RTC; SQ; CSD consum.; CHO; FV consum.; HR MON; PA; PAEE; BMI; Wt; WC; SBP; DBP; QoL
Ross, K. M. 2016 (10.1002/oby.21536)	US	Head-to-head intervention	69 (86)	51 (12)	6	33 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Standard self-monitoring Tools condition I2: technology-based self-monitoring tools condition I3: technology-based tools combined with phone-based	SM DI; Wt

								intervention condition	
Rothberg, A. 2016 (10.1016/j.fertnstert.2016.06.004)	US	Intervention vs usual care	14 (100)	32 (4)	3	41 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Intensive weight loss intervention	BMI; Wt; SBP; DBP; QoL; DEPR
Rothert, K. 2006 (10.1038/oby.2006.34)	US	Head-to-head intervention	2370 (83)	45 (12)	1	32 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Information-only group I2: Tailored expert system group	Wt
Rshikesan, P. B. 2016 (10.7860/JCDR/2016/2720.8940)	IN	Intervention vs usual care	0 (0)	41 (10)	6	28 (2)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Integrated approach of yoga therapy group	copg. DIS; WHR; BF; BMI; Wt; WC; SKF; S
Ryan, D. H. 2010 (10.1001/archinternmed.2009.508)	US	Intervention vs usual care	326 (84)	47 (12)	24	0 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Intensive medical intervention	PA; Wt; SBP; DBP
Salyer, J. 2007 (DOI NOT FOUND)	US	Intervention vs usual care	4 (19)	57 (11)	6	0 (0)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: Commercial weight management program	Wt; SBP; DBP
Samuel-Hodge, Carmen D. 2009 (10.1038/oby.2009.128)	US	Intervention vs usual care	143 (100)	53 (7)	4	34 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: The Weight Wise Program	SS; SS; DH; PAI; BF; Wt; SBP; DBP; QoL; DEPR
Sheppard, V. B. 2016 (10.1016/j.cct.2015.12.005)	US	Intervention vs usual care	31 (100)	55 (10)	3	36 (7)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Stepping STONE intervention	PA; WHR; BMI; Wt; WC
Smith, T. J. 2010 (10.1016/j.jada.2009.10.039)	US	Head-to-head intervention	37 (33)	28 (7)	1/2	33 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Weight to Stay I2: Weight to Stay	DH; PA; PAEE; BF; BMI; Wt

								Plus Meal Replacements	
Marquez, B. 2013 (10.1016/j.jand.2013.01.020)	US	Head-to-head intervention	27 (100)	43 (10)	6	37 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Individual Lifestyle Group I2: Partner Lifestyle Group	Prog. ADH; Wt
McConnon, A. 2007 (10.1186/1472-6963-7-206)	GB	Intervention vs usual care	170 (77)	46 (11)	12	34 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Internet group	BMI; Wt
McDoniel, S. O. 2010 (10.1111/j.1742-1241.2010.02464.x)	US	Head-to-head intervention	43 (58)	47 (11)	6	36 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Standardised energy restricted plan I2: Metabolic diet	REE; BMI; Wt
McDoniel, S. O. 2010 (10.1016/j.pec.2009.07.034)	US	Head-to-head intervention	69 (62)	45 (11)	3	37 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Control group I2: SMART group	ESE; Wt
McRobbie, H. 2016 (10.3310/hta20790)	GB	Head-to-head intervention	236 (72)	46 (15)	2	35 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Weight Action programme I2: practice nurse (control)	KNWL; DH; PA; BMI; Wt; WC; SBP; DBP
Mitchell, D. C. 2015 (10.1097/jom.0000000000000535)	US	Intervention vs usual care	183 (72)	32 (8)	nr	29 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Intervention	Fb consum.; FV consum.; PA; BMI; Wt; WC
Melchart, D. 2017 (10.2147/dmso.S135572)	DE	Intervention vs usual care	123 (74)	51 (10)	12	32 (2)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Web-based Individual Health Management	BF; BMI; Wt; WC; SBP; DBP
Mensingher, J. L. 2016 (10.1016/j.appet.2016.01.033.)	US	Head-to-head intervention	80 (100)	40 (4)	6	38 (62)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Weight-Loss Program I2: Weight-Neutral Program	cogp. DIS; DH; ME; FV consum.; PAI; WHR; HS; BMI; Wt; WC; SBP; DBP; QoL; DEPR

Micco, N. 2007 (10.1207/s15324796a bm3301_6)	US	Head-to- head intervention	123 (83)	47 (11)	12	32 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Internet only intervention I2: Internet+In- person intervention	SS; Wt
Miller, G. D. 2017 (10.1007/s12603-017- 0892-5)	US	Head-to- head intervention	273 (60)	66 (6)	18	34 (4)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Exercise intervention I2: Diet intervention I3: Exercise + Diet intervention	PI; Fb consum.; PA; Wt; QoL
Miller, G. D. 2011 (10.1007/s12603-011- 0152-z.)	US	Head-to- head intervention	316 (72)	69 (7)	18	34 (6)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Healthy Lifestyle Controls I2: Dietary Weight Loss I3: Structured Exercise I4: Combined Exercise and Dietary Weight Loss	PI; Wt
Mirkarimi, K. 2017 (0.26719/2017.23.8.54 3)	IR	Intervention vs usual care	60 (100)	38 (9)	0.5	29 (2)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Motivational interviewing	SE; WHR; BMI; Wt; WC
Mirkarimi, K. 2017 (PMID: 28360445)	IR	Head-to- head intervention	100 (100)	38 (9)	0.5	27 (2)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Motivational interviewing I2: Nutrition education	ESE; BMI
Mummah, S. 2017 (10.1186/s12966-017- 0563-2)	US	Intervention vs usual care	135 (62)	40 (6)	2	0 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: the stand- alone, theory- based Vegethon mobile app	FV consum.; FV consum.

Ng, L. B. 2014 (10.1177/2010105814 02300205)	SG	Intervention vs usual care	200 (85)	51 (13)	6	27 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: A brief Low- intensity Therapeutic Lifestyle Counselling	BMI; Wt
Nurkkala, M. 2015 (10.1016/j.eatbeh.201 5.05.009.)	FI	Intervention vs usual care	120 (78)	45 (11)	9	36 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Lifestyle intervention	BMI; Wt
O'Brien, T. 2016 (10.1097/CIN.0000000 000000275.)	US	Head-to- head intervention	24 (100)	69 (0)	3	34 (8)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Lose It Group I2: Wellness Group	ESE; FV consum.
Oddone, E. Z. 2018 (10.1007/s11606-018- 4398-6)	US	Intervention vs usual care	517 (31)	56 (12)	6	0 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Intervention	Pat. A
Olsson, S. J. 2015 (10.1186/s12889-015- 2036-3.)	SE	Intervention vs usual care	101 (57)	67 (0)	6	0 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Individualized physical activity on prescription (PAP)	QoL
Ostbye, T. 2015 (10.1097/jom.000000 0000000335)	US	Head-to- head intervention	550 (83)	0 (0)	12	37 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Weight Management I2: Weight Management Plus	F consum.; CSD consum.; FV consum.; ACM; ST; BMI
Solbrig, L. 2018 (10.1038/s41366-018- 0122-1)	GB	Head-to- head intervention	121 (69)	44 (11)	6	33 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Functional Imagery Training I2: Motivational Interviewing	Wt; WC; QoL
Sorensen, L. B. 2011 (10.3148/72.4.2011.18 1)	DK	Head-to- head intervention	48 (52)	41 (9)	5	34 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Neurolinguistics programming group I2: Cooking course	WM



