Supplementary file 2 – Risk of Bias assessments of systematic review included studies

Randomised controlled trials with a parallel study design

Abu Dayyeh, 2022
Guideline record ID: 10004

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Ahern, 2017

Guideline record ID: 10005--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Crude body weight	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Crude waist circumference	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Akers, 2012

Guideline record ID: 10006

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 4: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns

3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Alustiza, 2021

Guideline record ID: 10010--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Amer, 2020
Guideline record ID: 10012--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Andersen, 2021

Guideline record ID: 10014--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Anderson, 2021

Guideline record ID: 10015--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight (measured in clinic)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Body weight (self-reported)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 4: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High

3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Anderson, 2014

Guideline record ID: 10016--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Anderson, 2018
Guideline record ID: 10017

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	High
Overall Risk of bias judgement	High

Ard, 2018

Guideline record ID: 10025--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: DXA measurement of body composition	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Arguin, 2012

Guideline record ID: 10026--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Body composition using DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Arlinghaus, 2019

Guideline record ID: 10028--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Arredondo, 2022

Guideline record ID: 10031--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Artene, 2017
Guideline record ID: 10032--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Astbury, 2021

Guideline record ID: 10033--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Baillot, 2018

Guideline record ID: 10036--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Balducci, 2012

Guideline record ID: 10037--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Bartels, 2013

Guideline record ID: 10042--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Bathrellou, 2010

Guideline record ID: 10044--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Bea, 2010

Guideline record ID: 10046--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: Body fat measured by DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Beavers, 2017

Guideline record ID: 10048--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: DXA	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: Weight	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Beavers, 2014

Guideline record ID: 10049--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Beavers, 2015

Guideline record ID: 10050--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Bellicha, 2022

Guideline record ID: 10054--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Body fat measured with DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Belski, 2011

Guideline record ID: 10055--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: DXA outcomes	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Benasi, 2022

Guideline record ID: 10056--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Bennett, 2013

Guideline record ID: 10057--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Bennett, 2012

Guideline record ID: 10058

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Bergman, 2018

Guideline record ID: 10059--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 4: DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns

3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Bick, 2020

Guideline record ID: 10065--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight (in clinic)	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Weight (self-reported)	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Black, 2010

Guideline record ID: 10067--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI-z	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Body composition, DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Black, 2021

Guideline record ID: 10068--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI/BMI z-score	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Blomster, 2014
Guideline record ID: 10069

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Bocca, 2012
Guideline record ID: 10070

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Boutelle, 2022

Guideline record ID: 10076--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Dual-energy x-ray absorptiometry	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Boutelle, 2017

Guideline record ID: 10077--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Boyraz, 2015

Guideline record ID: 10079--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Bräutigam-Ewe, 2020

Guideline record ID: 10080--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Brown, 2020

Guideline record ID: 10082--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Brown, 2021

Guideline record ID: 10083--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Burke, 2015

Guideline record ID: 10085--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Burke, 2022

Guideline record ID: 10086--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Butryn, 2017

Guideline record ID: 10088--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Butryn, 2021
Guideline record ID: 10089--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Cabrera-Rode, 2013

Guideline record ID: 10090--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Cadmus-Bertram, 2016

Guideline record ID: 10091--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Cai, 2019

Guideline record ID: 10092--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Caiazzo, 2020
Guideline record ID: 10093--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	High
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	High
5) Bias in selection of the reported result	High
Overall Risk of bias judgement	High
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	High
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	High
5) Bias in selection of the reported result	High
Overall Risk of bias judgement	High
Outcome 3: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	High
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	High
5) Bias in selection of the reported result	High
Overall Risk of bias judgement	High

Calleja Fernández, 2012

Guideline record ID: 10094--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Campbell, 2010

Guideline record ID: 10098--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Body fat percentage	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Weight (kg)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 4: Waist circumference cm	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low

3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Carter, 2019
Guideline record ID: 10102--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight kg	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 3: Body fat mass %	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Cesa, 2013

Guideline record ID: 10107--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight (in clinic)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Weight (self-reported)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: BMI (measured in clinic)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 4: BMI (self-reported)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low

3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Chan, 2021
Guideline record ID: 10109--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Weight/total weight loss	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Cheng, 2022

Guideline record ID: 10112

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Cheng, 2013
Guideline record ID: 10113--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Christensen, 2013

Guideline record ID: 10116--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Dual energy X-ray absorptiometry	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 4: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns

3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Collins, 2011

Guideline record ID: 10122--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Conroy, 2019

Guideline record ID: 10123--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Conroy, 2015
Guideline record ID: 10124--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Cooper, 2010

Guideline record ID: 10125--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Cornelius, 2016

Guideline record ID: 10127--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Cornelli, 2017

Guideline record ID: 10128--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Coughlin, 2016
Guideline record ID: 10129--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Coughlin, 2013

Guideline record ID: 10130--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Courcoulas, 2020
Guideline record ID: 10132

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Cox, 2021

Guideline record ID: 10134--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Crespo, 2018

Guideline record ID: 10137--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: DXA	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Cummings, 2016

Guideline record ID: 10139--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Fat mass (%)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Curtin, 2013

Guideline record ID: 10140--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Damaso, 2014
Guideline record ID: 10143--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Das, 2021
Guideline record ID: 10146--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Daumit, 2013

Guideline record ID: 10147--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Davies, 2021

