

Question: Should bariatric surgery vs. non-surgical management be used for weight loss?

Certainty assessment							№ of patients		Effect		Certainty	Importance
№ of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Bariatric surgery	Non surgical management	Relative (95% CI)	Absolute (95% CI)		
EWL (assessed with: %)												
1	randomised trials	serious	not serious	very serious	not serious	very strong association	20	24	-	MD 52.6 % higher (42.07 higher to 63.13 higher)	⊕⊕⊕○ MODERATE	CRITICAL
Post-intervention weight (assessed with: kg)												
4	randomised trials	serious	serious	serious	not serious	strong association	129	132	-	MD 19.25 lower (26.94 lower to 11.57 lower)	⊕⊕○○ LOW	CRITICAL
Complications												
10	randomised trials	serious	serious	serious	serious	publication bias strongly suspected	226/572 (39.5%)	109/423 (25.8%)	OR 2.44 (1.47 to 4.06)	201 more per 1.000 (from 80 more to 327 more)	⊕○○○ VERY LOW	CRITICAL
Mortality												
10	randomised trials	serious	not serious	serious	not serious	none	0/393 (0.0%)	3/296 (1.0%)	RD -0.01 (-0.03 to 0.01)	10 more per 1.000 (from 10 fewer to 30 more)	⊕⊕○○ LOW	CRITICAL

HbA1c (assessed with: mg/dL)

7	randomised trials	serious	very serious	serious	not serious	none	289	220	-	MD 0.04 lower (1.18 lower to 1.09 higher)	⊕○○○ VERY LOW	IMPORTANT
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Systolic blood pressure (assessed with: mmHg)

6	randomised trials	serious	not serious	serious	not serious	none	260	184	-	MD 2.13 lower (4.36 lower to 0.09 higher)	⊕⊕○○ LOW	IMPORTANT
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Diastolic blood pressure (assessed with: mmHg)

6	randomised trials	serious	serious	serious	not serious	none	260	184	-	MD 1.15 lower (3.5 lower to 1.21 higher)	⊕○○○ VERY LOW	IMPORTANT
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Total cholesterol

7	randomised trials	serious	very serious	serious	not serious	none	294	223	-	SMD 0.56 lower (1.33 lower to 0.2 higher)	⊕○○○ VERY LOW	IMPORTANT
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Triglycerides

6	randomised trials	serious	very serious	serious	not serious	none	195	182	-	SMD 1.09 lower (1.74 lower to 0.44 lower)	⊕○○○ VERY LOW	IMPORTANT
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LDL

6	randomised trials	serious	very serious	serious	not serious	none	262	174	-	SMD 0.71 lower (1.6 lower to 0.18 higher)	⊕○○○ VERY LOW	IMPORTANT
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HDL

6	randomised trials	serious	very serious	serious	not serious	none	260	184	-	SMD 0.82 higher (0.14 higher to 1.51 higher)	⊕○○○ VERY LOW	IMPORTANT
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T2DM resolution

5	randomised trials	serious	not serious	serious	very serious	very strong association	135/213 (63.4%)	6/115 (5.2%)	OR 29.07 (12.69 to 66.63)	563 more per 1.000 (from 359 more to 734 more)	⊕⊕○○ LOW	IMPORTANT
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CI: Confidence interval; **MD:** Mean difference; **OR:** Odds ratio; **SMD:** Standardised mean difference