Spring, B. 2017 (10.1002/oby.21842)	US	Head-to-head intervention	96 (84)	39 (12)	6	35 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Standard I2: Technology supported I3: Self-guided	ADH measure; ADH D; ADH Ex; Wt
von Gruenigen, V. 2012 (10.1097/01.IGC.0000 422085.58592.d3)	US	Intervention vs usual care	75 (100)	58 (10)	12	36 (8)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: SUCCEED	FV consum.; PA; BMI; Wt; WC
Wekker, V. 2018 (10.1371/journal.pone .0205934)	NL	Intervention vs usual care	577 (100)	30 (4)	6	36 (3)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: Lifestyle intervention	BMI; Wt; WC; SBP; DBP; Met S; SF
West, D. S. 2016 (10.1002/oby.21645)	US	Head-to-head intervention	357 (90)	48 (10)	18	36 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Internet behavioral weight control treatment I2: Internet behavioral weight control treatment + individual MI	SM DI; SM PA; SM Wt; Wt
Chang, M. W. 2017 (10.1002/oby.21862)	US	Intervention vs usual care	612 (100)	29 (5)	4	32 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: community- based lifestyle behavioral intervention	ESE; copg. DIS; SS; F consum.; CSD consum.; FV consum.
Cadmus-Bertram, L. 2013 (10.1002/pon.3219)	US	Intervention vs usual care	50 (100)	61 (6)	3	32 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: phone and web-based intervention	PA; TS; HS; BMI; Wt; WC
Saslow, L. R. 2017 (10.2196/jmir.5806)	US	Head-to-head intervention	15 (60)	56 (9)	4	0 (0)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Create Your Plate Diet (control group) I2: Intervention Group	Wt; QoL; DEPR; S

Sattin, R. W. 2016 (10.1007/s10900-015-0071-8)	US	Head-to-head intervention *	504 (83)	47 (11)	3	36 (7)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Health Education I2: Fit Body and Soul	Prog. ADH; PA; Wt; WC; SBP; DBP; QoL
Schelling, S. 2009 (10.1002/eat.20595)	CH	Head-to-head intervention	28 (74)	48 (10)	2	33 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Relaxion intervention I2: Motivation intervention	SM PA
Schübel, R. 2018 (10.1093/ajcn/nqy196)	DE	Head-to-head intervention	75 (50)	50 (8)	3	31 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Control group I2: Intermittent calorie restriction (ICR) I3: continuous calorie restriction	F consum.; CHO; Fb consum.; PA; PAEE; Wt; WC
Shakudo, M. 2011 (10.1111/j.1365-2753.2009.01342.x)	JP	Intervention vs usual care	20 (19)	41 (10)	3	27 (3)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: Group A I3: Group B	ADH Ex; BMI; SBP; DBP
Shapiro, J. R. 2012 (10.1016/j.yjmed.2012.08.011)	US	Intervention vs usual care	111 (65)	42 (12)	12	32 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Text4Diet TM	Wt
Shaw, P. A. 2017 (10.1177/1740774516669679)	US	Head-to-head intervention	225 (87)	48 (11)	120 (0)	32 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: active control arm I2: incentive arm	DH; PA; Wt
Sherwood, N. E. 2006 (10.1038/sj.ijo.0803295)	US	Intervention vs usual care	1267 (72)	50 (12)	24	34 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Mail based intervention I3: Phone based intervention	Wt
Shin, D. W. 2017 (10.1002/oby.21731)	KR	Intervention vs usual care	0 (0)	28 (5)	3	30 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Smartcare alone I3: Smartcare with financial incentives	DH; PA; BMI; Wt; WC; SBP; DBP

Silfee, V. 2016 (10.1080/13548506.2016.1139144)	US	Intervention vs usual care	16 (67)	57 (10)	1	37 (7)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: behavioural intervention	ESES; S per D; PA; PAEE; PAI; ST
Silina, V. 2017 (10.1080/02813432.2017.1358435)	LV	Intervention vs usual care	71 (55)	37 (4)	12	32 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Text messaging (SMS) intervention	WHR; BMI; Wt; WC
Stapleton, P. 2016 (10.1111/aphw.12070)	AU	Head-to-head intervention	76 (89)	0 (0)	2	34 (7)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Emotional Freedom Techniques I2: Cognitive Behavioural Therapy	DH; BMI
Turner-McGrievy, G. M. 2017 (10.1002/oby.21889)	US	Head-to-head intervention	67 (83)	48 (12)	6	35 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Bite Counter group I2: App group	PA; Wt
Spring, B. 2013 (10.1001/jamainternmed.2013.1221)	US	Head-to-head intervention	11 (16)	58 (12)	12	36 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: MOVE! I2: MOVE! + pda	Prog. ADH; Wt
Overgaard, K. 2018 (10.1016/j.jsams.2017.10.037)	DK	Head-to-head intervention	29 (49)	46 (11)	1	33 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: SitLess group to reduce sedentary behavior I2: ExMore group to increase MVPA	ACM; TS; ST
Padwal, R. S. 2017 (10.1186/s12916-017-0808-6)	CA	Head-to-head intervention	540 (83)	40 (10)	3	48 (7)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: WWCM in-person I2: WWCM web-based I3: Mailed literature	SE; BMI; Wt; SBP; DBP; QoL; QoL; QoL; DEPR
Parikh, P. 2010 (10.2105/ajph.2009.170910)	US	Intervention vs usual care	84 (85)	48 (17)	nr	32 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Intervention-workshop	F consum.; FV consum.; PA; Wt; WC; SBP; DBP

Patrick, K. 2009 (10.2196/jmir.1100)	US	Intervention vs usual care	41 (52)	45 (8)	4	33 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: SMS intervention	DH; Wt
Penn, L. 2009 (10.1186/1471-2458-9-342)	GB	Intervention vs usual care	61 (60)	56 (26)	60	34 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Intervention group	Wt
Petrella, R. J. 2017 (10.1249/mss.0000000000001380)	CA	Intervention vs usual care*	0 (0)	49 (9)	nr	37 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Hockey FIT program	DH; PA; TS; PAI; BMI; WC; SBP; DBP; QoL; DEPR
Pett, M. 2013 (10.1352/1944-7558-118.3.224)	US	Head-to- head intervention	13 (57)	25 (4)	3	38 (7)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Young adults+parents I2: Young adult intervention	ESES; BMI; Wt; SBP; DBP
Peyer, K. L. 2017 (10.1016/j.pmedr.2017.03.002)	US	Head-to- head intervention	54 (60)	39 (15)	2	37 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Guided weight loss I2: Physical activity monitor I3: Physical activity monitor and guided weight loss	Wt; Met S
Phillips, E. G. 2017 (10.1002/oby.21780)	US	Head-to- head intervention *	360 (90)	48 (14)	12	34 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Small change intervention I2: PA/SA + small change intervention	Wt
Polzien, K. M. 2007 (10.1038/oby.2007.584)	US	Head-to- head intervention	57 (100)	41 (9)	3	33 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Standard In- Person Behavioural Weight Control Program I2: Intermittent Technology-Based Behavioral Weight	DH; Prog. ADH; PA; Wt

