



## Excluded Articles: Self-Monitoring & Body Weight

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

	Excluded Citations	Reason for Exclusion
1	McGrane D,Fisher M. Struck by ACCORD. Practical Diabetes International. 2008. 25:127-129.	Study Design, Unhealthy Subjects
2	Steinberg DM,Tate DF,Bennett GG,Ennett S,Samuel-Hodge C,Ward DS. Daily self-weighing and adverse psychological outcomes: a randomized controlled trial. Am J Prev Med. 2014. 46:24-9. PMID:24355668.	Outcome, Duplicate
3	Wing RR,Tate DF,Gorin AA,Raynor HA,Fava JL,Machan J. STOP regain: are there negative effects of daily weighing?. J Consult Clin Psychol. 2007. 75:652-6. PMID:17663619.	Outcome
4	Cheskin LJ. A personalised intervention reduced weight regain in overweight and obese adults who had recently lost weight: Commentary. Evidence-Based Medicine. 2008. 13:109.	Independent Variable
5	Christian JG,Byers TE,Christian KK,Goldstein MG,Bock BC,Prioreschi B,Bessesen DH. A computer support program that helps clinicians provide patients with metabolic syndrome tailored counseling to promote weight loss. J Am Diet Assoc. 2011. 111:75-83. PMID:21185968.	Independent Variable
6	Linde JA,Jeffery RW. Testing a brief self-directed behavioral weight control program. Behav Med. 2011. 37:47-53. PMID:21660772.	Independent Variable
7	Schroder KE. Computer-assisted dieting: effects of a randomized nutrition intervention. Am J Health Behav. 2011. 35:175-88. PMID:21204680.	Independent Variable, Sample Size
8	Webber KH,Tate DF,Ward DS,Bowling JM. Motivation and its relationship to adherence to self-monitoring and weight loss in a 16-week Internet behavioral weight loss intervention. J Nutr Educ Behav. 2010. 42:161-7. PMID:20138583.	Independent Variable
9	Williamson DA,Anton SD,Han H,Champagne CM,Allen R,Leblanc E,Ryan DH,Rood J,McManus K,Laranjo N,Carey VJ,Loria CM,Bray GA,Sacks FM. Early behavioral adherence predicts short and long-term weight loss in the POUNDS LOST study. J Behav Med. 2010. 33:305-14. PMID:20195742.	Independent Variable



## Excluded Articles: Self-Monitoring & Body Weight

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

	Excluded Citations	Reason for Exclusion
10	Phelan S, Phipps MG, Abrams B, Darroch F, Grantham K, Schaffner A, Wing RR. Does behavioral intervention in pregnancy reduce postpartum weight retention? Twelve-month outcomes of the Fit for Delivery randomized trial 1-3. <i>American Journal of Clinical Nutrition</i> . 2014. 99:302-311.	Independent Variable
11	Akers JD, Cornett RA, Savla JS, Davy KP, Davy BM. Daily self-monitoring of body weight, step count, fruit/vegetable intake, and water consumption: a feasible and effective long-term weight loss maintenance approach. <i>J Acad Nutr Diet</i> . 2012. 112:685-692.e2. PMID:22709772.	Study Design, Sample Size
12	Alm ME, Neumark-Sztainer D, Story M, Boutelle KN. Self-Weighing and Weight Control Behaviors Among Adolescents with a History of Overweight. <i>Journal of Adolescent Health</i> . 2009. 44:424-430.	Study Design
13	Ames GE, Patel RH, McMullen JS, Thomas CS, Crook JE, Lynch SA, Lutes LD. Improving maintenance of lost weight following a commercial liquid meal replacement program: A preliminary study. <i>Eating Behaviors</i> . 2014. 15:95-98.	Study Design, Attrition
14	Bauer S, de Niet J, Timman R, Kordy H. Enhancement of care through self-monitoring and tailored feedback via text messaging and their use in the treatment of childhood overweight. <i>Patient Educ Couns</i> . 2010. 79:315-9. PMID:20418046.	Study Design
15	Burke LE, Sereika SM, Music E, Warziski M, Styn MA, Stone A. Using instrumented paper diaries to document self-monitoring patterns in weight loss. <i>Contemp Clin Trials</i> . 2008. 29:182-93. PMID:17702667.	Study Design, Sample Size
16	Hollis JF, Gullion CM, Stevens VJ, Brantley PJ, Appel LJ, Ard JD, Champagne CM, Dalcin A, Erlinger TP, Funk K, Laferriere D, Lin PH, Loria CM, Samuel-Hodge C, Vollmer WM, Svetkey LP. Weight loss during the intensive intervention phase of the weight-loss maintenance trial. <i>Am J Prev Med</i> . 2008. 35:118-26. PMID:18617080.	Study Design
17	Welsh EM, Sherwood NE, VanWormer JJ, Hotop AM, Jeffery RW. Is frequent self-weighing associated with poorer body satisfaction? Findings from a phone-based weight loss trial. <i>J Nutr Educ Behav</i> . 2009. 41:425-8. PMID:19879499.	Study Design
18	Yon BA, Johnson RK, Harvey-Berino J, Gold BC, Howard AB. Personal digital assistants are comparable to traditional diaries for dietary self-monitoring during a weight loss program. <i>Journal of Behavioral Medicine</i> . 2007. 30:165-175.	Study Design



