

Appendix 1 (as supplied by the authors): Search strategy

Medline - OVID

Last Run: April 19 2013

1. Obesity/dh, th, dt, rh
2. Obesity, Morbid/dt, dh, th, rh or Obesity, Abdominal/dt, dh, th, rh
3. Overweight/dh, dt, th, rh
4. "Behavior-Therapy"/
5. Cognitive Therapy/
6. Counseling/
7. Directive Counseling/
8. counsel?ing.ti,ab.
9. Anti-Obesity Agents/
10. orlistat.ti,ab.
11. xenical.ti,ab.
12. sibutramine.ti,ab.
13. meridia.ti,ab.
14. metformin/
15. metformin.ti,ab.
16. glucophage.ti,ab.
17. Diet, Reducing/
18. Diet, Fat-Restricted/
19. Caloric Restriction/
20. Diet Therapy/
21. (diet\$ adj counsel\$.ti,ab.
22. (diet\$ adj education\$.ti,ab.
23. (nutrition\$ adj counsel\$.ti,ab.
24. (nutrition\$ adj education\$.ti,ab.
25. (nutrition\$ adj intervention\$.ti,ab.
26. (diet\$ adj (modif\$ or therapy or intervention\$ or strateg\$)).ti,ab.
27. ((diet or dieting or slim\$) adj (club\$ or organi?ation\$)).ti,ab.
28. (weightwatcher\$ or weight watcher\$.ti,ab.
29. Exercise/
30. Exercise Therapy/
31. Motor Activity/
32. Physical Fitness/
33. physical activity.ti,ab.
34. (exercise adj3 (program\$ or intervention\$)).ti,ab.
35. or/4-34
36. Obesity/
37. Obesity, Morbid/ or Obesity, Abdominal/
38. Overweight/
39. Weight Loss/
40. obes\$.ti.
41. overweight.ti.
42. weight.ti.

Appendix to: Peirson L, Douketis J, Ciliska D, Fitzpatrick-Lewis D, Ali MU, Raina P. Treatment for overweight and obesity in adult populations: a systematic review and meta-analysis. *CMAJ Open* 2014. DOI:10.1503/cmajo.20140012.

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43. or/36-42
44. 35 and 43
45. (weight loss adj (intervention\$ or program\$ or trial\$)).ti,ab.
46. (weight reduc\$ adj (intervention\$ or program\$ or trial\$)).ti,ab.
47. (weight management adj (intervention\$ or program\$ or trial\$)).ti,ab.
48. (weight control adj (intervention\$ or program\$ or trial\$)).ti,ab.
49. (36 or 37 or 38) and 39
50. 1 or 2 or 3 or 44 or 45 or 46 or 47 or 48 or 49
51. limit 50 to (clinical trial or controlled clinical trial or meta analysis or randomized controlled trial)
52. clinical trials as topic/ or controlled clinical trials as topic/ or randomized controlled trials as topic/
53. Meta-Analysis as Topic/
54. (control\$ adj3 trial\$).ti,ab.
55. random\$.ti,ab.
56. clinical trial\$.ti,ab.
57. 52 or 53 or 54 or 55 or 56
58. 50 and 57
59. 51 or 58
60. limit 59 to "all child (0 to 18 years)"
61. limit 59 to "all adult (19 plus years)"
62. 60 not 61
63. 59 not 62
64. limit 63 to animals
65. limit 63 to humans
66. 64 not 65
67. 63 not 66
68. limit 67 to (english or french)
69. limit 68 to ed=20100801-20130419
70. (harm or harms or harmful or harmed).ti,ab.
71. (risky behavior\$ or risky behaviour\$).ti,ab.
72. weight cycling.ti,ab.
73. (adverse effects or mortality or toxicity).fs.
74. Mortality/
75. Morbidity/
76. death/
77. Athletic injuries/
78. Malnutrition/
79. nutritional defici\$.ti,ab.
80. Arrhythmias, Cardiac/
81. Arrhythmia\$.ti,ab.
82. Bone Density/
83. (bone mass adj3 loss).ti,ab.
84. Bone Resorption/
85. (death or deaths).ti,ab.
86. suicide/
87. Suicide, Attempted/
88. suicid\$.ti,ab.