								Control Program I3: Continuous Technology-Based Behavioral Weight Control Program	
Ptomey, L. T. 2018 (10.1111/jar.12348)	US	Head-to- head intervention	85 (57)	37 (12)	18	37 (8)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Enhanced stop light diet I2: Conventional diet	F consum.; FV consum.; BMI; Wt; WC
Rader, S. 2017 (10.1007/s00508-017- 1198-7)	AT	Head-to- head intervention	57 (100)	48 (11)	12	0 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: The web-based intervention group I2: The printed manual intervention group	ESES; ESE
Raja-Khan, N. 2017 (10.1002/oby.21910)	US	Head-to- head intervention	86 (100)	45 (13)	2	39 (9)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: MBSR I2: health education	SE; SQ; QoL; S
Rapoport, L. 2000 (10.1038/sj.ijo.080146 5)	GB	Head-to- head intervention	75 (100)	47 (11)	3	35 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Standard- cognitive behavioral therapy I2: Modified- cognitive behavioral therapy	Copg. DIS; DH; PA; HR MON; WHR; HS; BMI; Wt; WC; SBP; DBP; QoL; DEPR; S
Reeves, M. 2017 (10.1111/ajco.12629)	AU	Intervention vs usual care	90 (100)	55 (9)	6	31 (4)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: weight loss intervention:	Copg. DIS; Wt; WC; QoL
Richardson, C. R. 2016 (10.1249/tjx.00000000 00000017)	US	Head-to- head intervention	0 (0)	56 (10)	6	36 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Time-based I2: Simple pedometer with manual step count logging I3: Uploading pedometer with	ACM; Wt; QoL

								Internet mediated step count	
Rieger, E. 2017 (10.1016/j.brat.2017.04.012)	AU	Head-to-head intervention	148 (74)	47 (12)	12	38 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Cognitive behaviour therapy weight management program alone I2: Cognitive behaviour therapy weight management program with the addition of support people	ESE; BMI; Wt; WC; QoL; cogp. DIS
Rodriguez-Cristobal, J. J. 2017 (10.1186/s12875-017-0644-y)	ES	Intervention vs usual care*	347 (77)	57 (16)	24	34 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Motivational Intervention	Wt; SBP; DBP
Rodriguez-Martin, B. C. 2013 (10.1016/j.appet.2013.02.006)	CU	Intervention vs usual care	58 (73)	39 (14)	3	29 (2)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Self-help manual	BMI
Stolley, M. 2017 (10.1200/jco.2016.71.9856)	US	Head-to-head intervention	246 (100)	58 (10)	6	36 (6)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Guided weight loss program- Moving Forward Interventionist- Guided program I2: Self-guided weight loss program	DH; PA; HS; BF; Wt; WC
Strobl, V. 2013 (10.2340/16501977-1095)	DE	Intervention vs usual care	210 (45)	48 (10)	6	36 (4)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: Aftercare intervention	PA; BMI; Wt

Sugawara, N. 2018 (10.1016/j.jpsychires.2017.12.002)	JP	Intervention vs usual care	138 (52)	46 (10)	12	30 (5)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: doctor's weight loss advice I3: individual nutritional education group	BMI; Wt; WC; SBP; DBP; Met S
Takahashi, P. Y. 2016 (10.2147/cia.S107626)	US	Intervention vs usual care	94 (72)	63 (15)	3	0 (0)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: Immediate	PA; TS
Tate, D. F. 2007 (10.1093/ajcn/85.4.954.)	US	Head-to-head intervention	117 (58)	42 (6)	18	32 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Standard behavioral treatment I2: High physical activity	DH; F consum.; CHO; PA; Wt
Turner-McGrievy, G. 2011 (10.2196/jmir.1841)	US	Head-to-head intervention	72 (75)	43 (11)	6	33 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Podcast group I2: Podcast+Mobile group	ESE; KNWL; DH; F consum.; ADH D; ADH Ex; PA; PAEE; Wt
Carels, Robert A. 2007 (10.1037/0278-6133.26.3.369.)	US	Head-to-head intervention	46 (84)	48 (10)	6	0 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: behavioural weight loss program I2: behavioural weight loss program + Stepped care	Wt
Cancian, A. C. M. 2017 (10.1007/s40519-017-0461-2)	BR	Intervention vs usual care	55 (92)	40 (9)	2	0 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Dialectical behaviour therapy	Copg. DIS; ME; DEPR; S; ANX
Byrne, N. M. 2006 (10.1038/oby.2006.205)	AU	Intervention vs usual care	nr	38 (5)	8	29 (2)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: personalized weight management program	Wt; WC

Burke, V. 2005 (10.1097/01.hjh.0000170388.61579.4f)	AU	Intervention vs usual care	134 (56)	55 (7)	4	30 (3)	Other focus: yes Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Lifestyle programme	Wt; WC; SBP; DBP
Burke, L. E. 2017 (10.1016/j.pmedr.2017.03.017)	US	Head-to-head intervention	34 (87)	45 (13)	3	34 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Self-monitoring group I2: Self-monitoring + Feedback group I3: Self-monitoring +FB + lifestyle group	SE; Prog. ADH; Wt; SBP; DBP
Bolognesi, M. 2006 (10.1207/s15324796a bm3102_10)	IT	Intervention vs usual care	51 (53)	0 (0)	6	31 (1)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Physical activity counseling	BMI; WC
Bergman, F. 2018 (10.1016/S2468-2667(18)30163-4)	SE	Intervention vs usual care	44 (55)	52 (7)	13	0 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Treadmill	TS; PAI; ST
Bennett, G. G. 2018 (10.1016/j.amepre.2018.07.005)	US	Intervention vs usual care	239 (68)	51 (9)	12	36 (4)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: App self-monitoring	BMI; WC
Bennett, G. G. 2010 (10.1038/oby.2009.242)	US	Intervention vs usual care	84 (47)	54 (8)	3	35 (3)	Other focus: yes Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Web-based weight loss program	Wt
Bender, M. S. 2018 (10.1016/j.conctc.2018.09.004)	PH	Intervention vs usual care	35 (52)	42 (12)	3	31 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Fit&Trim program	BMI; Wt; WC
Befort, Christie A. 2008 (10.1007/s10865-008-9161-8)	US	Head-to-head intervention	44 (100)	44 (12)	4	40 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Behavioural loss program + Motivational interview I2: Behavioural loss program + health education	ESES; ESE; FV consum.; ACM; BMI; Wt



