

Summer Meeting, 4–6 July 2011, 70th Anniversary: From plough through practice to policy

Systematic review comparing the effectiveness of self help v. group weight management programme in weight loss

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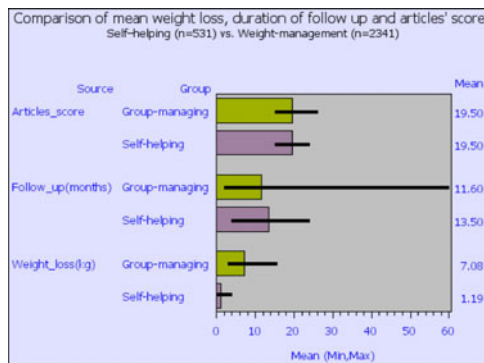
The research is a systematically review of literature comparing the effectiveness of group weight loss programme (GWLP) and self-help weight loss programmes (SHWLP). Research method was systematically searching databases Cochrane library, PUBMED and MEDLINE from 2000 until June 2010. Selection criteria were randomised controlled trials include either GWL or SHWLP or both. Obese or overweight adults aged between 18 and 65, BMI between 25 and 40. For data collection and analysis, the reviewer used standardised tools to extract data and rate every study’s methodological quality. Thirteen articles were included, six were in the SHWLP and nine were in GWLP. The mean methodological quality score was 19.5 in both groups (the minimum score was 6, while the maximum score was 26, see Table 1). The mean weight loss (kg) for SHWLP was 1.19, while GWLP had 7.08. The GWL intervention had a mean follow up months of 11.6, while the SHWLP had 13.5 (see Table 2). Higher weight loss was noticed in the GWLP as compared with the SHWLP (see graph 1). The final results should be used with care because of lack of Meta analysis in the review as the data were inhomogeneous.

Table 1. Randomised controlled trials reporting the self and group weight management programme in weight loss.

SHWLP	Completers (%)	Studies’ score	Duration (m)	Size	Weight loss (kg)	GWLP	Completers (%)	Studies’ score	Duration (m)	Size	Weight loss (kg)
Welsh <i>et al.</i> ⁽¹⁾	31	15*** Moderate	6	n 29	1.7±2	Corbalán <i>et al.</i> ⁽²⁾	89	18**** Strong	8	n 1406	7.8±5.58
Helsel <i>et al.</i> ⁽³⁾	62	15*** Moderate	4	n 21	3.9±5.3	Truby <i>et al.</i> ⁽⁴⁾	89	16*** Moderate	2	n 58	4.7±3.2
Byrne <i>et al.</i> ⁽⁵⁾	82	19**** Strong	8	n 33	2.6±3.6	Teixeira <i>et al.</i> ⁽⁶⁾	70	15*** Moderate	4	n 158	5.1
Womble <i>et al.</i> ⁽⁷⁾	66	20**** Strong	13	n 24	3.3±4.1	Latner <i>et al.</i> ⁽⁸⁾	23	16*** Moderate	60	n 128	15.6±1.5
Heshka <i>et al.</i> ⁽⁹⁾	75	24***** Strong	24	n 212	0.2±6.5	Harvey <i>et al.</i> ⁽¹⁰⁾	95	16*** Moderate	3	n 46	6.4±5.6
Heshka <i>et al.</i> ⁽¹¹⁾	81	24***** Strong	6	n 212	1.4±4.7	Heshka <i>et al.</i> ⁽⁹⁾	70	24***** Strong	24	n 211	2.9±6.5
						Heshka <i>et al.</i> ⁽¹¹⁾	82	24***** Strong	6	n 211	4.8±5.6
						Truby <i>et al.</i> ⁽¹²⁾	81	21***** Strong	6	n 58	6.6±5.6
						Waleekhachonloet <i>et al.</i> ⁽¹³⁾	89	26***** Strong	12	n 65	3.7±0.58

Table 2. Comparison between mean weight loss and duration of follow up among self-helping and weight management group

Group	Total participants	Mean articles score (min–max)	Mean follow up (months) (min–max)	Mean weight loss (kg) (min–max)
Self-helping	531	19.5 (15–24)	13.5 (4–24)	1.19 (0.2–3.9)
Group-managing	2341	19.5 (15–26)	11.6 (2–60)	7.08 (2.9–15.6)



Graph 1. Systematic review results’ graph.

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4. Truby H, Hiscutt R, Herriot AM *et al.* (2008) Commercial weight loss diets meet nutrient requirements in free living adults over 8 weeks: A randomised controlled weight loss trial. *Nutr J* **7**, No. 25.
5. Byrne NM, Meerkink JD, Laukkanen R *et al.* (2006) Weight loss strategies for obese adults: Personalized weight management program vs. standard care. *Obes J* **14** (10), 1777–1788.
6. Teixeira PJ, Goings SB, Houtkooper LB *et al.* (2004) Pretreatment predictors of attrition and successful weight management in women. *Int J Obes Relat Metab Disord* **28** (9), 1124–1133.
7. Womble LG, Wadden TA, McGuckin BG *et al.* (2004) A Randomized Controlled Trial of a Commercial Internet Weight Loss Program. *Obes Res J* **12**, 1011–1018.
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13. Waleekhachonloet OA, Limwattananon CH, Limwattananon S *et al.* (2007) Group behavior therapy versus individual behavior therapy for healthy dieting and weight control management in overweight and obese women living in rural community. *Obes Res Clin Pract* **1** (4), 223–232.