Figure 2. Differences in Mean Weight Loss Between Intervention and Control Groups for Pharmacotherapy Interventions

19				Difference in Mean Weight Loss
Study, Year, Intervention	Control	Internal Validity	Timing of Measurement	
Wirth and Krause 2001 ⁸⁸				
Sibutramine 15 mg QD (continuous)	Usual	Good	11 mo	
Sibutramine 15 mg QD (intermittent)	Care			
Dujovne et al, 2001 ⁸⁵				
Sibutramine 20 mg QD, D	D	Fair	6 mo	
Fujioka et al, 2000 ⁸⁶				
Sibutramine 20 mg QD, D*	D	Fair	6 mo	
Gokcel et al, 2001 ³²				
D Sibutramine 10 mg BID, D	D	Fair	6 mo	
Smith et al, 2001 ⁸⁷				
Sibutramine 15 mg QD, D	D	Fair	12 mo	
Sibutramine 10 mg QD, D				
McNulty et al, 2003 ³³				
Sibutramine 20 mg QD, D	D	Fair	12 mo	
Sibutramine 15 mg QD, D				
Muls et al, 2001 ⁹¹				
Orlistat 120 mg TID, D	D	Good	6 mo	
Van Gaal et al, 1998 ⁸⁹				
Orlistat 240 mg TID, D*	D	Fair	12 mo	0
Orlistat 120 mg TID, D*				
Orlistat 60 mg TID, D*				
Orlistat 30 mg TID, D				
Micic et al, 1999 ⁹⁴				0
Orlistat 120 mg TID, D*	D	Fair	6 mo	
Rissanen et al, 2001 ⁹⁵				0
Orlistat 120 mg TID, D	D	Fair	12 mo	0
Broom et al, 2002 ⁹⁶				
Orlistat 120 mg TID, D	D	Fair	12.5 mo	
Miles et al, 2002 ⁹⁰				
Orlistat 120 mg TID, D, E	D, E	Fair	6 mo	
Karhunen et al, 2000 ⁹³				
Orlistat 120 mg TID, D*	D	Fair	12 mo	0
Knowler et al, 2002 ⁸¹				
Metformin 950 mg BID, D, E*	D, E	Good	34 mo	
				-10 -8 -6 -4 -2 0

Note: Data points (diamonds, circles, and squares) represent mean weight change in intervention group (kg) – mean weight change in placebo group (kg). Only studies for which the difference in mean weight loss could be calculated are included; each arm is represented by a data point. Error bars represent 95% confidence intervals and are presented for studies in which those data are available. Intensity of co-interventions is not assessed as most trials provided insufficient information for evaluation.

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

† B, behavioral therapy; BID, twice daily; D, diet; E, exercise; QD, daily; TID, 3 times daily.