Befort, C. A. 2010 (10.1016/j.eatbeh.2009.08.002)	US	Head-to-head intervention	34 (100)	48 (12)	6	34 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: group phone counseling I2: individual phone counseling	F consum.; FV consum.; PAI; Wt
Beebe, N. 2013 (10.1089/acm.2012.0531)	US	Head-to-head intervention	32 (100)	61 (6)	4	34 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: dietary education I2: dietary education + tai chi	F consum.; CHO; FV consum.; HS; BMI; Wt; WC
Bartels, S. J. 2015 (10.1176/appi.ajp.2014.14030357)	US	Head-to-head intervention	107 (51)	44 (11)	nr	37 (8)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Access to fitness club I2: In SHAPE	F consum.; CHO; FV consum.; BMI; Wt; WC
Aoike, D. T. 2015 (10.1007/s11255-014-0894-8)	BR	Intervention vs usual care	10 (35)	55 (8)	3	31 (4)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: home-based aerobic exercise	BF; BMI; Wt; SBP; DBP
Anglin, J. C. 2012 (10.1177/0260106012459994)	US	Head-to-head intervention	nr	0 (0)	1,5	34 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: calorie restriction I2: Intuitive eating	BMI; Wt; WC
Andrade, A. M. 2010 (10.1016/j.pec.2010.01.006)	BR	Head-to-head intervention	239 (100)	38 (7)	12	31 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Control I2: Intervention	ESES; ESE; cogp. DIS; DH; PA; TS; BMI; Wt
Anderson, J. W. 2011 (10.3810/pgm.2011.09.2476)	US	Head-to-head intervention	34 (76)	48 (9)	5,5	35 (2)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Meal replacement fruits and vegetables I2: Control	Wt; WC
Almeida, F. A. 2015 (10.1002/oby.20899.)	US	Head-to-head intervention *	1321 (74)	47 (3)	12	33 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Internet-based intervention with monetary incentives I2: Living my weight	F consum.; CSD consum.; Fb consum.; FV consum.; PA; BMI; Wt
Alizadeh, Z. 2013 (DOI NOT FOUND)	IR	Intervention vs usual care	45 (100)	33 (8)	3	31 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Continuous exercise	DH; BMI; Wt; WC

								I3: Intermittent exercise	
Alghamdi, R. Q. 2017 (10.15537/smj.2017.8.20553)	SA	Intervention vs usual care	70 (50)	36 (10)	3	39 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Intensive lifestyle intervention	BMI; Wt; WC; SBP; DBP
Ahrens, Renee A. 2003 (10.1331/154434503322452210.)	US	Head-to-head intervention	nr	48 (9)	5	29 (2)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Meal replacement I2: Reduced-calorie diet	Wt; WC; SBP; DBP
Ahern, A. L. 2017 (10.1016/s0140-6736(17)30647-5)	GB	Head-to-head intervention	862 (68)	53 (14)	0.03	35 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: brief intervention I2: 12-week programme I3: 52-week programme	Wt; WC; SBP; DBP; QoL
Adachi, Y. 2007 (10.1016/j.brat.2006.03.017)	JP	Head-to-head intervention	205 (100)	46 (10)	7	26 (2)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: full KT program + self-monitoring I2: full KT program I3: KT booklet + self-monitoring I4: KT booklet	BMI; Wt
Van Gemert, W. A. M. 2015 (10.1371/journal.pone.0127520)	NL	Intervention vs usual care	240 (100)	60 (5)	4	29 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: diet group I3: exercise group	Wt; QoL
Hinderliter, A. L. 2014 (10.1093/ajh/hpt183)	US	Intervention vs usual care	96 (67)	52 (10)	4	33 (4)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: Dietary Approaches to Stop Hypertension I3: Dietary Approaches to Stop Hypertension	Wt; SBP; DBP

								+ behavioural weight management	
Hernández-Cordero, S. 2014 (10.3945/jn.114.1934 90. )	MX	Head-to-head intervention	268 (100)	33 (7)	9	31 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: water and education provision I2: education provision	CSD consum.; BF; BMI; Wt; WC; SBP; DBP
Fernández-Ruiz, Virginia E. 2018 ( 10.1111/ijn.12690. )	ES	Intervention vs usual care	37 (50)	61 (9)	12	33 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: multidisciplinary program	WHR; HS; BF; BMI; Wt; WC
Ewert, Carola Pérez 2016 (DOI NOT FOUND)	CL	Intervention vs usual care	46 (66)	53 (9)	9	30 (2)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Modelo multicomponent	PA; HS; Wt
Teeriniemi, A. M. 2018 (10.1111/joim.12802)	FI	Intervention vs usual care	262 (56)	46 (10)	24	31 (2)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Control + HBCSS I3: CBT-counselling I4: CBT-counselling + HBCSS I5: SHG-counselling I6: SHG-counselling + HBCSS	BMI; Wt; WC
Eaton, C. B. 2016 (10.1370/afm.1952)	US	Head-to-head intervention	167 (79)	49 (12)	24	38 (7)	Other focus: yes Inclusion criteria: no Comorbidity: hypertension	I1: Standard intervention I2: Enhanced intervention	PA; BMI; Wt
Hardcastle, Sarah 2008	GB	Intervention vs usual care	216 (65)	51 (1)	6	34 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Counselling	DH; PA; BMI; Wt; SBP; DBP

(10.1016/j.pec.2007.09.014)								intervention (treatment)	
Ash, S. 2006 (10.1038/sj.ijo.0803263)	AU	Intervention vs usual care	144 (75)	48 (13)	2	35 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Individualized dietetic treatment I3: Group-based cognitive behavior therapy lifestyle intervention	SE; WM; BMI; Wt; WC
Davis Martin, P. 2006 (10.1038/oby.2006.160)	US	Intervention vs usual care*	144 (100)	42 (12)	6	39 (8)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: tailored weight management interventions	Wt
Berry, D. 2015 (DOI NOT FOUND)	US	Intervention vs usual care	60 (100)	27 (6)	9	34 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Community-based weight management	SE; Exercise SE; Eating SE; DH; PA; BMI; WC; SKF; S
Womble, L. G. 2004 (10.1038/oby.2004.124)	US	Head-to-head intervention	47 (100)	44 (10)	12	34 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: eDiets.com - A commercial internet weight loss program group I2: Weight loss manual group	WM
Xiao, Tan 2016 (10.3390/nu8110751)	FI	Intervention vs usual care	0 (0)	52 (10)	6	29 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: 6-month diet intervention	PA; PAEE; ST; BF; Wt; WC
Annesi, J. 2013 (10.1123/jpah.10.7.1024.)	US	Head-to-head intervention	nr	44 (6)	6	40 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Nutritional education I2: cognitive-behavioral methods	ESEE; EE; Eating SE; copg. DIS; FV consum.; PA; Wt

Annesi, J. J. 2010 (10.1097/MAJ.0b013e3181c175e9)	US	Head-to-head intervention	210 (100)	45 (10)	6	36 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: control I2: behaviorally based exercise	ESES; copg. DIS
Annesi, J. J. 2010 (10.1016/j.bodyim.2010.05.001)	US	Head-to-head intervention	150 (100)	42 (11)	6	37 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Control I2: The coach approach	ESES; copg. DIS; Wt
Annesi, J. J. 2008 (10.7812/tpp/07-134.)	US	Head-to-head intervention	273 (100)	43 (10)	6	37 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Coach approach I2: Coach approach + cultivating health I3: Control group	ESES; copg. DIS; BMI; WC; SBP; DM
Tate, D. F. 2003 (10.1001/jama.289.14.1833)	US	Head-to-head intervention	83 (90)	49 (9)	12	33 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Basic internet I2: Behavioral e-Counseling	PA; BMI; Wt; WC
Tate, D. F. 2001 (10.1001/jama.285.9.1172.)	US	Head-to-head intervention	81 (89)	41 (11)	6	29 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Internet education I2: Internet behavior therapy	DH; PA; Wt; WC
Tay, J. 2015 (10.3945/ajcn.115.112581.)	AU	Head-to-head intervention	49 (37)	58 (7)	12	35 (4)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Low-carbohydrate diet I2: High-carbohydrate diet	DH; PA; BMI; WC; SBP; DBP
West, D. S. 2011 (10.1016/j.amepre.2011.06.041)	US	Intervention vs usual care*	84 (37)	71 (7)	3	36 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Lifestyle intervention	Wt
Steinberg, D. M. 2013 (10.2196/jmir.2844)	US	Head-to-head intervention	50 (100)	38 (8)	6	36 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Shaped plan I2: Educational control	BMI; Wt
Tanaka, K. 2018 (10.2147/jmdh.S165422)	JP	Intervention vs usual care	1 (1)	46 (10)	2	28 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Wellness Coach	F consum.; CSD consum.; ME; Wt; WC; SBP; DBP