## Excluded Articles: Self-Monitoring & Body Weight

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

	Excluded Citations	Reason for Exclusion
19	Acharya SD,Elci OU,Sereika SM,Styn MA,Burke LE. Using a personal digital assistant for self-monitoring influences diet quality in comparison to a standard paper record among overweight/obese adults. J Am Diet Assoc. 2011. 111:583-8. PMID:21443993.	Duplicate
20	Alert MD,Rastegar S,Foret M,Slipp L,Jacquart J,Macklin E,Baim M,Fricchione G,Benson H,Denninger J,Yeung A. The effectiveness of a comprehensive mind body weight loss intervention for overweight and obese adults: a pilot study. Complement Ther Med. 2013. 21:286-93. PMID:23876558.	Study Design, Independent Variable
21	Allen JK,Stephens J,Dennison Himmelfarb CR,Stewart KJ,Hauck S. Randomized controlled pilot study testing use of smartphone technology for obesity treatment. J Obes. 2013. 2013:151597. PMID:24392223.	Sample Size
22	Ambeba EJ,Ye L,Sereika SM,Styn MA,Acharya SD,Sevick MA,Ewing LJ,Conroy MB,Glanz K,Zheng Y,Goode RW,Mattos M,Burke LE. The Use of mHealth to Deliver Tailored Messages Reduces Reported Energy and Fat Intake. J Cardiovasc Nurs. 2014. PMID:24434827.	Study Design, Outcome
23	Anderson AS,Craigie AM,Caswell S,Treweek S,Stead M,Macleod M,Daly F,Belch J,Rodger J,Kirk A,Ludbrook A,Rauchhaus P,Norwood P,Thompson J,Wardle J,Steele RJ. The impact of a bodyweight and physical activity intervention (BeWEL) initiated through a national colorectal cancer screening programme: randomised controlled trial. Bmj. 2014. 348:g1823. PMID:24609919.	Independent Variable
24	Anderson LM,Symoniak ED,Epstein LH. A Randomized Pilot Trial of an Integrated School-Worksite Weight Control Program. Health Psychol. 2013. PMID:23895201.	Independent Variable
25	Andrade AM,Coutinho SR,Silva MN,Mata J,Vieira PN,Minderico CS,Melanson KJ,Baptista F,Sardinha LB,Teixeira PJ. The effect of physical activity on weight loss is mediated by eating self-regulation. Patient Educ Couns. 2010. 79:320-6. PMID:20149955.	Independent Variable
26	Annesi J. Effects of treatment differences on psychosocial predictors of exercise and improved eating in obese, middle-age adults. J Phys Act Health. 2013. 10:1024-31. PMID:23132819.	Independent Variable
27	Annesi JJ. Relations of changes in self-regulatory efficacy and physical self-concept with improvements in body satisfaction in obese women initiating exercise with cognitive-behavioral support. Body Image. 2010. 7:356-9. PMID:20541986.	Independent Variable



## Excluded Articles: Self-Monitoring & Body Weight

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

	Excluded Citations	Reason for Exclusion
28	Annesi JJ. Dose-response and self-efficacy effects of an exercise program on vigor change in obese women. <i>American Journal of the Medical Sciences</i> . 2010. 339:127-132.	Independent Variable
29	Annesi JJ. Self-regulatory skills usage strengthens the relations of self-efficacy for improved eating, exercise, and weight in the severely obese: toward an explanatory model. <i>Behav Med</i> . 2011. 37:71-6. PMID:21895423.	Independent Variable, Outcome
30	Annesi JJ. Relationship of initial self-regulatory ability with changes in self-regulation and associated fruit and vegetable consumption in severely obese women initiating an exercise and nutrition treatment: moderation of mood and self-efficacy. <i>J Sports Sci Med</i> . 2011. 10:643-8. PMID:24149553.	Independent Variable
31	Annesi JJ. Supported exercise improves controlled eating and weight through its effects on psychosocial factors: extending a systematic research program toward treatment development. <i>Perm J</i> . 2012. 16:7-18. PMID:22529754.	Independent Variable
32	Annesi JJ, Gorjala S. Relationship of exercise program participation with weight loss in adults with severe obesity: assessing psychologically based mediators. <i>South Med J</i> . 2010. 103:1119-23. PMID:20890247.	Study Design, Independent Variable
33	Annesi JJ, Mareno N. Temporal aspects of psychosocial predictors of increased fruit and vegetable intake in adults with severe obesity: mediation by physical activity. <i>J Community Health</i> . 2014. 39:454-63. PMID:24481711.	Independent Variable
34	Annesi JJ, Porter KJ. Reciprocal effects of treatment-induced increases in exercise and improved eating, and their psychosocial correlates, in obese adults seeking weight loss: a field-based trial. <i>Int J Behav Nutr Phys Act</i> . 2013. 10:133. PMID:24308572.	Independent Variable
35	Annesi JJ, Smith AE, Tennant GA. Reducing high BMI in African American preschoolers: effects of a behavior-based physical activity intervention on caloric expenditure. <i>South Med J</i> . 2013. 106:456-9. PMID:23912139.	Independent Variable
36	Annesi JJ, Smith AE, Tennant GA. Effects of the Start For Life treatment on physical activity in primarily African American preschool children of ages 3-5 years. <i>Psychol Health Med</i> . 2013. 18:300-9. PMID:22882084.	Outcome
37	Annesi JJ, Tennant GA. Exercise program-induced mood improvement and improved eating in severely obese adults. <i>Int Q Community Health Educ</i> . 2012. 33:391-402. PMID:24044929.	Independent Variable, Outcome
38	Annesi JJ, Tennant GA. Mediation of social cognitive theory variables in the relationship of exercise and improved eating in sedentary adults with severe obesity. <i>Psychol Health Med</i> . 2013. 18:714-24. PMID:23387320.	Independent Variable