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Davies, 2015
Guideline record ID: 10149--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Davy, 2017

Guideline record ID: 10151--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	High
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	High
Overall Risk of bias judgement	High
Outcome 3: Body fat (measured by DXA)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	High
Overall Risk of bias judgement	High
Outcome 4: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low

3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	High
Overall Risk of bias judgement	High

Evans, 2012

Guideline record ID: 10152--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

de Oliveira Maranhão Pureza, 2021

Guideline record ID: 10153--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

de Vos, 2014
Guideline record ID: 10156--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Body weight	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

de Vos, 2016

Guideline record ID: 10157--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

DeBar, 2012

Guideline record ID: 10160--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: BMI percentile/BMI z-score	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Debussche, 2012

Guideline record ID: 10161--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Demark-Wahnefried, 2014

Guideline record ID: 10165--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Liu, 2022
Guideline record ID: 10170

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 4: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns

3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Díaz, 2010
Guideline record ID: 10171--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: DXA body composition	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Body weight	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: BMI z score	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 4: Waist circumference	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low

3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Dixon, 2012

Guideline record ID: 10176--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Dorenbos, 2021

Guideline record ID: 10178--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Driehuis, 2012

Guideline record ID: 10181--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	High
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Due, 2017
Guideline record ID: 10182--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 4: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High

3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Duggins, 2010

Guideline record ID: 10186--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Duncan, 2020

Guideline record ID: 10187--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Duncan, 2016

Guideline record ID: 10188--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Dutheil, 2013

Guideline record ID: 10189--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 3: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Dutton, 2017

Guideline record ID: 10190--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Eakin, 2014

Guideline record ID: 10191--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: BMI	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Waist circumference	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Eaton, 2016

Guideline record ID: 10192--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Erickson, 2017

Guideline record ID: 10196--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	High
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	High
Overall Risk of bias judgement	High
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	High
Overall Risk of bias judgement	High

Erickson, 2016

Guideline record ID: 10197--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Estruch, 2019

Guideline record ID: 10203--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	High
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	High
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	High
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Fagevik Olsen, 2022

Guideline record ID: 10204

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Fahs, 2013

Guideline record ID: 10205--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Fanning, 2022

Guideline record ID: 10206--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight kg	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Fat mass	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Farinatti, 2016
Guideline record ID: 10208--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Waist Circumference	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Weight	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Farpour-Lambert, 2019

Guideline record ID: 10209--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI, BMI z-score (CDC), BMI z-score (WHO)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 4: DXA body composition	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low

3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Feigel-Guiller, 2015

Guideline record ID: 10211--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Fernandez-Ruiz, 2018

Guideline record ID: 10212--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Body weight	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Fernández-Ruiz, 2021

Guideline record ID: 10214--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Fichtner, 2022

Guideline record ID: 10218--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Fisher, 2012

Guideline record ID: 10220--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Body Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Fitzgibbon, 2010

Guideline record ID: 10222--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Fitzgibbon, 2020

Guideline record ID: 10223--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Fjeldsoe, 2019

Guideline record ID: 10224

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Fontana, 2016

Guideline record ID: 10226--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Dual-energy X-ray absorptiometry (DXA)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Forman, 2013

Guideline record ID: 10228

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Forman, 2019

Guideline record ID: 10230--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Foster, 2012

Guideline record ID: 10231--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: DXA body composition	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Foster, 2010

Guideline record ID: 10232--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight kg	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Fat mass kg	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Foster-Schubert, 2012

Guideline record ID: 10233--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 4: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low

3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Franklin, 2022

Guideline record ID: 10234--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

French, 2018
Guideline record ID: 10236--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Friedenreich, 2015

Guideline record ID: 10238--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Dual x-ray absorptiometry	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 4: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low

3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Friedenreich, 2011

Guideline record ID: 10240--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 4: Body fat (DXA)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low

3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Fuller, 2013

Guideline record ID: 10242--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Fuller, 2014
Guideline record ID: 10243--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Gabriel, 2011

Guideline record ID: 10245--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Dual Energy X-ray Absorptiometry (DXA)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 4: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low

3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Gade, 2015
Guideline record ID: 10246--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Gallè, 2017
Guideline record ID: 10251--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Garvey, 2020
Guideline record ID: 10254--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Gepner, 2018

Guideline record ID: 10255--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Gerards, 2015
Guideline record ID: 10256--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI z-score	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Waist-circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Gessler, 2021

Guideline record ID: 10258--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Gilcharan Singh, 2020

Guideline record ID: 10259--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Gillison, 2015
Guideline record ID: 10260--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Glasgow, 2012
Guideline record ID: 10261--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Glaysher, 2021

Guideline record ID: 10262--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Gómez, 2016
Guideline record ID: 10264--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Gomez-Marcos, 2018

Guideline record ID: 10265--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Gómez-Pardo, 2016

Guideline record ID: 10266--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Goodwin, 2014

Guideline record ID: 10269--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Gorin, 2013

Guideline record ID: 10270--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight (kg)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Gotfredsen, 2021

Guideline record ID: 10271--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Gram, 2010
Guideline record ID: 10272--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 4: DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low

3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Greaves, 2015

Guideline record ID: 10273--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Green, 2015

Guideline record ID: 10274--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Grilo, 2022

Guideline record ID: 10277--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Guo, 2015