Tapsell, L. C. 2017 (10.1136/bmjopen-2016-014533)	AU	Intervention vs usual care	186 (74)	45 (2)	12	32 (1)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Interdisciplinary Intervention	Copg. DIS; F consum.; CHO; Fb consum.; PA; TS; Wt; SBP; DBP; QoL
Young, A. S. 2017 (10.1007/s11606-016-3963-0)	US	Intervention vs usual care	nr	54 (10)	6	34 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: WebMOVE I3: MOVE SMI	BMI; Wt
Thomas, J. G. 2017 (10.1002/oby.21846)	US	Intervention vs usual care	210 (77)	55 (12)	12	34 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: WWO (Weight Watchers Online) I3: WWO + AL (ActiveLinkVR activity tracking)	PAI; Wt
Thomas, J. G. 2017 (10.1002/osp4.132)	US	Head-to- head intervention	77 (84)	56 (11)	6	34 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Weight Watchers Online I2: Weight Watchers Online Enhanced	BMI
Tuomilehto, H. 2010 (10.3945/ajcn.2010.29 485.)	FI	Intervention vs usual care	19 (23)	52 (9)	12	32 (3)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: Dietary intervention	BMI; Wt; WC; SBP; DBP
Vincent, D. 2014 (10.1177/0145721714 521020.)	US	Head-to- head intervention	45 (78)	51 (12)	5	34 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Control group I2: Estilo De Vida Saludable group	ESES; ESE; F consum.; FV consum.; BMI; Wt; WC
Voils, C. I. 2017 (10.7326/m16-2160)	US	Intervention vs usual care	34 (15)	62 (8)	10,5	36 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Maintenance	Wt
Weiss, E. P. 2016 (10.3945/ajcn.116.131 391)	US	Head-to- head intervention	39 (57)	57 (5)	3	28 (2)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Calorie Restriction I2: Endurance Exercise training	DH; WHR; BMI; Wt; WC

								I3: Weight loss from calorie restriction and exercise combined	
Watson, A. 2012 (10.2196/jmir.1629)	US	Head-to-head intervention	59 (84)	42 (0)	3	30 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Control group I2: An Internet-Based Virtual Coach	TS; BMI
Watson, N. 2016 (10.3390/nu8050289)	AU	Head-to-head intervention	28 (46)	54 (8)	5	34 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: A High protein diet I2: A High carbohydrate diet	DH; F consum.; CHO; PA; WM; BMI; Wt; WC; SBP; DBP
Webber, K. H. 2016 (10.1016/j.nut.2016.01.008)	US	Head-to-head intervention	41 (84)	45 (9)	5	37 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: A behavioral weight loss program I2: Emotional Brain Training, EBT	DH; Prog. ADH; PA; BMI; Wt; SBP; DBP; DEPR; S
Webber, K. H. 2018 (DOI NOT FOUND)	US	Head-to-head intervention	23 (69)	53 (11)	13	36 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Stress reduction and intuitive eating I2: Emotional brain training	DH; Prog. ADH; Wt; SBP; DBP; DEPR; S
Webber, K. H. 2010 (10.1016/j.jneb.2009.03.001)	US	Head-to-head intervention	66 (100)	50 (10)	4	31 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Received Minimal intervention I2: Received Enhanced intervention	PA; PAEE; Wt
Yang, Z. 2016 (10.1002/oby.21527)	CN	Head-to-head intervention	300 (80)	49 (7)	6	28 (2)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: control group-Nutrition Education I2: Intervention group	BMI; Wt; WC; SBP; DBP

Yin, Z. 2018 (10.1093/inthealth/ihx072)	CN	Head-to-head intervention	184 (100)	52 (7)	6	27 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: comparison group I2: PATH	DH; PA; BMI; Wt; WC
Simpson, S. A. 2015 (10.3310/hta19500)	GB	Intervention vs usual care	144 (85)	0 (0)	12	34 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Less intensive intervention I3: Intensive intervention	DH; F consum.; Fb consum.; PA; WHR; BMI; Wt; WC; QoL
Jackson, J. B. 2018 (10.1037/ccp0000313)	IT	Head-to-head intervention	60 (100)	46 (11)	7	40 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Brief strategic therapy I2: Cognitive-behavioral therapy	Wt
Jakicic, J. M. 2015 (10.1249/mss.000000000000482)	US	Head-to-head intervention	170 (80)	43 (9)	18	33 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: standard behavior weight loss interventions I2: additional strategies at the initiation of the intervention (ADOPT) I3: the additional strategies at predetermined times over the intervention period (MAINTAIN)	DH; F consum.; CHO; PA; BF; BMI; Wt; WC
Jakicic, J. M. 2014 (10.1002/oby.20830)	US	Head-to-head intervention	300 (83)	42 (9)	18	33 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: standard behavioral weight loss intervention I2: stepped-care intervention	DH; F consum.; CHO; PA; PAEE; BF; BMI; Wt; WC; SBP; DBP



Jenkins, D. J. A. 2017 (10.1016/j.jacc.2016.10.089)	CA	Intervention vs usual care	710 (77)	45 (12)	6	32 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Advice I3: Food I4: Advice & Food	F consum.; CHO; Fb consum.; FV consum.; BMI; Wt; WC; SBP; DBP
Jensen, P. 2013 (10.1001/jamadermatol.2013.722.)	DK	Head-to-head intervention	28 (47)	51 (10)	4	34 (5)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: conventional diet programma I2: Intensive weight loss therapy (the LED group)	BMI; Wt; WC
Johnson, K. E. 2018 (10.1089/tmj.2018.0002)	US	Intervention vs usual care	nr	45 (16)	3	35 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Control - In-Person Coaching Group I3: Videoconferencing Coaching Group	TS; BMI; Wt; SBP; DBP
Hagberg, L. A. 2014 (10.1186/1471-2458-14-38)	SE	Intervention vs usual care	62 (91)	33 (4)	3	30 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Diet group I3: Exercise group I4: Diet & exercise group	TS; REE; PA; PAEE; BF; BMI; Wt
Seligman, B. G. S. 2011 (10.1016/j.metabol.2011.05.006.)	BR	Intervention vs usual care	26 (35)	43 (8)	3	35 (1)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Healthy Diet Step Counter I3: Healthy Diet Fitness	BMI; Wt; WC; SBP; DBP
Sellman, D. 2017 (DOI NOT FOUND)	NZ	Head-to-head intervention	91 (84)	44 (11)	3	41 (7)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Green Prescription + Kia Akina I2: Green Prescription	Copg. DIS; PPR; PA; Wt; QoL