## Excluded Articles: Self-Monitoring & Body Weight

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

	Excluded Citations	Reason for Exclusion
39	Annesi JJ,Unruh JL. Relations of exercise, self-appraisal, mood changes and weight loss in obese women: testing propositions based on Baker and Brownell's (2000) model. Am J Med Sci. 2008. 335:198-204. PMID:18344693.	Independent Variable
40	Annesi JJ,Whitaker AC. Psychological factors discriminating between successful and unsuccessful weight loss in a behavioral exercise and nutrition education treatment. Int J Behav Med. 2010. 17:168-75. PMID:19653103.	Study Design, Independent Variable
41	Anton SD,LeBlanc E,Allen HR,Karabetian C,Sacks F,Bray G,Williamson DA. Use of a computerized tracking system to monitor and provide feedback on dietary goals for calorie-restricted diets: the POUNDS LOST study. J Diabetes Sci Technol. 2012. 6:1216-25. PMID:23063049.	Attrition
42	Ash S,Reeves M,Bauer J,Dover T,Vivanti A,Leong C,O'Moore Sullivan T,Capra S. A randomised control trial comparing lifestyle groups, individual counselling and written information in the management of weight and health outcomes over 12 months. Int J Obes (Lond). 2006. 30:1557-64. PMID:16534529.	Independent Variable
43	Au-Yeung KY,Moon GD,Robertson TL,DiCarlo LA,Epstein MS,Weis SE,Reves RR,Engel G. Early clinical experience with networked system for promoting patient self-management. American Journal of Managed Care. 2011. 17:e277-e287.	Study Design, Outcome
44	Bacon L,Stern JS,Van Loan MD,Keim NL. Size acceptance and intuitive eating improve health for obese, female chronic dieters. J Am Diet Assoc. 2005. 105:929-36. PMID:15942543.	Independent Variable
45	Barnes AS,Kimbrow RT. Descriptive study of educated African American women successful at weight-loss maintenance through lifestyle changes. J Gen Intern Med. 2012. 27:1272-9. PMID:22539067.	Study Design
46	Barry VW,McClain AC,Shuger S,Sui X,Hardin JW,Hand GA,Wilcox S,Blair SN. Using a technology-based intervention to promote weight loss in sedentary overweight or obese adults: a randomized controlled trial study design. Diabetes Metab Syndr Obes. 2011. 4:67-77. PMID:21448324.	Independent Variable
47	Batch BC,Tyson C,Bagwell J,Corsino L,Intille S,Lin PH,Lazenka T,Bennett G,Bosworth HB,Voils C,Grambow S,Sutton A,Bordogna R,Pangborn M,Schwager J,Pilewski K,Caccia C,Burroughs J,Svetkey LP. Weight loss intervention for young adults using mobile technology: design and rationale of a randomized controlled trial - Cell Phone Intervention for You (CITY). Contemp Clin Trials. 2014. 37:333-41. PMID:24462568.	Study Design



## Excluded Articles: Self-Monitoring & Body Weight

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

	Excluded Citations	Reason for Exclusion
48	Bathrellou E, Yannakoulia M, Papanikolaou K, Pehlivanidis A, Pervanidou P, Kanaka-Gantenbein C, Tokou I, Tsiantis J, Chrousos GP, Sidossis LS. Parental involvement does not augment the effectiveness of an intense behavioral program for the treatment of childhood obesity. <i>Hormones (Athens)</i> . 2010. 9:171-5. PMID:20687401.	Independent Variable
49	Bennett GG, Foley P, Levine E, Whiteley J, Askew S, Steinberg DM, Batch B, Greaney ML, Miranda H, Wroth TH, Holder MG, Emmons KM, Puleo E. Behavioral treatment for weight gain prevention among black women in primary care practice: a randomized clinical trial. <i>JAMA Intern Med</i> . 2013. 173:1770-7. PMID:23979005.	Independent Variable
50	Bennett GG, Warner ET, Glasgow RE, Askew S, Goldman J, Ritzwoller DP, Emmons KM, Rosner BA, Colditz GA. Obesity treatment for socioeconomically disadvantaged patients in primary care practice. <i>Arch Intern Med</i> . 2012. 172:565-74. PMID:22412073.	Independent Variable, Unhealthy Subjects
51	Bergh IH, Bjelland M, Grydeland M, Lien N, Andersen LF, Klepp KI, Anderssen SA, Ommundsen Y. Mid-way and post-intervention effects on potential determinants of physical activity and sedentary behavior, results of the HEIA study - a multi-component school-based randomized trial. <i>Int J Behav Nutr Phys Act</i> . 2012. 9:63. PMID:22643014.	Independent Variable
52	Bergh IH, van Stralen MM, Bjelland M, Grydeland M, Lien N, Klepp KI, Anderssen SA, Ommundsen Y. Post-intervention effects on screen behaviours and mediating effect of parental regulation: the HEalth In Adolescents study--a multi-component school-based randomized controlled trial. <i>BMC Public Health</i> . 2014. 14:200. PMID:24568125.	Independent Variable
53	Berkel LA, Poston WSC, Reeves RS, Foreyt JP. Behavioral interventions for obesity. <i>Journal of the American Dietetic Association</i> . 2005. 105:S35-S43.	Study Design
54	Berry DC, Schwartz TA, McMurray RG, Skelly AH, Neal M, Hall EG, Aimyong N, Amatuli DJ, Melkus G. The family partners for health study: a cluster randomized controlled trial for child and parent weight management. <i>Nutr Diabetes</i> . 2014. 4:e101. PMID:24418827.	Independent Variable
55	Binks M, van Mierlo T. Utilization patterns and user characteristics of an ad libitum Internet weight loss program. <i>J Med Internet Res</i> . 2010. 12:e9. PMID:20350926.	Independent Variable
56	Blanson Henkemans OA, van der Boog PJ, Lindenberg J, van der Mast CA, Neerincx MA, Zwetsloot-Schonk BJ. An online lifestyle diary with a persuasive computer assistant providing feedback on self-management. <i>Technol Health Care</i> . 2009. 17:253-67. PMID:19641261.	Study Design
57	Bleich SN, Huizinga MM, Beach MC, Cooper LA. Patient use of weight-management activities: a comparison of patient and physician assessments. <i>Patient Educ Couns</i> . 2010. 79:344-50. PMID:20193998.	Study Design, Independent