Guideline record ID: 10286--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight kg	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	High
Overall Risk of bias judgement	High
Outcome 3: BMI z-score	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 4: BMI percentile	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High

3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	High
Overall Risk of bias judgement	High
Outcome 5: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Gussenhoven, 2013

Guideline record ID: 10287--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Haire-Joshu, 2018

Guideline record ID: 10291--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight kg	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Hajek, 2021

Guideline record ID: 10292--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: weight change (kg)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	High
Overall Risk of bias judgement	High

Halle, 2021

Guideline record ID: 10293--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Body Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Hanvold, 2019

Guideline record ID: 10296--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Hao, 2019

Guideline record ID: 10297--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Hardcastle, 2013

Guideline record ID: 10298

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Harvie, 2019

Guideline record ID: 10300

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Dual energy X-ray absorptiometry (DXA)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Body weight (kg)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Herrera-Espiñeira, 2022

Guideline record ID: 10305--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Hersey, 2012

Guideline record ID: 10306--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Hinderliter, 2014

Guideline record ID: 10307--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Hintze, 2018

Guideline record ID: 10308--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 4: VAT (measured via CT)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns

3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 5: SAT (measured via CT)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Hjelmesaeth, 2019

Guideline record ID: 10309--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Hoerster, 2022

Guideline record ID: 10310--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight (kg)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Hojan, 2017
Guideline record ID: 10311--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Holt, 2019

Guideline record ID: 10313--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Horie, 2016

Guideline record ID: 10317--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Howden, 2013

Guideline record ID: 10320--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Hunter, 2010

Guideline record ID: 10324--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 4: DEXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High

3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Huseinovic, 2018

Guideline record ID: 10326--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Huvinen, 2018

Guideline record ID: 10327--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Hystad, 2013

Guideline record ID: 10328--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body fat (DXA)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Ikramuddin, 2016

Guideline record ID: 10330--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Jakicic, 2016

Guideline record ID: 10336--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Body composition	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Jakicic, 2011

Guideline record ID: 10338--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Jakicic, 2015

Guideline record ID: 10339

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Jakicic, 2022

Guideline record ID: 10340--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Jakicic, 2012

Guideline record ID: 10342--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Jakobsen, 2017

Guideline record ID: 10343--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Janicke, 2019

Guideline record ID: 10344--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Jansson, 2013

Guideline record ID: 10346

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Janus, 2012

Guideline record ID: 10347--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	High
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Jebb, 2011

Guideline record ID: 10349--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Jelalian, 2010

Guideline record ID: 10350--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Jenkins, 2017

Guideline record ID: 10351--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight (kg)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Jiang, 2017

Guideline record ID: 10354--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Jiskoot, 2020

Guideline record ID: 10355--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 3: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Johansen, 2017

Guideline record ID: 10356

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Johnston, 2013

Guideline record ID: 10359--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Johnston, 2010

Guideline record ID: 10360--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Jolly, 2011

Guideline record ID: 10362

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Jospe, 2017

Guideline record ID: 10365--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight (kg)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Waist	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 4: Body composition	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High

3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Jung, 2020
Guideline record ID: 10366--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight (kg)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	High
Overall Risk of bias judgement	High
Outcome 2: Waist circumference (cm)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	High
Overall Risk of bias judgement	High
Outcome 3: Body fat (%)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	High
Overall Risk of bias judgement	High

Juul, 2016
Guideline record ID: 10369--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Kabisch, 2019

Guideline record ID: 10370--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Weight (kg)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Kahhan, 2021

Guideline record ID: 10371--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Kaikkonen, 2019

Guideline record ID: 10372--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight (kg)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Kalarchian, 2011

Guideline record ID: 10373--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Kalarchian, 2016

Guideline record ID: 10374--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: Weight (in-clinic)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 3: Weight (self-reported)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Kalarchian, 2012

Guideline record ID: 10375--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Kalter-Leibovici, 2010

Guideline record ID: 10378--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Kashyap, 2013

Guideline record ID: 10380--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Katula, 2013
Guideline record ID: 10381--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Kegler, 2016

Guideline record ID: 10383--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	High
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Keller, 2014

Guideline record ID: 10386

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Kelley, 2018
Guideline record ID: 10387--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight (kg)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Fat mass index	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Kempf, 2019

Guideline record ID: 10389--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	High
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Body weight	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	High
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Kennedy, 2015

Guideline record ID: 10390--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Kirby, 2011
Guideline record ID: 10396--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	High
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	High
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	High
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Knauper, 2018

Guideline record ID: 10397--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Knauper, 2020

Guideline record ID: 10398--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Koehestanie, 2014

Guideline record ID: 10399--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	High
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Kokkvoll, 2015

Guideline record ID: 10401--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Kokkvoll, 2020

Guideline record ID: 10402--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Kuller, 2012

Guideline record ID: 10407--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Kumanyika, 2012

Guideline record ID: 10408--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	High
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Larsen, 2016

Guideline record ID: 10414--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 3: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Leahey, 2015
Guideline record ID: 10418--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Leehey, 2016

Guideline record ID: 10424--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Levy, 2010

Guideline record ID: 10427--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	High
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Lier, 2012
Guideline record ID: 10433--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Lillis, 2021

Guideline record ID: 10434--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Lillis, 2016

Guideline record ID: 10435--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Lindstrom, 2013

Guideline record ID: 10440

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Lisevick, 2021

Guideline record ID: 10441--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Lloyd-Richardson, 2012