89. or/70-88
90. 50 and 89
91. limit 90 to ed=20100801-20130419
92. or/9-16
93. 50 and 92
94. limit 93 to ed=20100801-20130419
95. case-control studies/ or cohort studies/ or longitudinal studies/ or follow-up studies/ or prospective studies/
96. case control\$.ti,ab.
97. cohort.ti,ab.
98. longitudinal.ti,ab.
99. (follow-up or followup).ti,ab.
100. prospective\$.ti,ab.
101. (comparison group\$ or control group\$).ti,ab.
102. observational.ti,ab.
103. retrospective studies/
104. retrospective\$.ti,ab.
105. database\$.ti,ab.
106. nonrandomi\$.ti,ab.
107. population\$.ti,ab.
108. or/95-107
109. 91 or 94
110. 108 and 109
111. limit 110 to "all child (0 to 18 years)"
112. limit 110 to "all adult (19 plus years)"
113. 111 not 112
114. 110 not 113
115. limit 114 to animals
116. limit 114 to humans
117. 115 not 116
118. 114 not 117
119. limit 118 to (english or french)
120. 69 or 119
121. exp *bariatric surgery/
122. limit 120 to ed=20100801-20130419
123. 122 not 121

EMBASE - OVID

Last Run: April 19 2013

1. obesity/dm, dt, pc, rh, si, th [Disease Management, Drug Therapy, Prevention, Rehabilitation, Side Effect, Therapy]
2. diabetic obesity/dm, dt, pc, rh, si, th
3. abdominal obesity/dm, dt, pc, rh, si, th
4. morbid obesity/dm, dt, pc, rh, si, th
5. exp psychotherapy/
6. exp counseling/
7. counsel?ing.ti,ab.

8. antiobesity agent/
9. orlistat.ti,ab.
10. sibutramine.ti,ab.
11. meridia.ti,ab.
12. metformin/
13. metformin.ti,ab.
14. glucophage.ti,ab.
15. exp diet therapy/
16. (diet\$ adj counsel\$).ti,ab.
17. (diet\$ adj education\$).ti,ab.
18. (nutrition\$ adj counsel\$).ti,ab.
19. (nutrition\$ adj education\$).ti,ab.
20. (nutrition\$ adj intervention\$).ti,ab.
21. (diet\$ adj (modif\$ or therapy or intervention\$ or strateg\$)).ti,ab.
22. ((diet or dieting or slim\$) adj (club\$ or organi?ation\$)).ti,ab.
23. (weightwatcher\$ or weight watcher\$).ti,ab.
24. exp exercise/
25. exp kinesiotherapy/
26. motor activity/
27. fitness/
28. (exercise adj3 (program\$ or intervention\$)).ti,ab.
29. physical activity.ti,ab.
30. or/5-29
31. obesity/
32. diabetic obesity/
33. abdominal obesity/
34. morbid obesity/
35. weight reduction/
36. obes\$.ti.
37. overweight.ti.
38. weight.ti.
39. or/31-38
40. 30 and 39
41. (weight loss adj (intervention\$ or program\$ or trial\$)).ti,ab.
42. (weight reduc\$ adj (intervention\$ or program\$ or trial\$)).ti,ab.
43. (weight management adj (intervention\$ or program\$ or trial\$)).ti,ab.
44. (weight control adj (intervention\$ or program\$ or trial\$)).ti,ab.
45. 31 or 32 or 33 or 34
46. 35 and 45
47. 1 or 2 or 3 or 4 or 40 or 41 or 42 or 43 or 44 or 46
48. limit 47 to (clinical trial or randomized controlled trial or controlled clinical trial or multicenter study or phase 1 clinical trial or phase 2 clinical trial or phase 3 clinical trial or phase 4 clinical trial)
49. limit 47 to (meta analysis or "systematic review")
50. meta analysis/
51. controlled study/ or exp controlled clinical trial/ or exp "controlled clinical trial (topic)"/
52. (control* adj3 trial*).ti,ab.