## Excluded Articles: Self-Monitoring & Body Weight

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

	Excluded Citations	Reason for Exclusion
		Variable
58	Boutelle KN, Libbey H, Neumark-Sztainer D, Story M. Weight Control Strategies of Overweight Adolescents Who Successfully Lost Weight. <i>Journal of the American Dietetic Association</i> . 2009. 109:2029-2035.	Study Design
59	Boutelle KN, Norman GJ, Rock CL, Rhee KE, Crow SJ. Guided self-help for the treatment of pediatric obesity. <i>Pediatrics</i> . 2013. 131:e1435-42. PMID:23545372.	Independent Variable
60	Bradshaw AJ, Horwath CC, Katzer L, Gray A. Non-dieting group interventions for overweight and obese women: what predicts non-completion and does completion improve outcomes?. <i>Public Health Nutr</i> . 2010. 13:1622-8. PMID:20025832.	Independent Variable
61	Burke LE, Conroy MB, Sereika SM, Elci OU, Styn MA, Acharya SD, Sevick MA, Ewing LJ, Glanz K. The effect of electronic self-monitoring on weight loss and dietary intake: a randomized behavioral weight loss trial. <i>Obesity (Silver Spring)</i> . 2011. 19:338-44. PMID:20847736.	Duplicate
62	Burke LE, Sereika S, Choo J, Warziski M, Music E, Styn M, Novak J, Stone A. Ancillary study to the PREFER trial: a descriptive study of participants' patterns of self-monitoring--rationale, design and preliminary experiences. <i>Contemp Clin Trials</i> . 2006. 27:23-33. PMID:16311076.	Sample Size
63	Burke LE, Sereika S, Choo J, Warziski M, Music E, Styn M, Novak J, Stone A. Ancillary study to the PREFER trial: A descriptive study of participants' patterns of self-monitoring - Rationale, design and preliminary experiences. <i>Contemporary Clinical Trials</i> . 2006. 27:23-33.	Sample Size
64	Burke LE, Styn MA, Glanz K, Ewing LJ, Elci OU, Conroy MB, Sereika SM, Acharya SD, Music E, Keating AL, Sevick MA. SMART trial: A randomized clinical trial of self-monitoring in behavioral weight management--design and baseline findings. <i>Contemp Clin Trials</i> . 2009. 30:540-51. PMID:19665588.	Duplicate
65	Burke LE, Swigart V, Warziski Turk M, Derro N, Ewing LJ. Experiences of self-monitoring: successes and struggles during treatment for weight loss. <i>Qual Health Res</i> . 2009. 19:815-28. PMID:19365099.	Study Design
66	Byrne NM, Meerkin JD, Laukkanen R, Ross R, Fogelholm M, Hills AP. Weight loss strategies for obese adults: personalized weight management program vs. standard care. <i>Obesity (Silver Spring, Md.)</i> . 2006. 14:1777-1788.	Sample Size
67	Cadmus-Bertram L, Wang JB, Patterson RE, Newman VA, Parker BA, Pierce JP. Web-based self-monitoring for weight loss among overweight/obese women at increased risk for breast cancer: the HELP pilot study. <i>Psychooncology</i> . 2013. 22:1821-8. PMID:23188655.	Sample Size