Set, T. 2017 (DOI NOT FOUND)	TR	Head-to-head intervention	94 (100)	37 (9)	6	34 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Control group I2: small group training	BF; BMI; Wt; WC
Tzvetanov, I. 2014 (10.1016/j.transproced.2014.05.085.)	US	Intervention vs usual care	10 (59)	46 (14)	12	39 (6)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: multidisciplinary rehabilitation program	Prog. ADH; BMI
Wachsberg, K. N. 2014 (10.1002/jhm.2215)	US	Intervention vs usual care	114 (65)	49 (10)	6	38 (5)	Other focus: yes Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Inpatient Obesity Intervention With Post discharge Telephone follow up	WM; Wt
Wright, N. 2017 (10.1038/nutd.2017.3)	NZ	Intervention vs usual care	39 (60)	56 (10)	3	34 (2)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Non-restricted whole food plant-based diet	SE; ESES; PA; BMI; Wt; WC; QoL
Yardley, L. 2014 (10.1186/1479-5868-11-67)	GB	Intervention vs usual care	118 (66)	51 (13)	6	36 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Web-based I3: Web-based + basic nurse support I4: Web-based + regular nurse support	Wt
Azar, K. M. 2015 (10.1007/s13142-014-0296-6)	US	Intervention vs usual care	0 (0)	45 (10)	3	35 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Intervention Group	BMI; Wt
Beavers, K. M. 2014 (10.1002/oby.20607)	US	Head-to-head intervention	67 (23)	67 (5)	18	33 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: PA+WL I2: PA-only I3: SA	PA; BF; BMI; Wt

Biddle, S. J. 2015 (10.1371/journal.pone.0143398)	GB	Intervention vs usual care	128 (69)	33 (6)	1,5	35 (5)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: Intervention group	PA; ACM; BMI; Wt; WC; SBP; DBP; QoL; DEPR
Burke, L. E. 2015 (10.1002/oby.21238)	US	Intervention vs usual care	108 (83)	53 (10)	18	33 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Self efficacy+ standard behavioral weight loss treatment	ESE; DH; F consum.; PA; Wt; QoL
Carter, M. C. 2017 (10.2196/mhealth.4520)	GB	Head-to-head intervention	99 (77)	42 (9)	6	34 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Smartphone I2: WLR website I3: Paper food diary	Prog. ADH; BF; BMI; Wt
Fernandes, J. F. 2015 (10.1017/s0007114515004018)	BR	Intervention vs usual care	18 (62)	42 (9)	4	35 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Energy restriction group	DH; PA; BMI; Wt; WC; SBP; DBD
Finkelstein, E. A. 2017 (10.1016/j.socscimed.2017.05.030)	SG	Head-to-head intervention	90 (56)	44 (10)	4	30 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Control arm I2: Reward arm	DH; TS; Wt
Fukuoka, Y. 2015 (10.1016/j.amepre.2015.01.003)	US	Intervention vs usual care	47 (77)	55 (9)	5	33 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Mobile phone intervention	ESES; SS; DH; PA; TS; BMI; Wt; SBP; DBP; DEPR
Greaney, M. L. 2017 (10.1186/s12966-017-0596-6.)	US	Intervention vs usual care	194 (100)	36 (5)	12	30 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Shape group	ACM
Greaves, C. 2015 (10.1186/s12966-014-0159-z)	GB	Intervention vs usual care	33 (30)	65 (7)	12	33 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Waste the Waist programme group	DH; ACM; TS; PAI; ST; BMI; Wt; WC; SBP; DBP; QoL
Harrigan, M. 2016 (10.1200/JCO.2015.61.6375)	US	Intervention vs usual care	100 (100)	59 (8)	6	33 (7)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: In Person I3: Telephone	F consum.; Fb consum.; FV consum.; TS; PAI; HS; BF; Wt; WC

Herring, S. J. 2014 (10.1016/j.jneb.2014.06.002)	US	Intervention vs usual care	18 (100)	24 (5)	3	37 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Technology- based intervention	Wt
Hosseini-Amiri, M. 2018 (10.4103/ijnmr.IJNMR _141_17)	IR	Intervention vs usual care	0 (0)	23 (2)	nr	32 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Obesity management	SE; KNWL; BMI; Wt
Hunt, K. 2014 (10.1016/s0140- 6736(13)62420-4)	GB	Intervention vs usual care	0 (0)	47 (8)	3	35 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Football Fans in Training	DH; PA; BMI; Wt; WC; SBP; DBP; QoL; DEPR
Dassen, F. C. M. 2018 (10.1016/j.appet.2017 .05.009)	NL	Head-to- head intervention	68 (75)	48 (11)	1	31 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Control condition I2: Experimental condition	SE; DH; BMI
Freitas, Patricia Duarte 2018 (10.1164/rccm.201603 -0446OC)	BR	Head-to- head intervention	50 (98)	47 (9)	3	38 (2)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: WL + Sham exercise group I2: WL + Exercise group	ACM; BMI; Wt; WC; DEPR; ANX
Gold, B. C. 2007 (10.1038/oby.2007.52 0.)	US	Head-to- head intervention	101 (81)	48 (10)	12	32 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: eDiets.com I2: VTrim	SS; DH; Wt
Gorin, A. A. 2018 (10.1002/oby.22098. )	US	Intervention vs usual care	89 (69)	53 (11)	6	34 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Weight Watchers	Wt
Carnie, A. 2013 (10.1038/nutd.2013.3 9)	US	Head-to- head intervention	199 (100)	46 (6)	6	34 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: internet wellness information combined with nutritioneducation group sessions I2: internet wellness information alone	PA; HS; BF; Wt; WC

Chang, S. H. 2016 (10.1111/jocn.13301.)	TW	Head-to-head intervention	61 (45)	55 (14)	6	30 (3)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: The southern district control group I2: The northern district intervention group	BMI; Wt; WC; SBP; DBP
Coles, L. T. 2014 (10.1186/1479-5868-11-64)	AU	Head-to-head intervention	66 (46)	58 (7)	12	35 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: no choice group I2: Choice group	Wt; SBP; DBP
Conroy, M. B. 2014 (10.1007/s11606-014-3077-5)	US	Head-to-head intervention	99 (100)	54 (5)	3	35 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Self-guided I2: Interventionist-led	PA; BMI; Wt; WC; SBP; DBP
Volger, S. 2013 (10.1038/ijo.2013.91)	US	Intervention vs usual care	nr	52 (12)	24	39 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Brief LC I3: Enhanced Brief LC	DH; F consum.; FV consum.; PA; BMI; Wt
Williams, A. 2018 (10.1097/j.pain.0000000000001198)	AU	Intervention vs usual care	95 (59)	57 (13)	6	32 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: healthy lifestyle intervention	copg. DIS; SQ; PD; PI; FV consum.; PA; BMI; Wt; WC; QoL; DEPR; S; ANX
Yee, C. H. 2015 (10.4111/kju.2015.56.3.240)	CN	Head-to-head intervention	0 (0)	65 (7)	11	27 (2)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: weight reduction advice I2: comprehensive weight reduction program	BMI; QoL
Block, G. 2015 (10.2196/jmir.4897)	US	Intervention vs usual care	106 (31)	55 (9)	3	31 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Behavioral intervention	CHO; FV consum.; PA; BMI; Wt; WC
Yamauchi, K. 2014 (10.1186/1475-2891-13-108)	JP	Intervention vs usual care	9 (50)	57 (11)	3	28 (3)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: Intervention group	DH; BMI; Wt; WC; SBP; DBP; QoL