Guideline record ID: 10443--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Lopez-Padros, 2020

Guideline record ID: 10445--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Fat Mass	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Lovell, 2014

Guideline record ID: 10446

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Lowe, 2018
Guideline record ID: 10447--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Lundgren, 2021

Guideline record ID: 10449

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Lutes, 2017

Guideline record ID: 10450--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Ma, 2015

Guideline record ID: 10452--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Maghrabi, 2015

Guideline record ID: 10453--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: DXA	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Body weight	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Mason, 2014

Guideline record ID: 10459--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 4: Body fat percentage	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low

3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

McRobbie, 2019

Guideline record ID: 10465--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Mellberg, 2014

Guideline record ID: 10467--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Dual-energy X-ray absorptiometry	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Mensinger, 2016

Guideline record ID: 10468--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Miguel Soca, 2012

Guideline record ID: 10469--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight kg	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Waist (abdominal) circumference	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Miller, 2020

Guideline record ID: 10471--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight/fat mass	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 4: DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low

3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Miller, 2017

Guideline record ID: 10472--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Miller, 2017

Guideline record ID: 10474

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Mingrone, 2015

Guideline record ID: 10475--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight (kg)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference (cm)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	High
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Mobasseri, 2015

Guideline record ID: 10476--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Mokhtari, 2019

Guideline record ID: 10480--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Molenaar, 2010

Guideline record ID: 10481

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Moncrieft, 2016

Guideline record ID: 10482--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Montemayor, 2022

Guideline record ID: 10483--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Moore, 2019
Guideline record ID: 10484

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Morales-Palomo, 2018

Guideline record ID: 10485--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Moreno, 2014

Guideline record ID: 10486--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Morey, 2012
Guideline record ID: 10487--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Morgan, 2011
Guideline record ID: 10488--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Mundbjerg, 2018

Guideline record ID: 10490--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Muollo, 2021

Guideline record ID: 10492--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Nackers, 2013

Guideline record ID: 10498--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Nakade, 2012
Guideline record ID: 10499--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Nakata, 2014
Guideline record ID: 10500--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Napolitano, 2021

Guideline record ID: 10501--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Neale, 2017

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Nguyen, 2013
Guideline record ID: 10507--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight (kg)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Waist circumference (cm)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Norman, 2016

Guideline record ID: 10515--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Nybacka, 2011

Guideline record ID: 10516--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

O'Brien, 2010

Guideline record ID: 10518--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

O'Neil, 2018

Guideline record ID: 10519--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Ockene, 2012

Guideline record ID: 10520--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Body weight	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Ogden, 2015

Guideline record ID: 10521--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Okely, 2010

Guideline record ID: 10523--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Ortner Hadziabdic, 2016

Guideline record ID: 10524--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Ospanov, 2021

Guideline record ID: 10526--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Pakpour, 2015

Guideline record ID: 10530--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Palnati, 2021

Guideline record ID: 10533--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Pannen, 2021
Guideline record ID: 10534--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Papalazarou, 2010

Guideline record ID: 10536

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Patel, 2021

Guideline record ID: 10541--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Patrick, 2011

Guideline record ID: 10542--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Patrick, 2013

Guideline record ID: 10543--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Paul, 2022

Guideline record ID: 10544

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Pavic, 2019

Guideline record ID: 10546--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 3: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Pearl, 2020
Guideline record ID: 10547

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Pedersen, 2014

Guideline record ID: 10550--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: DXA	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Weight	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Pedersen, 2019

Guideline record ID: 10551--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 3: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 4: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low

3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Pedrosa, 2011

Guideline record ID: 10553--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Waist Circumference	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Weight	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Pekkarinen, 2015

Guideline record ID: 10555--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Perez-Ferre, 2015

Guideline record ID: 10557--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	High
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	High
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Perri, 2014
Guideline record ID: 10559

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Perry, 2016

Guideline record ID: 10560--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Phelan, 2021

Guideline record ID: 10570

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Phelan, 2014
Guideline record ID: 10571--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Phelan, 2019

Guideline record ID: 10572

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Phillips, 2017

Guideline record ID: 10573--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Pi-Sunyer, 2015

Guideline record ID: 10574--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Pimentel, 2010

Guideline record ID: 10577

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Poddar, 2013

Guideline record ID: 10578--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Poulsen, 2015

Guideline record ID: 10581--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Psota, 2020

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: dual energy x-ray absorptometry	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 4: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low

3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Ptomey, 2018

Guideline record ID: 10587--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Ptomey, 2023

Guideline record ID: 10588--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 3: Waist	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Puhkala, 2015
Guideline record ID: 10591--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Weight (kg)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference (cm)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 4: Fat mass (kg)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low

3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	High
Overall Risk of bias judgement	High

Purcell, 2014

Guideline record ID: 10592

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Quattrin, 2014

Guideline record ID: 10593

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	High
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Raben, 2021

Guideline record ID: 10594--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Raynor, 2012

Guideline record ID: 10597A

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Raynor, 2012

Guideline record ID: 10597B--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Raynor, 2012

Guideline record ID: 10598--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Redmon, 2010

Guideline record ID: 10600--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Reeves, 2021

Guideline record ID: 10601--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Body composition (DXA)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 4: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low

3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Reichard, 2015

Guideline record ID: 10602--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Reid, 2014