## Excluded Articles: Self-Monitoring & Body Weight

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

	Excluded Citations	Reason for Exclusion
68	Carels RA, Darby LA, Rydin S, Douglass OM, Cacciapaglia HM, O'Brien WH. The relationship between self-monitoring, outcome expectancies, difficulties with eating and exercise, and physical activity and weight loss treatment outcomes. <i>Ann Behav Med.</i> 2005. 30:182-90. PMID:16336069.	Study Design, Independent Variable
69	Carels RA, Hoffmann DA, Hinman N, Burmeister JM, Koball A, Ashrafioun L, Oehlhof MW, Bannon E, Leroy M, Darby L. Step-down approach to behavioural weight loss treatment: a pilot of a randomised clinical trial. <i>Psychol Health.</i> 2013. 28:1121-34. PMID:23607537.	Independent Variable
70	Carels RA, Wott CB, Young KM, Gumble A, Darby LA, Oehlhof MW, Harper J, Koball A. Successful weight loss with self-help: A stepped-care approach. <i>Journal of Behavioral Medicine.</i> 2009. 32:503-509.	Study Design, Independent Variable
71	Carels RA, Young KM, Coit C, Clayton AM, Spencer A, Hobbs M. Can following the caloric restriction recommendations from the Dietary Guidelines for Americans help individuals lose weight?. <i>Eat Behav.</i> 2008. 9:328-35. PMID:18549992.	Study Design, Independent Variable
72	Carraca EV, Silva MN, Coutinho SR, Vieira PN, Minderico CS, Sardinha LB, Teixeira PJ. The association between physical activity and eating self-regulation in overweight and obese women. <i>Obesity Facts.</i> 2013. 6:493-506.	Independent Variable
73	Carraca EV, Silva MN, Markland D, Vieira PN, Minderico CS, Sardinha LB, Teixeira PJ. Body image change and improved eating self-regulation in a weight management intervention in women. <i>Int J Behav Nutr Phys Act.</i> 2011. 8:75. PMID:21767360.	Study Design, Independent Variable
74	Carter MC, Burley VJ, Nykjaer C, Cade JE. Adherence to a smartphone application for weight loss compared to website and paper diary: pilot randomized controlled trial. <i>J Med Internet Res.</i> 2013. 15:e32. PMID:23587561.	Attrition
75	Chambliss HO, Huber RC, Finley CE, McDoniel SO, Kitzman-Ulrich H, Wilkinson WJ. Computerized self-monitoring and technology-assisted feedback for weight loss with and without an enhanced behavioral component. <i>Patient Educ Couns.</i> 2011. 85:375-82. PMID:21295433.	Attrition
76	Cheung PCH, Ip PLS, Lam ST, Bibby H. A study on body weight perception and weight control behaviours among adolescents in Hong Kong. <i>Hong Kong Medical Journal.</i> 2007. 13:16-21.	Study Design, Independent Variable
77	Christian JG, Bessesen DH, Byers TE, Christian KK, Goldstein MG, Bock BC. Clinic-based support to help overweight patients with type 2 diabetes increase physical activity and lose weight. <i>Arch Intern Med.</i> 2008. 168:141-6.	Unhealthy Subjects



## Excluded Articles: Self-Monitoring & Body Weight

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

	Excluded Citations	Reason for Exclusion
	PMID:18227359.	
78	Ciampolini M,Lovell-Smith D,Sifone M. Sustained self-regulation of energy intake. Loss of weight in overweight subjects. Maintenance of weight in normal-weight subjects. <i>Nutr Metab (Lond)</i> . 2010. 7:4. PMID:20148113.	Independent Variable
79	Cohen TR,Hazell TJ,Vanstone CA,Plourde H,Rodd CJ,Weiler HA. A family-centered lifestyle intervention to improve body composition and bone mass in overweight and obese children 6 through 8 years: a randomized controlled trial study protocol. <i>BMC Public Health</i> . 2013. 13:383. PMID:23617621.	Independent Variable
80	Collins CE,Morgan PJ,Jones P,Fletcher K,Martin J,Aguiar EJ,Lucas A,Neve M,McElduff P,Callister R. Evaluation of a commercial web-based weight loss and weight loss maintenance program in overweight and obese adults: a randomized controlled trial. <i>BMC Public Health</i> . 2010. 10:669. PMID:21047432.	Study Design, Independent Variable
81	Conroy MB,Yang K,Elci OU,Gabriel KP,Styn MA,Wang J,Kriska AM,Sereika SM,Burke LE. Physical activity self-monitoring and weight loss: 6-month results of the SMART trial. <i>Med Sci Sports Exerc</i> . 2011. 43:1568-74. PMID:21200337.	Independent Variable
82	Crespo NC,Elder JP,Ayala GX,Slymen DJ,Campbell NR,Sallis JF,McKenzie TL,Baquero B,Arredondo EM. Results of a multi-level intervention to prevent and control childhood obesity among Latino children: the Aventuras Para Ninos Study. <i>Ann Behav Med</i> . 2012. 43:84-100. PMID:22215470.	Independent Variable
83	Daniali S,Azadbakht L,Mostafavi F. Relationship between body satisfaction with self esteem and unhealthy body weight management. <i>J Educ Health Promot</i> . 2013. 2:29. PMID:24083279.	Study Design, Independent Variable
84	de Niet J,Timman R,Bauer S,van den Akker E,Buijks H,de Klerk C,Kordy H,Passchier J. The effect of a short message service maintenance treatment on body mass index and psychological well-being in overweight and obese children: a randomized controlled trial. <i>Pediatr Obes</i> . 2012. 7:205-19. PMID:22492669.	Duplicate
85	DeJoy DM,Parker KM,Padilla HM,Wilson MG,Roemer EC,Goetzl RZ. Combining environmental and individual weight management interventions in a work setting: results from the Dow chemical study. <i>J Occup Environ Med</i> . 2011. 53:245-52. PMID:21346636.	Independent Variable
86	Delahanty L,Kriska A,Edelstein S,Amodei N,Chadwick J,Copeland K,Galvin B,El Ghormli L,Haymond M,Kelsey MM,Lassiter C,Milaszewski K,Syme A,Mayer-Davis E. Self-reported dietary intake of youth with recent onset of	Unhealthy Subjects