Carpenter, K. M. 2017 (10.1080/08964289.2017.1384359)	US	Head-to-head intervention	69 (92)	47 (10)	6	32 (2)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Weight TalkTM (WT) I2: Mind Your Weight (MYW)	SE; DH; ME; Wt; QoL; S; AN
Dutton, G. R. 2014 (10.1186/s12966-014-0123-y)	US	Head-to-head intervention	57 (86)	50 (11)	12	37 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Small treatment group I2: Large treatment group	SM DI; Wt
Yancy, W. S., Jr. 2015 (10.7326/m14-2358)	US	Head-to-head intervention	56 (27)	55 (11)	12	36 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Comparator arm I2: Choice arm	KNWL; DH; Prog. ADH; ADH D; PA; BMI; WC; QoL
Ashwell, M. 2014 (10.1159/000369193)	GB	Head-to-head intervention	180 (100)	38 (7)	5,5	31 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Standardised Web-Based Programme I2: Interactive website with ready to eat cereals	Prog. ADH; BMI; Wt; WC
Crane, M. M. 2015 (10.1002/oby.21265)	US	Intervention vs usual care	0 (0)	44 (11)	6	31 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Internet-delivered Rethinking Eating and FITness	ESES; ESE; DH; SM Wt; REE; WM; Wt; WC
Dunn, C. 2016 (10.1002/oby.21315)	US	Intervention vs usual care	54 (68)	48 (10)	6	35 (8)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Eat Smart, Move More, Weigh Less Online	DH; PA; BMI; Wt
Aveyard, P. 2016 (10.1016/s0140-6736(16)31893-1)	GB	Intervention vs usual care	1076 (57)	56 (16)	3	35 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Advice plus weight loss programme group	Wt

Borkoles, E. 2016 (10.1016/j.maturitas.2015.09.010)	GB	Intervention vs usual care	nr	40 (8)	3	39 (8)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Initial intervention group	SE; Wt
White, M. A. 2017 (10.1177/1359105317701560)	US	Head-to-head intervention	39 (72)	46 (11)	3	33 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Internet-administered smoking cessation treatment with health education I2: Internet-administered smoking cessation plus CBT for weight concerns	BMI; Wt
Barnes, R. D. 2014 (10.1002/oby.20889)	US	Intervention vs usual care	68 (76)	48 (11)	3	35 (7)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Motivational Interviewing I3: Nutrition Psychoeducation	SE; copg. DIS; Wt; SBP; DBP; DEPR
Cadmus-Bertram, L. A. 2015 (10.1016/j.amepre.2015.01.020.)	US	Head-to-head intervention	51 (100)	60 (7)	4	29 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Web-Based Tracking Group I2: Pedometer Group	PA; TS; Wt
Carels, R. A. 2014 (10.1177/1359105312470156)	US	Head-to-head intervention	46 (78)	44 (13)	3	40 (10)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Transforming your life I2: New perspectives	Copg. DIS; Wt
Christaki, E. 2013 (10.1111/jhn.12086)	GR	Intervention vs usual care	34 (100)	47 (12)	2	38 (7)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Intervention group	SE; copg. DIS; DH; BMI; Wt; S
Grossman, J. A. 2018 (10.1097/gme.0000000000001013)	US	Head-to-head intervention	11 (100)	59 (5)	4	32 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Endurance group I2: High-intensity interval training	DH; ADH measure; WM; BMI; Wt; WC

Huber, J. M. 2015 (10.1186/s13063-015-0880-1)	US	Intervention vs usual care	67 (74)	48 (13)	3	36 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Telecoaching plus a portion control plate for weight care management	EE; DH; PA; BMI; Wt; WC
Ingraham, N. 2017 (10.1177/1524839916670874)	US	Intervention vs usual care	80 (100)	53 (0)	3	0 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Women's Health and Mindfulness (WHAM)	DH; ME; PA; QoL
Haggerty, A. F. 2016 (10.1016/j.ygyno.2015.11.033)	US	Head-to-head intervention	20 (100)	60 (7)	6	36 (6)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Telemedicine I2: Text4Diet	Wt
Halperin, D. T. 2018 (10.1016/j.jneb.2018.07.014)	PR	Intervention vs usual care	29 (76)	0 (0)	2	31 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Social support educational sessions	SS; DH; PA; BMI; S
Helena, I. 2013 (10.1007/s11325-013-0929-x.)	SE	Intervention vs usual care	15 (21)	55 (12)	6	35 (5)	Other focus: yes Inclusion criteria: yes Comorbidity: other	I1: Usual care I2: Tailored behavioral medicine intervention	DH; ACM; TS; BMI; Wt; WC
Katula, J. A. 2011 (10.2337/dc10-2115)	US	Intervention vs usual care	128 (43)	58 (10)	12	33 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Lifestyle weight loss intervention	BMI; Wt; WC; SBP; DBP
Kesman, R. L. 2011 (10.1186/1756-0500-4-346)	US	Intervention vs usual care	40 (62)	56 (10)	6	0 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Portion control	WM
Kim, J. Y. 2015 (10.2196/mhealth.3949)	KR	Head-to-head intervention	0 (0)	41 (7)	6	28 (2)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Control I2: Tailored text-messaging	PA; Wt; QoL



Koniak-Griffin, D. 2015 (10.1016/j.ijnurstu.2014.09.005)	US	Intervention vs usual care	223 (100)	45 (8)	6	33 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Behavioral intervention	DH; ACM; BMI; Wt; WC; SBP; DBP
Laing, B. Y. 2014 (10.7326/m13-3005)	US	Intervention vs usual care	155 (73)	43 (14)	6	33 (7)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: MyfitnessPal app	SE; ESE; DH; PA; Wt; SBP
LaRose, J. G. 2017 (10.1177/1359105316688951)	US	Head-to-head intervention	41 (78)	22 (2)	3	34 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Face-to-face behavioral weight loss I2: Web-based behavioral weight loss I3: Hybrid-format behavioral weight loss (Hybrid)	Prog. ADH; BMI; Wt
Leahey, T. M. 2015 (10.1002/oby.20937)	US	Head-to-head intervention	221 (83)	46 (11)	3	34 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: SURI + internet behavioral weight loss I2: SURI + internet behavioral + financial incentives I3: SURI + internet behavioral + optional group sessions	Prog. ADH; Wt
Lin, P. H. 2014 (10.1002/oby.20686)	CN	Intervention vs usual care	74 (60)	38 (8)	6	28 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Text-messages	BMI; Wt; WC
Liu, J. 2018 (10.1016/j.ypped.2018.07.015)	US	Head-to-head intervention	178 (68)	52 (10)	20	0 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: enhanced usual care I2: stepped down approach	BMI; Wt; SBP; DM

