

Title page

A systematic review and meta-analysis of weight loss in control group participants of lifestyle randomized trials.

Running title: Control benefits in lifestyle intervention trials.

Authors and institutional affiliations:

Amira Bouzalmate-Hajjaj¹, Paloma Massó Guijarro^{1,2,4}, Khalid Saeed Khan^{1,3}, Aurora Bueno-Cavanillas^{1,3,4}, Naomi Cano-Ibáñez^{1,3,4}

1.Department of Preventive Medicine and Public Health, Faculty of Medicine, University of Granada, Granada, Spain,

2.Preventive Medicine Unit. University Hospital Virgen de las Nieves, Granada, Spain.

3.CIBER de Epidemiología y Salud Pública (CIBERESP-Spain),

4.Instituto de Investigación Biosanitaria de Granada (IBS.GRANADA)

ORCID authors:

Amira Bouzalmate Hajjaj: none, Paloma Massó Guijarro: 0000-0002-3519-9254, Khalid Saeed Khan: 0000-0001-5084-7312, Aurora Bueno-Cavanillas: 0000-0002-0649-3016, Naomi Cano-Ibáñez: 0000-0002-3640-5486

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Correspondence: Paloma Massó Guijarro.

Postal address: Department of Preventive Medicine and Public Health. Faculty of Medicine. University of Granada. Campus de la Salud. Avda. de la Investigación 11. 18016 Granada, Spain.

Email address: pmasso@ugr.es.

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Conflict of interest

The authors declare that they have no conflict of interest.

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Appendix 4. Stata analysis commands.

Meta-analysis of weight loss outcome in control group participants in lifestyle randomized controlled trials (Figure 3):

```
metan meandifference1 lcl1 ucl1, label (namevar= firstauthoryear) xlabel(-2,-1,1,2)
```

Meta-analysis of weight loss outcome in control group participants stratified by duration of follow-up in lifestyle randomized controlled trials (Figure 4):

```
metan meandifference1 lcl1 ucl1, label (namevar= firstauthoryear) by (followup_months)  
xlabel(-2,-1,1,2)
```

Meta-analyses of weight loss outcome in control group participants stratified by high-quality lifestyle randomized controlled trials (Figure 5):

```
metan meandifference1 lcl1 ucl1, label (namevar= firstauthoryear) xlabel(-2,-1,1,2)
```

Meta-analysis of weight loss outcome stratified by type of care protocols in control group participants in lifestyle randomized controlled trials (Figure 6):

```
metan meandifference1 lcl1 ucl1, label (namevar= firstauthoryear) by (controlgroup)  
xlabel(-2,-1,1,2)
```