## Excluded Articles: Self-Monitoring & Body Weight

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

	Excluded Citations	Reason for Exclusion
	type 2 diabetes: results from the TODAY study. J Acad Nutr Diet. 2013. 113:431-9. PMID:23438494.	
87	Delamater AM,Pulgaron ER,Rarback S,Hernandez J,Carrillo A,Christiansen S,Severson HH. Web-based family intervention for overweight children: a pilot study. Child Obes. 2013. 9:57-63. PMID:23308372.	Independent Variable
88	Dennis EA,Potter KL,Estabrooks PA,Davy BM. Weight Gain Prevention for College Freshmen: Comparing Two Social Cognitive Theory-Based Interventions with and without Explicit Self-Regulation Training. J Obes. 2012. 2012:803769. PMID:22778919.	Independent Variable
89	Dennison L,Morrison L,Lloyd S,Phillips D,Stuart B,Williams S,Bradbury K,Roderick P,Murray E,Michie S,Little P,Yardley L. Does brief telephone support improve engagement with a web-based weight management intervention? Randomized controlled trial. J Med Internet Res. 2014. 16:e95. PMID:24681761.	Independent Variable
90	Dorough AE,Winett RA,Anderson ES,Davy BM,Martin EC,Hedrick V. DASH to wellness: emphasizing self-regulation through e-health in adults with prehypertension. Health Psychol. 2014. 33:249-54. PMID:23181455.	Independent Variable
91	Duncan JM,Janke EA,Kozak AT,Roehrig M,Russell SW,McFadden HG,Demott A,Pictor A,Hedeker D,Spring B. PDA+: A Personal Digital Assistant for Obesity Treatment - an RCT testing the use of technology to enhance weight loss treatment for veterans. BMC Public Health. 2011. 11:223. PMID:21481253.	Study Design, Independent Variable
92	Faghanipour S,Hajikazemi E,Nikpour S,Shariatpanahi SA,Hosseini AF. Mobile Phone Short Message Service (SMS) for Weight Management in Iranian Overweight and Obese Women: A Pilot Study. Int J Telemed Appl. 2013. 2013:785654. PMID:24163692.	Study Design, Independent Variable
93	Faucher MA,Mobley J. A community intervention on portion control aimed at weight loss in low-income Mexican American women. J Midwifery Womens Health. 2010. 55:60-4. PMID:20129231.	Independent Variable
94	Fitzpatrick SL,Bandeen-Roche K,Stevens VJ,Coughlin JW,Rubin RR,Brantley PJ,Funk KL,Svetkey LP,Jerome GJ,Dalcin A,Charleston J,Appel LJ. Examining behavioral processes through which lifestyle interventions promote weight loss: results from PREMIER. Obesity (Silver Spring). 2014. 22:1002-7. PMID:24124061.	Duplicate
95	Foley P,Levine E,Askew S,Puleo E,Whiteley J,Batch B,Heil D,Dix D,Lett V,Lanpher M,Miller J,Emmons K,Bennett G. Weight gain prevention among black women in the rural community health center setting: the Shape Program. BMC Public Health. 2012. 12:305. PMID:22537222.	Independent Variable
96	Francis LA,Susman EJ. Self-regulation and rapid weight gain in children from age 3 to 12 years. Arch Pediatr Adolesc Med. 2009. 163:297-302. PMID:19349557.	Study Design, Independent



## Excluded Articles: Self-Monitoring & Body Weight

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

	Excluded Citations	Reason for Exclusion
		Variable
97	French SA, Gerlach AF, Mitchell NR, Hannan PJ, Welsh EM. Household obesity prevention: Take Action--a group-randomized trial. <i>Obesity (Silver Spring)</i> . 2011. 19:2082-8. PMID:21212771.	Independent Variable, Outcome
98	French SA, Gerlach AF, Mitchell NR, Hannan PJ, Welsh EM. Household obesity prevention: Take action a group-randomized trial. <i>Obesity</i> . 2011. 19:2082-2088.	Independent Variable
99	Friend S, Bauer KW, Madden TC, Neumark-Sztainer D. Self-weighing among adolescents: associations with body mass index, body satisfaction, weight control behaviors, and binge eating. <i>J Acad Nutr Diet</i> . 2012. 112:99-103. PMID:22717180.	Study Design
100	Funk KL, Stevens VJ, Appel LJ, Bauck A, Brantley PJ, Champagne CM, Coughlin J, Dalcin AT, Harvey-Berino J, Hollis JF, Jerome GJ, Kennedy BM, Lien LF, Myers VH, Samuel-Hodge C, Svetkey LP, Vollmer WM. Associations of internet website use with weight change in a long-term weight loss maintenance program. <i>J Med Internet Res</i> . 2010. 12:e29. PMID:20663751.	Study Design, Independent Variable
101	Funk KL, Stevens VJ, Bauck A, Brantley PJ, Hornbrook M, Jerome GJ, Myers VH, Appel L. Development and Implementation of a Tailored Self-assessment Tool in an Internet-based Weight Loss Maintenance Program. <i>Clin Pract Epidemiol Ment Health</i> . 2011. 7:67-73. PMID:21566735.	Independent Variable, Outcome
102	Germann JN, Kirschenbaum DS, Rich BH. Child and parental self-monitoring as determinants of success in the treatment of morbid obesity in low-income minority children. <i>Journal of Pediatric Psychology</i> . 2007. 32:111-121.	Study Design
103	Gholami M, Wiedemann A, Knoll N, Schwarzer R. Mothers improve their daughters' vegetable intake: A randomized controlled trial. <i>Psychol Health Med</i> . 2014. PMID:24689952.	Independent Variable, Outcome
104	Giannisi F, Pervanidou P, Michalaki E, Papanikolaou K, Chrousos G, Yannakoulia M. Parental readiness to implement life-style behaviour changes in relation to children's excess weight. <i>J Paediatr Child Health</i> . 2014. 50:476-81. PMID:24612057.	Study Design, Independent Variable
105	Gokee LaRose J, Tate DF, Gorin AA, Wing RR. Preventing weight gain in young adults: a randomized controlled pilot study. <i>Am J Prev Med</i> . 2010. 39:63-8. PMID:20537843.	Study Design, Independent Variable
106	Gokee-Larose J, Gorin AA, Wing RR. Behavioral self-regulation for weight loss in young adults: a randomized controlled trial. <i>Int J Behav Nutr Phys Act</i> . 2009. 6:10. PMID:19220909.	Sample Size