Guideline record ID: 10603

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Reis, 2010

Guideline record ID: 10605--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Rendeli, 2020

Guideline record ID: 10609--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Rieger, 2017

Guideline record ID: 10613--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Risica, 2013
Guideline record ID: 10614--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Robertson, 2017

Guideline record ID: 10619

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Robinson, 2021

Guideline record ID: 10620--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Rock, 2015

Guideline record ID: 10621--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Rock, 2010

Guideline record ID: 10622--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Rojo-Tirado, 2021

Guideline record ID: 10624--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 3: Body composition, DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Rosas, 2020

Guideline record ID: 10625--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	High
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	High
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Rosas, 2022

Guideline record ID: 10626--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Ross, 2012

Guideline record ID: 10628--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Ross, 2022

Guideline record ID: 10629--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Rubino, 2022
Guideline record ID: 10632--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight (kg)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: waist circumference (cm)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Rumbo-Rodriguez, 2022

Guideline record ID: 10633--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Waist circumference	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Rusu, 2013

Guideline record ID: 10635--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Ruusunen, 2012

Guideline record ID: 10636--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Sarwer, 2012

Guideline record ID: 10642--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Saslow, 2017
Guideline record ID: 10643--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Weight (kg)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Schauer, 2017

Guideline record ID: 10644--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Schauer, 2014

Guideline record ID: 10645--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Schauer, 2012

Guideline record ID: 10646--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Waist circumference	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Body weight	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Schiavon, 2018

Guideline record ID: 10647--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Schiavon, 2020

Guideline record ID: 10648--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Shapiro, 2012

Guideline record ID: 10652--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Smith, 2021
Guideline record ID: 10662--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Body fat %	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Sniehotta, 2019

Guideline record ID: 10663--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Spring, 2013

Guideline record ID: 10665--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Stark, 2014
Guideline record ID: 10667--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Weight (kg)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Ströbl, 2013

Guideline record ID: 10669--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2:	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Stumm, 2016

Guideline record ID: 10670--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Sullivan, 2017
Guideline record ID: 10671--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Sundfør, 2018
Guideline record ID: 10672--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Svetkey, 2015

Guideline record ID: 10675--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Taheri, 2020

Guideline record ID: 10677--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Waist cirucmference	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Tapsell, 2014

Guideline record ID: 10679--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	High
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Tapsell, 2017

Guideline record ID: 10680--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Tarraga Marcos, 2014

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1:	
Domain	Judgement
1) Risk of bias arising from the randomisation process	
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	
3) Bias due to missing outcome data	
4) Bias in measurement of the outcome	
5) Bias in selection of the reported result	
Overall Risk of bias judgement	
Outcome 2:	
Domain	Judgement
1) Risk of bias arising from the randomisation process	
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	
3) Bias due to missing outcome data	
4) Bias in measurement of the outcome	
5) Bias in selection of the reported result	
Overall Risk of bias judgement	
Outcome 3:	
Domain	Judgement
1) Risk of bias arising from the randomisation process	
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	
3) Bias due to missing outcome data	
4) Bias in measurement of the outcome	
5) Bias in selection of the reported result	
Overall Risk of bias judgement	
Outcome 4:	
Domain	Judgement
1) Risk of bias arising from the randomisation process	
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	

3) Bias due to missing outcome data	
4) Bias in measurement of the outcome	
5) Bias in selection of the reported result	
Overall Risk of bias judgement	

Outcome 5:	
Domain	Judgement
1) Risk of bias arising from the randomisation process	
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	
3) Bias due to missing outcome data	
4) Bias in measurement of the outcome	
5) Bias in selection of the reported result	
Overall Risk of bias judgement	

Ter Bogt, 2011

Guideline record ID: 10683--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Thomas, 2017

Guideline record ID: 10684--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Trief, 2016

Guideline record ID: 10686--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Viester, 2018

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight (kg)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Villareal, 2011

Guideline record ID: 10695

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Vos, 2012
Guideline record ID: 10699--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Wadden, 2021

Guideline record ID: 10700

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Wadden, 2011

Guideline record ID: 10702--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Wadden, 2013

Guideline record ID: 10703--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Waist	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Wadden, 2011

Guideline record ID: 10704--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Wadden, 2020

Guideline record ID: 10705--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Waist Circumference	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Weight	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Wadden, 2019

Guideline record ID: 10707--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist Circumference	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Weight	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Wake, 2013
Guideline record ID: 10708

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Waling, 2010

Guideline record ID: 10709--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Warnakulasuriya, 2018

Guideline record ID: 10713

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Warschburger, 2016

Guideline record ID: 10714--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI-SDS	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Washburn, 2021

Guideline record ID: 10716--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Watson, 2015

Guideline record ID: 10717--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Wekker, 2019

Guideline record ID: 10720A--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Wekker, 2019

Guideline record ID: 10720B--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

West, 2016

Guideline record ID: 10723--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Wild, 2015

Guideline record ID: 10727--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Wild, 2017

Guideline record ID: 10728--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Williams, 2019

Guideline record ID: 10730--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body fat (%)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Wing, 2013

Guideline record ID: 10732--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Wylie-Rosett, 2018

Guideline record ID: 10739--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI Z-score	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Xiang, 2018

Guideline record ID: 10740--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Yackobovitch-Gavan, 2018

Guideline record ID: 10741--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI SDS	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Tay, 2016

Guideline record ID: 10743--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Zamorano, 2021

