	Inclusion	Exclusion
Population	- Inclusion BMI ≥25kg/m2 ≥ 18 years old	- Inclusion BMI <25kg/m2 <18 years old - Pregnancy
Intervention	- Group - Weight loss - Multi-component - Non-specific disease management - Lifestyle intervention only	- One-to-one - Weight maintenance - Not multi-component - Disease-specific management - Surgical, pharmacotherapy, meal replacements
Comparator	One-to-one	- Group - Minimal intervention/control
Outcome	Weight change (kg) at 12 months reported	- Weight change (kg) not reported at 12 months - Weight change (kg) data is reported, but it is untransformed and non-parametric
Study Design	Randomised controlled trial	Any other study design

Database	Search
CENTRAL	#1 MeSH descriptor: [Obesity] this term only
	#2 MeSH descriptor: [Obesity, Abdominal] explode all trees
	#3 MeSH descriptor: [Obesity, Metabolically Benign] explode all trees
	#4 MeSH descriptor: [Obesity, Morbid] explode all trees
	#5 #1 or #2 or #3 or #4
	#6 MeSH descriptor: [Life Style] explode all trees
	#7 MeSH descriptor: [Diet] explode all trees
	#8 MeSH descriptor: [Physical Fitness] explode all trees
	#9 MeSH descriptor: [Exercise] explode all trees
	#10 MeSH descriptor: [Cognitive Therapy] explode all trees
	#11 #6 or #7 or #8 or #9 or #10
	#12 MeSH descriptor: [Body Weight Changes] explode all trees
	#13 MeSH descriptor: [Body Weight Maintenance] explode all trees
	#14 MeSH descriptor: [Body Mass Index] explode all trees
	#15 #12 or #13 or #14
	#16 #5 and #11 and #15
	#17 adult not child
	#18 humans not animals
	#19 #17 and #18
	#20 #16 and #19
	#21 #20 in Trials
EMBSCO CINAHL	#1 exp OBESITY/
	#2 (overweight).ti,ab
	#3 (1 OR 2)
	#4 exp LIFE STYLE/
	#5 exp DIET/
	#6 exp PHYSICAL FITNESS/
	#7 exp EXERCISE/
	#8 exp COGNITIVE THERAPY/
	#9 (4 OR 5 OR 6 OR 7 OR 8)
	#10 exp BODY WEIGHT CHANGES/
	#11 exp BODY MASS INDEX/
	#12 ("weight maintenance").ti,ab
	#13 (10 OR 11 OR 12)
	#14 "RANDOMIZED CONTROLLED TRIALS"/
	#15 "CLINICAL TRIALS"/
	#16 (random*).ab
	#17 (trial).ti
	#18 (14 OR 15 OR 16 OR 17)
	#19 exp HUMAN/ NOT ANIMAL/
	#20 exp ADULT/ NOT CHILD/
	#21 (19 AND 20)
	#22 (3 AND 9 AND 13 AND 18 AND 21)

EMBSCO EMBASE		
	#1	OBESITY/ OR "ABDOMINAL OBESITY"/ OR "METABOLICALLY BENIGN OBESITY"/ OR "MORBID OBESITY"/
	#2	(overweight).ti,ab
	#3	(1 OR 2)
	#4	exp "LIFESTYLE MODIFICATION"/
	#5	exp DIET/
	#6	"FITNESS,PHYSICAL"/
	#7	exp EXERCISE/
	#8	exp "COGNITIVE THERAPY"/
	#9	(4 OR 5 OR 6 OR 7 OR 8)
	#10	exp "WEIGHT CHANGE"/
	#11	exp "BODY MASS"/
	#12	("weight maintenance").ti,ab
	#13	(10 OR 11 OR 12)
	#14	'crossover procedure' OR 'double-blind procedure' OR 'randomized controlled1849113 trial' OR 'single-blind procedure' OR (random* OR factorial* OR crossover* OR "cross over*" OR "doubl* blind*" OR "singl* blind*" OR assign* OR allocat* OR volunteer*).ab,ti
	#15	exp HUMAN/ NOT ANIMAL/
	#16	exp ADULT/ NOT CHILD/
	#17	(17 AND 18)
	#18	(3 AND 9 AND 13 AND 14 AND 17)
	#19	18
EMBSCO MEDLINE	#1	OBESITY, ABDOMINAL/ OR OBESITY, METABOLICALLY BENIGN/ OR OBESITY, MORBID/
	#2	OVERWEIGHT/
	#3	(1 OR 2)
	#4	exp LIFE STYLE/
	#5	exp DIET/
	#6	exp PHYSICAL FITNESS/
	#7	exp EXERCISE/
	#8	exp COGNITIVE THERAPY/
	#9	(4 OR 5 OR 6 OR 7 OR 8)

	#10	exp "BODY WEIGHT CHANGES"/	
	#11	exp "BODY WEIGHT MAINTENANCE"/	
	#12	exp "BODY MASS INDEX"/	
	#13	(10 OR 11 OR 12)	
	#14	(randomized controlled trial).pt	
	#15	(controlled clinical trial).pt	
	#16	(randomi?ed).ab	
	#17	(randomly).ab	
	#18	(trial).ti	
	#19	"CLINICAL TRIALS AS TOPIC"/	
	#20	(14 OR 15 OR 16 OR 17 OR 18 OR 19)	
	#21	exp HUMANS/ NOT ANIMALS/	
	#22	exp ADULT/ NOT CHILDREN/	
	#23	(21 AND 22)	
	#24	(3 AND 9 AND 13 AND 20 AND 23)	
ISRCTN register	#1	(obesity OR overweight OR weight loss)	9

Study or Subgroup	Group Intervention Events	Total	One-to-One Intervention Events	Total	Weight	Risk Ratio M-H, Random, 95% CI	Risk Ratio M-H, Random, 95% CI
Appel 2011	55	133	50	131	22.2%	1.08 [0.80, 1.46]	
Heshka 2003	66	172	34	170	19.3%	1.92 [1.34, 2.74]	
Jebb 2011	135	230	70	214	26.4%	1.79 [1.44, 2.24]	
Jolly 2011	113	400	20	140	15.9%	1.98 [1.28, 3.05]	
McRobbie 2016	61	221	22	109	16.1%	1.37 [0.89, 2.10]	
Total (95% CI)		1156		764	100.0%	1.58 [1.25, 2.00]	
Total events	430		196				

Heterogeneity: Tau² = 0.04; Chi² = 10.11, df = 4 (P = 0.04); I² = 60%

Test for overall effect: Z = 3.78 (P = 0.0002)

Favours One-to-One   Favours Group