Figure 1. Differences in Mean Weight Loss Between Intervention and Control Groups for Counseling and Behavioral Interventions

oral interventions				Difference i Weight L	
Study, Year, Intervention	Control	Internal Validity	Timing of Measurement		
Stevens et al, 2001 ⁷⁰ (18-mo. data)	Havel save	0	40		ы
D, E, B+++ Knowler et al. 2002 ⁸¹	Usual care	Good	18 mo		
Knowler et al, 2002 ⁸¹ D, E, B+++*	D, E+	Good	34 mo		
Kuller et al, 2001 ⁶⁵					
D, E, B+++*	Assessment only	Good	54 mo		•
Tuomilehto et al, 2001 ⁶⁶ D, E, B+++	D, E+	Good	12 mo		₩
Fogelholm et al, 2000 (1-yr data) ⁷⁶	D. D.	Foir.	10		
D, EP2, B+++ D, EP1, B+++	D, B+ D, B+	Fair	12 mo		•
Jakicic et al, 1999 ⁷²					
D, Short-Bout EP with EQ, B+++	D, short-bout EP, B+++	Fair	18 mo		
D, Long-Bout EP, B+++ Jones et al, 1999 ⁶⁹	D, short-bout EP, B+++			H	\rightarrow
D, B+++	Told to lose weight+	Fair	30 mo		•
Sbrocco et al, 1999 ⁷⁴	Total to				
D, E, B1+++	D, E, B2+++	Fair	12 mo	├	-i -
Ashley et al, 2001 ⁸²					
D (dietitian) with MR, E, B+++	D (Dietitian), E, B+++	Fair	12 mo		•
D (primary care), E, B+++ Wadden et al, 2001 ⁶⁵	D (Dietitian), E, B+++				•
B, Sibutramine+++	Sibutramine	Fair	12 mo ⊢	├	
D, B, Sibutramine+++	Sibutramine				
Wing and Anglin, 1996 ⁷⁸					
Black patients: D1, E, B+++	D2, E, B+++	Fair	12 mo		•
White patients: D1, E, B+++	D2, E, B+++				
Lindholm et al, 1995 ⁷⁹ D, E++	Usual Care+	Good	18 mo		اها
Swinburn et al, 1999 ⁷¹	Osuai Cale+	Good	10 1110		
D, B++	D+	Fair	12 mo		\vdash
Jeffery and French, 1997 ⁷⁷			0		
Low SES women: D, E, L	No contact	Good	12 mo		ىما
Low SES women: D, E	No contact				1
High SES women: D, E, L	No contact				l ♦
High SES women: D, E	No contact				Ţ∳i
Low SES men: D, E, L	No contact				H
Low SES men: D, E	No contact			15 -10 -5	<u> </u>

Note: Only studies for which this difference can be calculated are included. Error bars represent 95% confidence intervals and are presented for studies in which those data are available. Data presented are as close as possible to 1-year follow-up.

^{*} Statistically significant (*P* < 0.05) but with insufficient data to calculate 95% confidence intervals.

[†] B, behavioral therapy; D, diet; E, exercise; EP, exercise program; EQ, exercise equipment; L, lottery entry; MR, meal replacement; SES, socioeconomic status; +++, high intensity; ++, moderate intensity; +, low intensity.