Guideline record ID: 10744--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	High
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	High
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Zelicha, 2022

Guideline record ID: 10746--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Zhang, 2016
Guideline record ID: 10748

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 4: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low

3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Coleman, 2017

Guideline record ID: 10754--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Duggan, 2019
Guideline record ID: 10757--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Everett, 2021

Guideline record ID: 10760--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Ikramuddin, 2015

Guideline record ID: 10768--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Weight	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Ikramuddin, 2013

Guideline record ID: 10769--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Iłowiecka, 2021

Guideline record ID: 10770--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight (kg)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Inoue, 2015
Guideline record ID: 10773--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight (kg)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Iqbal, 2010
Guideline record ID: 10774--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Jaakkola, 2015

Guideline record ID: 10776--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Kolt, 2012

Guideline record ID: 10779--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Little, 2017
Guideline record ID: 10786

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Llaneza, 2012

Guideline record ID: 10787--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Lugones-Sanchez, 2022

Guideline record ID: 10793--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Lutes, 2017

Guideline record ID: 10795--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Ma, 2013

Guideline record ID: 10796--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Madrona Marcos, 2019

Guideline record ID: 10799--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Mai, 2018
Guideline record ID: 10801--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Mangieri, 2019
Guideline record ID: 10803

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Manini, 2010

Guideline record ID: 10804--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Manzoni, 2016

Guideline record ID: 10805--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight (in clinic)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Weight (self-reported)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Marild, 2013
Guideline record ID: 10806--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Marin-Alejandre, 2021

Guideline record ID: 10807--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 4: % body fat	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High

3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Markert, 2014

Guideline record ID: 10808

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI SDS	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Marrero, 2016

Guideline record ID: 10809--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Mason, 2016

Guideline record ID: 10813--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Mason, 2018

Guideline record ID: 10814--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Metzgar, 2016

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	High
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	High
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	High
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Murphy, 2012

Guideline record ID: 10821--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Orazio, 2011

Guideline record ID: 10826--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Ostbye, 2015

Guideline record ID: 10829--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Rodriguez Cristobal, 2012

Guideline record ID: 10832--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Roth, 2011

Guideline record ID: 10834--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI SDS	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Saelens, 2013

Guideline record ID: 10836--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI z score	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	High
Overall Risk of bias judgement	High

Sahlman, 2012

Guideline record ID: 10837--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Body weight	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Saito, 2011

Guideline record ID: 10838--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Salas-Salvadó, 2019

Guideline record ID: 10839

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Santa-Maria, 2020

Guideline record ID: 10842

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Santamaria, 2012

Guideline record ID: 10843--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Santanasto, 2015

Guideline record ID: 10844--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Dual Energy X-ray Absorptiometry (DXA)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 4: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low

3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Savoye, 2011

Guideline record ID: 10848--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Seimon, 2019
Guideline record ID: 10850

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 3: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 4: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low

3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Sellman, 2017

Guideline record ID: 10852--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Serra-Prat, 2022

Guideline record ID: 10855--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Weight	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Waist circumference	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Silva, 2022

Guideline record ID: 10857--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 4: Body composition, DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low

3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Silva, 2011

Guideline record ID: 10858--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Silva, 2010

Guideline record ID: 10859--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Simonson, 2018

Guideline record ID: 10860--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Simonson, 2019

Guideline record ID: 10861--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Simpson, 2015

Guideline record ID: 10863--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Stark, 2019

Guideline record ID: 10871--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Stark, 2011
Guideline record ID: 10872--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Steele, 2012

Guideline record ID: 10873

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Taveras, 2017

Guideline record ID: 10878--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Taylor, 2015
Guideline record ID: 10879--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Teixeira, 2010

Guideline record ID: 10880--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Tejera, 2022

Guideline record ID: 10881--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Thomas, 2019

Guideline record ID: 10883--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Thompson, 2017
Guideline record ID: 10884--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Thorndike, 2021

Guideline record ID: 10886--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Hu, 2015

Guideline record ID: 10888--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight (kgs or lbs)	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Tremblay, 2019

Guideline record ID: 10892

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 3: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Trepanowski, 2017

Guideline record ID: 10893--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: dual-energy x-ray absorptiometry	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 4: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low

3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Tuomilehto, 2010
Guideline record ID: 10900--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Body Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Tur, 2013

Guideline record ID: 10901--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Unick, 2017

Guideline record ID: 10903--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Valero-Perez, 2020

Guideline record ID: 10904--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

van der Aa, 2016

Guideline record ID: 10905--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

van der Baan-Slootweg, 2014

Guideline record ID: 10906--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

van Elten, 2019

Guideline record ID: 10907--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

van Gemert, 2015

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 3: DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Van Name, 2016
Guideline record ID: 10909--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: waist	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

van Wier, 2011

Guideline record ID: 10912--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Verduci, 2021

Guideline record ID: 10914--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Vermunt, 2012

Guideline record ID: 10916--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Vesco, 2016

Guideline record ID: 10919--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Vimalananda, 2016

Guideline record ID: 10922--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Voils, 2017

Guideline record ID: 10926--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

von Gruenigen, 2012

Guideline record ID: 10927

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Wani, 2020

Guideline record ID: 10928

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Winters-Stone, 2015

Guideline record ID: 10932--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Fat/Body mass	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Body fat percentage	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Yadav, 2016