53. random*.ti,ab.
54. clinical trial*.ti,ab.
55. 50 or 51 or 52 or 53 or 54
56. 47 and 55
57. 48 or 49 or 56
58. limit 57 to (embryo or infant or child or preschool child <1 to 6 years> or school child <7 to 12 years> or adolescent <13 to 17 years>)
59. limit 57 to (adult <18 to 64 years> or aged <65+ years>)
60. 58 not 59
61. 57 not 60
62. limit 61 to animals
63. limit 61 to humans
64. 62 not 63
65. 61 not 64
66. limit 65 to (english or french)
67. limit 66 to yr="2010 -Current"
68. (harm or harms or harmful or harmed).ti,ab.
69. (risky behavior* or risky behaviour*).ti,ab.
70. weight cycling.ti,ab.
71. (ae or to or si).mp. or co.fs. [mp=title, abstract, subject headings, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword]
72. exp mortality/
73. exp morbidity/
74. death/
75. sport injury/
76. exp malnutrition/
77. nutritional defici*.ti,ab.
78. exp heart arrhythmia/
79. Arrhythmia*.ti,ab.
80. bone density/
81. (bone mass adj3 loss).ti,ab.
82. bone resorption.ti,ab.
83. (death or deaths).ti,ab.
84. (disordered eating or eating disorders*).ti,ab.
85. suicide/
86. suicide attempt/
87. suicid*.ti,ab.
88. or/68-87
89. 47 and 88
90. exp case control study/ or pretest posttest control group design/
91. cohort analysis/
92. longitudinal study/
93. follow up/
94. prospective study/
95. observational study/
96. retrospective study/

97. case-control*.ti,ab.
98. cohort.ti,ab.
99. longitudinal.ti,ab.
100. (follow-up or followup).ti,ab.
101. prospective\$.ti,ab.
102. (comparison group* or control group*).ti,ab.
103. observational.ti,ab.
104. retrospective*.ti,ab.
105. database*.ti,ab.
106. nonrandom*.ti,ab.
107. population*.ti,ab.
108. or/90-107
109. 89 and 108
110. limit 109 to (embryo or infant or child or preschool child <1 to 6 years> or school child <7 to 12 years> or adolescent <13 to 17 years>)
111. limit 109 to (adult <18 to 64 years> or aged <65+ years>)
112. 110 not 111
113. 109 not 112
114. limit 113 to animals
115. limit 113 to humans
116. 114 not 115
117. 113 not 116
118. limit 117 to (english or french)
119. limit 118 to yr="2010 -Current"
120. 67 or 119
121. exp *bariatric surgery/
122. 120 not 121
123. (pediatric* or paediatric* or child* or adolescent? or youth? or teenager? or teen?).ti,ab,jn.
124. 122 not 123

Cochrane Central Registry of Controlled Trials - OVID

Last Run: April 19 2013

1. Obesity/dh, th, dt, rh
2. Obesity, Morbid/dt, dh, th, rh or Obesity, Abdominal/dt, dh, th, rh
3. Overweight/dh, dt, th, rh
4. "Behavior-Therapy"/
5. Cognitive Therapy/
6. Counseling/
7. Directive Counseling/
8. counsel?ing.ti,ab.
9. Anti-Obesity Agents/
10. orlistat.ti,ab.
11. xenical.ti,ab.
12. sibutramine.ti,ab.
13. meridia.ti,ab.
14. metformin/

15. metformin.ti,ab.
16. glucophage.ti,ab.
17. Diet, Reducing/
18. Diet, Fat-Restricted/
19. Caloric Restriction/
20. Diet Therapy/
21. (diet\$ adj counsel\$).ti,ab.
22. (diet\$ adj education\$).ti,ab.
23. (nutrition\$ adj counsel\$).ti,ab.
24. (nutrition\$ adj education\$).ti,ab.
25. (nutrition\$ adj intervention\$).ti,ab.
26. (diet\$ adj (modif\$ or therapy or intervention\$ or strateg\$)).ti,ab.
27. ((diet or dieting or slim\$) adj (club\$ or organi?ation\$)).ti,ab.
28. (weightwatcher\$ or weight watcher\$).ti,ab.
29. Exercise/
30. Exercise Therapy/
31. Motor Activity/
32. Physical Fitness/
33. physical activity.ti,ab.
34. (exercise adj3 (program\$ or intervention\$)).ti,ab.
35. or/4-34
36. Obesity/
37. Obesity, Morbid/ or Obesity, Abdominal/
38. Overweight/
39. Weight Loss/
40. obes\$.ti.
41. overweight.ti.
42. weight.ti.
43. or/36-42
44. 35 and 43
45. (weight loss adj (intervention\$ or program\$ or trial\$)).ti,ab.
46. (weight reduc\$ adj (intervention\$ or program\$ or trial\$)).ti,ab.
47. (weight management adj (intervention\$ or program\$ or trial\$)).ti,ab.
48. (weight control adj (intervention\$ or program\$ or trial\$)).ti,ab.
49. (36 or 37 or 38) and 39
50. 1 or 2 or 3 or 44 or 45 or 46 or 47 or 48 or 49
51. limit 50 to yr="2010 -Current"

PsycINFO – OVID

Last Run: April 19 2013

1. exp overweight/
2. exp Obesity/
3. obes*.ti.
4. weight control/ or weight loss/
5. overweight.ti.
6. weight.ti.

