

Supplementary Table 8. Quality of the evidence assessment for included studies evaluating the effects of IF in adults with overweight/obesity

No. of studies	Quality assessment						Effect			Quality	
	Design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	IF	Control	Relative (95% CI)		Absolute
HbA1c (follow-up 12–24 wk; better indicated by lower values)											
3	Randomized trials	Serious	No serious inconsistency	Serious	Serious	None	88	85	-	MD, 0.11 higher (0.04 lower–0.26 higher)	Very low
Fasting glucose, mg/dL (follow-up 12–24 wk; better indicated by lower values)											
5	Randomized trials	No serious risk of bias	No serious inconsistency	Serious	Serious	None	179	180	-	MD, 0.89 lower (4.3 lower–2.53 higher)	Low
Fasting insulin, µU/mL (follow-up 12–24 wk; better indicated by lower values)											
4	Randomized trials	No serious risk of bias	No serious inconsistency	Serious	Serious	None	154	160	-	MD, 0.43 lower (1.99 lower–1.14 higher)	Low
BW, kg (follow-up 12–24 wk; better indicated by lower values)											
8	Randomized trials	Serious	No serious inconsistency	Serious	Serious	None	274	280	-	MD, 1.22 lower (3.49 lower–1.05 higher)	Very low
HOMA-IR (follow-up 12–24 wk; better indicated by lower values)											
2	Randomized trials	Serious	No serious inconsistency	Serious	Serious	None	57	62	-	MD, 0.22 lower (1.48 lower–1.05 higher)	Very low
BMI, kg/m² (follow-up 12–24 wk; better indicated by lower values)											
5	Randomized trials	No serious risk of bias	No serious inconsistency	Serious	Serious	None	192	188	-	MD, 0.49 lower (1.13 lower–0.14 higher)	Very low
BW, kg (follow-up 12–24 wk; better indicated by lower values)											
8	Randomized trials	No serious risk of bias	No serious inconsistency	Serious	Serious	None	274	280	-	MD, 1.22 lower (3.49 lower–1.05 higher)	Low
WC, cm (follow-up 12–24 wk; better indicated by lower values)											
3	Randomized trials	Serious	No serious inconsistency	Serious	Serious	None	93	87	-	MD, 1.95 lower (4.09 lower–0.2 higher)	Very low
SBP, mm Hg (follow-up 12–24 wk; better indicated by lower values)											
6	Randomized trials	No serious risk of bias	Serious	Serious	Serious	None	203	201	-	MD, 0.87 higher (2.56 lower–4.39 higher)	Very low
DBP, mm Hg (follow-up 12–24 wk; better indicated by lower values)											
6	Randomized trials	No serious risk of bias	Serious	Serious	Serious	None	203	201	-	MD, 0.16 lower (2.89 lower–2.56 higher)	Very low

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Supplementary Table 8. Continued

No. of studies	Design	Risk of bias	Quality assessment				No. of patients		Effect		Quality
			Inconsistency	Indirectness	Imprecision	Other considerations	IF	Control	Relative (95% CI)	Absolute	
Fat free mass, kg (follow-up 12–24 wk; better indicated by lower values)											
8	Randomized trials	Serious	No serious inconsistency	Serious	Serious	None	269	271	-	MD, 0.36 lower (0.87 lower–0.16 higher)	Very low
Fat mass, kg (follow-up 12–24 wk; better indicated by lower values)											
8	Randomized trials	Serious	No serious inconsistency	Serious	Serious	None	269	271	-	MD, 0.67 lower (1.95 lower–0.62 higher)	Very low
Fat mass, % (follow-up 12–24 wk; better indicated by lower values)											
3	Randomized trials	Serious	No serious inconsistency	Serious	Serious	None	73	69	-	MD, 0.27 higher (0.48 lower–1.01 higher)	Very low
HDL-C, mg/dL (follow-up 12–24 wk; better indicated by higher values)											
6	Randomized trials	Serious	No serious inconsistency	Serious	Serious	None	218	214	-	MD, 0.17 lower (3.27 lower–2.89 higher)	Very low
LDL-C, mg/dL (follow-up 12–24 wk; better indicated by lower values)											
5	Randomized trials	Serious	No serious inconsistency	Serious	Serious	None	193	194	-	MD, 0.24 lower (5.08 lower–4.59 higher)	Very low
TG, mg/dL (follow-up 12–24 wk; better indicated by lower values)											
6	Randomized trials	Serious	No serious inconsistency	Serious	Serious	None	218	214	-	MD, 1.51 lower (17.06 lower–14.04 higher)	Very low
HbA1c (Copy; follow-up 12–24 wk; better indicated by lower values)											
3	Randomized trials	Serious	No serious inconsistency	Serious	Serious	None	88	85	-	MD, 0.11 higher (0.04 lower–0.26 higher)	Very low
BW, kg (Copy; follow-up 12–24 wk; better indicated by lower values)											
8	Randomized trials	Serious	No serious inconsistency	Serious	Serious	None	274	280	-	MD, 1.22 lower (3.49 lower–1.05 higher)	Very low

IF, intermittent fasting; CI, confidence interval; HbA1c, glycosylated hemoglobin; MD, mean difference; BW, body weight; HOMA-IR, homeostatic model assessment for insulin resistance; BMI, body mass index; WC, waist circumference; SBP, systolic blood pressure; HDL-C, high-density lipoprotein cholesterol; LDL-C, low-density lipoprotein cholesterol; TG, triglyceride.