## Excluded Articles: Self-Monitoring & Body Weight

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

	Excluded Citations	Reason for Exclusion
107	Golan M. Fifteen years of the Family Eating and Activity Habits Questionnaire (FEAHQ): an update and review. <i>Pediatr Obes.</i> 2014. 9:92-101. PMID:23447444.	Independent Variable, Outcome
108	Goldstein SP, Katterman SN, Lowe MR. Relationship of dieting and restrained eating to self-reported caloric intake in female college freshmen. <i>Eat Behav.</i> 2013. 14:237-40. PMID:23557829.	Independent Variable, Outcome
109	Gorin AA, Powers TA, Koestner R, Wing RR, Raynor HA. Autonomy support, self-regulation, and weight loss. <i>Health Psychol.</i> 2014. 33:332-9. PMID:23730718.	Independent Variable
110	Gotsis M, Wang H, Spruijt-Metz D, Jordan-Marsh M, Valente TW. Wellness partners: design and evaluation of a web-based physical activity diary with social gaming features for adults. <i>JMIR Res Protoc.</i> 2013. 2:e10. PMID:23611986.	Independent Variable
111	Gray CM, Hunt K, Mutrie N, Anderson AS, Treweek S, Wyke S. Weight management for overweight and obese men delivered through professional football clubs: a pilot randomized trial. <i>Int J Behav Nutr Phys Act.</i> 2013. 10:121. PMID:24171842.	Independent Variable
112	Greene J, Sacks R, Piniewski B, Kil D, Hahn JS. The impact of an online social network with wireless monitoring devices on physical activity and weight loss. <i>J Prim Care Community Health.</i> 2013. 4:189-94. PMID:23799706.	Independent Variable
113	Halberstadt J, Makkes S, de Vet E, Jansen A, Nederkoorn C, van der Baan-Slootweg OH, Seidell JC. The role of self-regulating abilities in long-term weight loss in severely obese children and adolescents undergoing intensive combined lifestyle interventions (HELIOS); rationale, design and methods. <i>BMC Pediatr.</i> 2013. 13:41. PMID:23530979.	Study Design, Independent Variable
114	Hannum SM, Carson L, Evans EM, Canene KA, Petr EL, Bui L, Jr. Erdman JW. Use of portion-controlled entrees enhances weight loss in women. <i>Obes Res.</i> 2004. 12:538-46. PMID:15044672.	Independent Variable
115	Helsel DL, Jakicic JM, Otto AD. Comparison of techniques for self-monitoring eating and exercise behaviors on weight loss in a correspondence-based intervention. <i>J Am Diet Assoc.</i> 2007. 107:1807-10. PMID:17904942.	Sample Size
116	Hill AM, Kris-Etherton PM. Contemporary strategies for weight loss and cardiovascular disease risk factor modification. <i>Current Atherosclerosis Reports.</i> 2008. 10:486-496.	Study Design, Independent Variable
117	Hood MM, Corsica J, Cvengros J, Wyatt J. Impact of a brief dietary self-monitoring intervention on weight change and CPAP adherence in patients with obstructive sleep apnea. <i>J Psychosom Res.</i> 2013. 74:170-4. PMID:23332533.	Sample Size



## Excluded Articles: Self-Monitoring & Body Weight

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

	Excluded Citations	Reason for Exclusion
118	Huisman S,de Gucht V,Maes S,Schroevers M,Chatrou M,Haak H. Self-regulation and weight reduction in patients with type 2 diabetes: a pilot intervention study. Patient Educ Couns. 2009. 75:84-90. PMID:19097740.	Independent Variable, Unhealthy Subjects
119	Jaime PC,Bandoni DH,Sarno F. Impact of an education intervention using email for the prevention of weight gain among adult workers. Public Health Nutr. 2014. 17:1620-7. PMID:23962422.	Attrition
120	Jelalian E,Lloyd-Richardson EE,Mehlenbeck RS,Hart CN,Flynn-O'Brien K,Kaplan J,Neill M,Wing RR. Behavioral weight control treatment with supervised exercise or peer-enhanced adventure for overweight adolescents. J Pediatr. 2010. 157:923-928.e1. PMID:20655544.	Independent Variable
121	John E,Cassidy DM,Playle R,Jewell K,Cohen D,Duncan D,Newcombe RG,Busse M,Owen-Jones E,Williams N,Longo M,Avery A,Simpson SA. Healthy eating and lifestyle in pregnancy (HELP): a protocol for a cluster randomised trial to evaluate the effectiveness of a weight management intervention in pregnancy. BMC Public Health. 2014. 14:439. PMID:24886352.	Study Design, Independent Variable
122	Johnston CA,Moreno JP,Gallagher MR,Wang J,Papaioannou MA,Tyler C,Foreyt JP. Achieving long-term weight maintenance in Mexican-American adolescents with a school-based intervention. J Adolesc Health. 2013. 53:335-41. PMID:23727501.	Independent Variable
123	Johnston CA,Tyler C,Foreyt JP. Behavioral management of obesity. Current Atherosclerosis Reports. 2007. 9:448-453.	Study Design
124	Jolly K,Daley A,Adab P,Lewis A,Denley J,Beach J,Aveyard P. A randomised controlled trial to compare a range of commercial or primary care led weight reduction programmes with a minimal intervention control for weight loss in obesity: the Lighten Up trial. BMC Public Health. 2010. 10:439. PMID:20663185.	Independent Variable
125	Jolly K,Lewis A,Beach J,Denley J,Adab P,Deeks JJ,Daley A,Aveyard P. Comparison of range of commercial or primary care led weight reduction programmes with minimal intervention control for weight loss in obesity: lighten Up randomised controlled trial. Bmj. 2011. 343:d6500. PMID:22053315.	Independent Variable
126	Karfopoulou E,Mouliou K,Koutras Y,Yannakoulia M. Behaviours associated with weight loss maintenance and regaining in a Mediterranean population sample. A qualitative study. Clinical Obesity. 2013. 3:141-149.	Study Design
127	Karhunen L,Lyly M,Lapvetelainen A,Kolehmainen M,Laaksonen DE,Lahteenmaki L,Poutanen K. Psychobehavioural factors are more strongly associated with successful weight management than predetermined satiety effect or	Independent Variable