Guideline record ID: 10933

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Yaskolka Meir, 2021

Guideline record ID: 10935--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Yates, 2011

Guideline record ID: 10936--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Yavari, 2012
Guideline record ID: 10937--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	High
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	High
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Yin, 2016

Guideline record ID: 10939--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Yin, 2018

Guideline record ID: 10940--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Almeida, 2023

Guideline record ID: 10941--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Belzile, 2023

Guideline record ID: 10942--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight (kg)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Waist circumference (cm)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	High
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 4: Body fat (%)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High

3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Butryn, 2023

Guideline record ID: 10943--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Cohen, 2023

Guideline record ID: 10945--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Dual-energy X-ray absorptiometry	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 4: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns

3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Jarvholm, 2023

Guideline record ID: 10947--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Kaikkonen, 2023

Guideline record ID: 10948--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Spence, 2023

Guideline record ID: 10950--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Turner-McGrievy, 2023

Guideline record ID: 10951--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight (kg)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Body fat percentage	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Waist circumference (cm)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Apolzan, 2019

Guideline record ID: 11004

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	High
Overall Risk of bias judgement	High

Bolinder, 2014

Guideline record ID: 11011--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: DXA	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Derosa, 2012

Guideline record ID: 11017--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Gadde, 2011

Guideline record ID: 11025--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Dual Energy X-ray Absorptiometry (DXA)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Garvey, 2022

Guideline record ID: 11026--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Garvey, 2012

Guideline record ID: 11028--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Kelly, 2020

Guideline record ID: 11037

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Kelly, 2022

Guideline record ID: 11038--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Nordklint, 2021

Guideline record ID: 11047

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

O'Brien, 2017

Guideline record ID: 11048--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3:	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Weghuber, 2022

Guideline record ID: 11062--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Wharton, 2021

Guideline record ID: 11065--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Wilding, 2021

Guideline record ID: 11066--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 4: Body Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low

3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Wilding, 2022

Guideline record ID: 11067--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Body weight	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Garvey, 2023

Guideline record ID: 11070--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Jastreboff, 2022

Guideline record ID: 11071--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Dowsey, 2022

Guideline record ID: 11073--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Body weight	
Domain	**Judgement**
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Aronne, 2024

Guideline record ID: 12002--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Bonn, 2023

Guideline record ID: 12003--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	High
Overall Risk of bias judgement	High
Outcome 2: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	High
Overall Risk of bias judgement	High

Catalan-Lamban, 2023

Guideline record ID: 12005--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Chair, 2024

Guideline record ID: 12006--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Clina, 2023

Guideline record ID: 12008--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 4: DEXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low

3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Epstein, 2023

Guideline record ID: 12009--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Garcia-Silva, 2024

Guideline record ID: 12011--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Georgoulis, 2023

Guideline record ID: 12012--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI or BMI z-score/BMI-for-age centiles	
Domain	Judgement
1) Risk of bias arising from the randomisation process	High
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	High
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Body weight (kgs or lbs)	
Domain	Judgement
1) Risk of bias arising from the randomisation process	High
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Gupta, 2023

Guideline record ID: 12013--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Body Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Koschker, 2023

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Body Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Kosiborod, 2023

Guideline record ID: 12017--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Body Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Lin, 2023

Guideline record ID: 12018--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 4: Body Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low

3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Maddison, 2023

Guideline record ID: 12019--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: Waist circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 3: Body Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Ohman, 2023

Guideline record ID: 12021--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Body Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Pearl, 2023

Guideline record ID: 12023--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Waist Circumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Body weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Verrastro, 2023

Guideline record ID: 12024--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Body Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Versteegden, 2023

Guideline record ID: 12025--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: Body Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Wadden, 2023

Guideline record ID: 12026--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist cirumference	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Weight	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Walc, 2023

Guideline record ID: 12028--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: DXA	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Black, 2021
Guideline record ID: 10068--1

Cochrane's Risk of Bias Tool for RCTs (Parallel Studies)	
Outcome 1: BMI/BMI z-score	
Domain	Judgement
1) Risk of bias arising from the randomisation process	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Randomised controlled trials with a cluster study design

Aller, 2014

Guideline record ID: 10009--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: Waist circumference	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Annesi, 2017

Guideline record ID: 10020--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: Weight (kg)	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Annesi, 2019

Guideline record ID: 10021--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Annesi, 2020

Guideline record ID: 10022--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: Crude weight	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	High
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Annesi, 2016

Guideline record ID: 10023--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: Weight	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Bergström, 2013

Guideline record ID: 10060--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Bhopal, 2014

Guideline record ID: 10063--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: Weight	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Waist circumference	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Bogart, 2016

Guideline record ID: 10072--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Bowen, 2018

Guideline record ID: 10078--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Chang, 2019

Guideline record ID: 10110--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Body weight	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Christensen, 2012

Guideline record ID: 10115--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: Body weight	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 3: Waist circumference	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Davis, 2016

Guideline record ID: 10150--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Adab, 2018

Guideline record ID: 10163--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: BMI z score	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	High
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	High
Overall Risk of bias judgement	High
Outcome 2: Waist circumference	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	High
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	High
Overall Risk of bias judgement	High

Ferrara, 2016

Guideline record ID: 10216--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: Weight (In-clinic)	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Weight (self-reported)	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Some concerns
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

French, 2011

Guideline record ID: 10235--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Gong, 2014