Madigan, C. D. 2014 (10.1186/s12966-014-0125-9)	GB	Intervention vs usual care	116 (63)	54 (15)	3	36 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Self-weighting	PA; Wt
Manini, T. M. 2014 (10.1093/gerona/gls337)	US	Head-to-head intervention	27 (100)	64 (6)	6	36 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Dietary restriction + exercise intervention I2: health educational control group	PA; Wt; QoL
Manini, T. M. 2010 (10.1038/oby.2009.317.)	US	Head-to-head intervention	122 (68)	76 (4)	12	36 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Successful aging I2: Physical activity	PA; BMI; Wt
Mantzios, M. 2014 (10.1111/aphw.12023)	GR	Head-to-head intervention	65 (38)	23 (4)	1,5	29 (2)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Individual setting I2: Group setting	BMI; Wt
Marcon, E. R. 2017 (10.1007/s11695-016-2365-z.)	BR	Intervention vs usual care	51 (77)	45 (3)	4	48 (8)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: NOT -SMI: Supervised Exercise I3: Exercise + cognitive behavioral therapy	PA; HR MON; Wt; SBP; DBP
Martin, C. K. 2015 (10.1002/oby.21063)	US	Head-to-head intervention	33 (83)	44 (2)	3	30 (3)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Control (head education) I2: SmartLoss	Wt; WC; SBP; DBP
Mason, C. 2013 (10.1158/1055-9965.EPI-13-0337.)	US	Intervention vs usual care	439 (100)	58 (5)	12	31 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: dietary weight loss I3: moderate-to- vigorous intensity aerobic exercise I4: both	SS; F consum.; PA; TS; BF; BMI; Wt; WC; QoL; S

								interventions combined	
Mirkarimi, K. 2015 (10.5812/ircmj.23492v 2)	IR	Intervention vs usual care	150 (100)	38 (9)	0,5	29 (2)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Motivational interviewing I3: Motivational interviewing and intention intervention	BMI; Wt
Moss, J. 2014 (10.1155/2014/10216 4)	GB	Intervention vs usual care	nr	0 (0)	3	39 (7)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Pragmatic lifestyle intervention	HR MON; BMI; Wt; WC; SBP; DBP; QoL
Newton, R. L., Jr. 2018 (10.2196/jmir.9816)	US	Intervention vs usual care*	97 (92)	56 (10)	6	39 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Community health coaches	DH; F consum.; PA; WM; SBP; DBP; QoL
O'Brien, K. M. 2014 (10.1186/1475-2891- 13-82)	AU	Intervention vs usual care	289 (59)	42 (10)	3	32 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: basic web- based weight loss intervention I3: enhanced web- based weight loss intervention	DH; F consum.; CHO; Fb consum.; FV consum.; BMI; Wt
Olson, R. 2016 (10.2105/ajph.2016.30 3262)	US	Intervention vs usual care*	472 (18)	48 (11)	6	0 (0)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Safety and Health Involvement for Truckers	DH; PA; BF; BMI; Wt; WC; SBP; DBP
Pacanowski, C. R. 2015 (10.1155/2015/76368 0)	US	Head-to- head intervention	73 (100)	47 (10)	3	34 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Control I2: Caloric Titration Method	Wt

Palmeira, L. 2017 (10.1016/j.appet.2017.01.027)	PT	Intervention vs usual care	162 (89)	42 (9)	12	34 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Kg-Free	Copg. DIS; DH; PA; BMI; WC; QoL
Parretti, H. M. 2015 (10.1002/oby.21167)	GB	Intervention vs usual care	84 (64)	57 (10)	12	34 (2)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Usual care I2: Water preload	DH; Prog. ADH; Wt
Paskett, E. D. 2018 (10.1158/1055-9965.Epi-17-1085)	US	Head-to-head intervention *	666 (71)	56 (13)	12	33 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: Walk by faith I2: Ribbons of faith	DH; PA; Wt; SBP
Patel, Michele Lanpher 2019 (10.2196/12209)	US	Head-to-head intervention	105 (80)	43 (12)	3	32 (5)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: simultaneous I2: sequential I3: app only	BMI; Wt
Pekkarinen, T. 2015 (10.1155/2015/651460)	FI	Head-to-head intervention	201 (71)	47 (10)	4	42 (6)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: 17-week program without maintenance I2: 17-week program with one-year maintenance	BMI; Wt; QoL
Perri, M. G. 2014 (10.1002/oby.20832)	US	Head-to-head intervention	612 (78)	52 (12)	24	36 (4)	Other focus: no Inclusion criteria: no Comorbidity: other	I1: High dose treatment I2: Moderate dose treatment I3: Low dose treatment I4: Education control group	Wt

1 **Abbreviations country code:** AT: Austria; AU: Australia; BE: Belgium; BR: Brazil; CA: Canada; CH: Switzerland; CL: Chile; CN: China; CU: Cuba; DE: Germany; DK: Denmark; ES: Spain; FI: Finland;  
2 FR: France; GB: United Kingdom of Great Britain; GR: Greece; HK: Hong Kong; HR: Croatia; IE: Ireland; IL: Israel; IN: India; IR: Iran; IT: Italy; JP: Japan; KR: Korea; LV: Latvia; MX: Mexico; MY:  
3 Malaysia; NL: Netherlands; NO: Norway; NZ: New Zealand; PH: Philippines; PR: Puerto Rico; PT: Portugal; SA: Saudi Arabia; SE: Sweden; SG: Singapore; TH: Thailand; TR: Türkiye; TW: Taiwan;  
4 US: United States of America; VN: Viet Nam; ZA: South Africa  
5

6 **Abbreviations outcomes:** SE: Self-efficacy; ESES: Exercise Self-efficacy; ESE: Eating Self-efficacy; BF: Body fat; BMI: Body Mass Index; Wt: Weight; WC: Waist size; SBP: Systolic blood pressure;  
7 DBP: Diastolic blood pressure; QoL: Quality of Life; DEPR: Depression; S: Stresscoping; DIS: Coping with the disease; DH: Dietary habits; F consum.: Consumption of fat; CHO: Carbohydrates;

8 Fb consum.: Fiber consumption; FV consum.: Fruit and vegetable consumption; Prog. ADH: Adherence to programme; MA: Medication adherence; ADH measure: Measure of adherence; SM  
9 DI: Self-Monitoring Dietary Intake; SM Wt: Self-Monitoring Weight; PA: Physical activity; S per D: Steps/Day; TS: Total steps; DM: Diabetes mellitus; SS: Social support; INTEG work: Integration  
10 at work; PPR: Patient-healthcare provider relationship; SDM: share decision making; FFS: Fee-for service and Value-based care; P4C: Pay-for-Coordination; P4P: Pay-for-Performance; B pmt/E-  
11 C pmt: Bundled Payment or Episode-of-Care Payment; BPCI adv + CJR: Advanced model and the Comprehensive Care for Joint Replacement model; SSP: Shared Savings Programs (Upside and  
12 Downside); CDPM tool: A Tool for Strengthening Chronic Disease Prevention and Management Through Dialogue, Planning and Assessment; CE: cost-effectiveness/value for money; KNWL:  
13 Knowledge; HL: Health Literacy; Pat. A: Patient activation; M + RTC: Motivation and readiness to change; SQ: Sleep Quality; SF: Sexual functioning; PD: Pain disability; PI: Pain intensity; CSD  
14 consum.: Consumption of soda pop and soft drinks; ME: Mindful eating; ADH D: Adherence to diet; ADH Ex: Adherence to exercise; ADH LS ADV: Adherence to lifestyle advice; SM PA: Self-  
15 Monitoring Physical Activity; ACM: Accelerometry; HR MON: Heart rate monitoring; REE: Resting Energy Expenditure; PAEE: Physical Activity Energy Expenditure; PAI: Physical Activity Intensity;  
16 ST: Sedentary time; WM: Weight management; WHR: Waist/hip ratio; HS: Hip size; SKF: Skin fold thickness; CMs: Comorbidities; mean AP: Mean arterial pressure; Met S: Metabolic syndrome;  
17 HD: Heart disease; ANX: Anxiety  
18  
19 **Other abbreviations:** nr: not reported