7. or/1-6
8. behavior modification/ or exp behavior therapy/
9. exp *psychotherapy/ or exp cognitive behavior therapy/
10. counseling/ or group counseling/ or peer counseling/
11. counsel?ing.ti,ab.
12. exp appetite depressing drugs/
13. orlistat.ti,ab.
14. xenical.ti,ab.
15. sibutramine.ti,ab.
16. meridia.ti,ab.
17. metformin.ti,ab.
18. glucophage.ti,ab.
19. diets/ or dietary restraint/
20. diet therapy.mp.
21. (diet* adj counsel*).ti,ab.
22. (diet* adj education*).ti,ab.
23. (nutrition* adj counsel*).ti,ab.
24. (nutrition* adj education*).ti,ab.
25. (nutrition* adj intervention*).ti,ab.
26. (diet* adj (modif* or therapy or intervention* or strateg*)).ti,ab.
27. ((diet* or dieting or slim* or weight loss) adj (club* or organi?ation*)).ti,ab.
28. physical activity/ or exp exercise/ or active living/ or activity level/ or exp health behavior/ or exp locomotion/ or physical fitness/
29. physical activity.ti,ab.
30. (exercise adj3 (program* or intervention*)).ti,ab.
31. exercise.ti.
32. or/8-31
33. (weight loss adj (intervention* or program* or trial*)).ti,ab.
34. (weight reduc* adj (intervention* or program* or trial*)).ti,ab.
35. (weight management adj (intervention* or program* or trial*)).ti,ab.
36. (weight control adj (intervention* or program* or trial*)).ti,ab.
37. 7 and 32
38. 1 or 2 or 3 or 5 or 6
39. 4 and 38
40. 33 or 34 or 35 or 36 or 37 or 39
41. meta analysis/
42. clinical trials/
43. (control* adj3 trial*).ti,ab.
44. random*.ti,ab.
45. clinical trial*.ti,ab.
46. 41 or 42 or 43 or 44 or 45
47. 40 and 46
48. limit 47 to (100 childhood or 120 neonatal or 140 infancy or 160 preschool age or 180 school age or 200 adolescence)
49. limit 47 to ("300 adulthood " or 320 young adulthood or 340 thirties or 360 middle age or "380 aged " or "390 very old ")

50. 48 not 49
51. 47 not 50
52. limit 51 to animal
53. limit 51 to human
54. 52 not 53
55. 51 not 54
56. limit 55 to (english or french)
57. limit 56 to up=20100801-20130419
58. exp "side effects (treatment)"/
59. (harm or harms or harmful or harmed).ti,ab.
60. (risky behavior* or risky behaviour*).ti,ab.
61. (adverse effects or adverse events or mortality or toxicity).ti,ab.
62. morbidity/
63. weight cycling.ti,ab.
64. disordered eating.ti,ab.
65. injuries/
66. athletic injur*.ti,ab.
67. exp nutritional deficiencies/
68. nutritional defici*.ti,ab.
69. "arrhythmias (heart)"/
70. Arrhythmia*.ti,ab.
71. osteoporosis/
72. (bone mass adj3 loss).ti,ab.
73. bone resorption.mp.
74. (death or deaths).ti,ab.
75. suicide/ or attempted suicide/
76. suicid*.ti,ab.
77. or/58-76
78. 40 and 77
79. case-control studies.mp.
80. case-control.ti,ab.
81. (cohort or longitudinal or follow-up or followup or prospective*).ti,ab.
82. (comparison group* or control group*).ti,ab.
83. observational.ti,ab.
84. retrospective*.ti,ab.
85. database*.ti,ab.
86. nonrandom*.ti,ab.
87. population*.ti,ab.
88. or/79-87
89. 78 and 88
90. limit 89 to (100 childhood or 120 neonatal or 140 infancy or 160 preschool age or 180 school age or 200 adolescence)
91. limit 89 to ("300 adulthood " or 320 young adulthood or 340 thirties or 360 middle age or "380 aged " or "390 very old ")
92. 90 not 91
93. 89 not 92

- 94. animals/ not humans/
- 95. 93 not 94
- 96. limit 95 to (english or french)
- 97. limit 96 to up=20100801-20130419
- 98. 57 or 97