Guideline record ID: 10267--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: Weight	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Hébert, 2013

Guideline record ID: 10303--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	High
1b) Bias arising from the timing of identification or recruitment of participants	High
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Jago, 2011

Guideline record ID: 10333--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: Waist ≥90th percentile	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Katzmarzyk, 2020

Guideline record ID: 10382

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: Waist Circumference	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Weight	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Latner, 2013

Guideline record ID: 10415--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Body weight	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Li, 2019

Guideline record ID: 10428--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: Prevalence of overweight/obesity (BMI)	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Llauradó, 2018

Guideline record ID: 10442--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Lubans, 2016

Guideline record ID: 10448--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Waist circumference	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Parker, 2022

Guideline record ID: 10537--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: Waist Circumference	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Paskett, 2018

Guideline record ID: 10540--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: Weight	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Phelan, 2017

Guideline record ID: 10569--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: Waist Circumference	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Weight	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Recasens, 2019

Guideline record ID: 10599--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	High
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Salva, 2011

Guideline record ID: 10639--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: Weight	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Siegrist, 2013

Guideline record ID: 10659--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Slater, 2022

Guideline record ID: 10661--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: Weight	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	High
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	High
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Waist circumference	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	High
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Spring, 2017

Guideline record ID: 10666--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: Weight	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Tarraga Marcos, 2014

Guideline record ID: 10681--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: Weight	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	High
1b) Bias arising from the timing of identification or recruitment of participants	High
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	High
1b) Bias arising from the timing of identification or recruitment of participants	High
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 3: Waist Circumference	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	High
1b) Bias arising from the timing of identification or recruitment of participants	High
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Taveras, 2011

Guideline record ID: 10682--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	High
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Warschburger, 2019

Guideline record ID: 10715--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: BMI standard deviation score	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

West, 2011

Guideline record ID: 10722--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: Weight	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Crespo, 2012

Guideline record ID: 10755--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Derwig, 2022

Guideline record ID: 10756--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Habib-Mourad, 2020

Guideline record ID: 10764

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Harris, 2017

Guideline record ID: 10765--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist Circumference	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Weight	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Kennedy, 2018

Guideline record ID: 10778--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Kouwenhoven-Pasmooij, 2018

Guideline record ID: 10780--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Weight	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Li, 2010

Guideline record ID: 10784--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: Body Weight	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Linde, 2012

Guideline record ID: 10785--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: Weight	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Llargues, 2011

Guideline record ID: 10788--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Lombard, 2016

Guideline record ID: 10789--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: Waist circumference	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low
Outcome 2: Body weight	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Looijmans, 2017

Guideline record ID: 10790--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Melnyk, 2015

Guideline record ID: 10819--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	High
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Sattin, 2016

Guideline record ID: 10847--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: Weight	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Simpson, 2021

Guideline record ID: 10862--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Weight	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Stettler, 2015

Guideline record ID: 10874--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Stookey, 2017

Guideline record ID: 10875--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Tarro, 2014

Guideline record ID: 10876--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Taveras, 2015

Guideline record ID: 10877--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Topham, 2021

Guideline record ID: 10891--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

Verweij, 2013

Guideline record ID: 10918--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: Waist circumference	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: Weight	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 3: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Some concerns
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Werkman, 2010

Guideline record ID: 10929

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: Waist circumference	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	High
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	High
Overall Risk of bias judgement	High
Outcome 3: Body weight	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	High
Overall Risk of bias judgement	High

Wilson, 2016

Guideline record ID: 10930--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: weight	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Cassidy, 2023

Guideline record ID: 10944--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: Weight (kg)	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High
Outcome 2: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	High

McElfish, 2023

Guideline record ID: 10949--1

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: Weight (kg)	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Low

Chang, 2023

Guideline record ID: 12007

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: Body weight	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Hershey, 2023
Guideline record ID: 12014

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: Waist circumference	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
1b) Bias arising from the timing of identification or recruitment of participants	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns

Walburg, 2023

Guideline record ID: 12027

Cochrane's Risk of Bias Tool for RCTs Cluster	
Outcome 1: Body Weight	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Low
1b) Bias arising from the timing of identification or recruitment of participants	Some concerns
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Low
3) Bias due to missing outcome data	High
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High

Randomisised controlled trials with a crossover study design

Coppins, 2011

Guideline record ID: 10126--1

Cochrane's Risk of Bias Tool for RCTs (crossover)	
Outcome 1: Body weight	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
S) Bias arising from period and carryover effects	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 2: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
S) Bias arising from period and carryover effects	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	Some concerns
Outcome 3: Waist circumference	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
S) Bias arising from period and carryover effects	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	Some concerns
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	Low
5) Bias in selection of the reported result	Some concerns
Overall Risk of bias judgement	Some concerns

Demark-Wahnefried, 2012

Guideline record ID: 10166

Cochrane's Risk of Bias Tool for RCTs (crossover)	
Outcome 1: BMI	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
S) Bias arising from period and carryover effects	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	High
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High
Outcome 2: Weight	
Domain	Judgement
1a) Risk of bias arising from the randomisation process	Some concerns
S) Bias arising from period and carryover effects	Low
2) Bias due to deviations from intended interventions (effect of assignment to intervention)	High
3) Bias due to missing outcome data	Low
4) Bias in measurement of the outcome	High
5) Bias in selection of the reported result	Low
Overall Risk of bias judgement	High