## Excluded Articles: Self-Monitoring & Body Weight

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

	Excluded Citations	Reason for Exclusion
	other characteristics of diet. J Obes. 2012. 2012:274068. PMID:22792447.	
128	Kelders SM,van Gemert-Pijnen JE,Werkman A,Seydel ER. Usage and effect of a web-based intervention for the prevention of overweight; a RCT. Stud Health Technol Inform. 2010. 160:28-32. PMID:20841644.	Study Design, Independent Variable
129	Klesges LM,Baranowski T,Beech B,Cullen K,Murray DM,Rochon J,Pratt C. Social desirability bias in self-reported dietary, physical activity and weight concerns measures in 8- to 10-year-old African-American girls: results from the Girls Health Enrichment Multisite Studies (GEMS). Prev Med. 2004. 38 Suppl:S78-87. PMID:15072862.	Study Design
130	Klumbiene J,Petkeviciene J,Vaisvalavicius V,Miseviciene I. Advising overweight persons about diet and physical activity in primary health care: Lithuanian health behaviour monitoring study. BMC Public Health. 2006. 6:30. PMID:16478535.	Study Design
131	Kong A,Beresford SA,Imayama I,Duggan C,Alfano CM,Foster-Schubert KE,Neuhouser ML,Johnson DB,Wang CY,Xiao L,Bain CE,McTiernan A. Adoption of diet-related self-monitoring behaviors varies by race/ethnicity, education, and baseline binge eating score among overweight-to-obese postmenopausal women in a 12-month dietary weight loss intervention. Nutr Res. 2012. 32:260-5. PMID:22575038.	Study Design
132	Kruger J,Blanck HM,Gillespie C. Dietary and physical activity behaviors among adults successful at weight loss maintenance. International Journal of Behavioral Nutrition and Physical Activity. 2006. 3.	Study Design
133	Krummel D,Semmens E,MacBride AM,Fisher B. Lessons learned from the mothers' overweight management study in 4 West Virginia WIC offices. J Nutr Educ Behav. 2010. 42:S52-8. PMID:20399410.	Study Design
134	Kumanyika SK,Shults J,Fassbender J,Whitt MC,Brake V,Kallan MJ,Iqbal N,Bowman MA. Outpatient weight management in African-Americans: the Healthy Eating and Lifestyle Program (HELP) study. Prev Med. 2005. 41:488-502. PMID:15917045.	Independent Variable
135	Kushner RF. Weight loss strategies for treatment of obesity. Progress in Cardiovascular Diseases. 2014. 56:465-472.	Study Design



## Excluded Articles: Self-Monitoring & Body Weight

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

	Excluded Citations	Reason for Exclusion
136	Lappalainen R,Sairanen E,Jarvela E,Rantala S,Korpela R,Puttonen S,Kujala UM,Myllymaki T,Peuhkuri K,Mattila E,Kaipainen K,Ahtinen A,Karhunen L,Pihlajamaki J,Jarnefelt H,Laitinen J,Kutinlahti E,Saarelma O,Ermes M,Kolehmainen M. The effectiveness and applicability of different lifestyle interventions for enhancing wellbeing: the study design for a randomized controlled trial for persons with metabolic syndrome risk factors and psychological distress. BMC Public Health. 2014. 14:310. PMID:24708617.	Independent Variable
137	LaRose JG,Fava JL,Steeves EA,Hecht J,Wing RR,Raynor HA. Daily self-weighing within a lifestyle intervention: impact on disordered eating symptoms. Health Psychol. 2014. 33:297-300. PMID:24245845.	Outcome, Unhealthy Subjects
138	Leong SL,Madden C,Gray A,Horwath C. Self-determined, autonomous regulation of eating behavior is related to lower body mass index in a nationwide survey of middle-aged women. J Acad Nutr Diet. 2012. 112:1337-46. PMID:22939438.	Study Design
139	Lin CTJ,Gao Z,Lee JY. Associations between self-reported weight management methods with diet quality as measured by the Healthy Eating Index-2005. Preventive Medicine. 2013. 57:238-243.	Study Design, Outcome
140	Linde JA,Utter J,Jeffery RW,Sherwood NE,Pronk NP,Boyle RG. Specific food intake, fat and fiber intake, and behavioral correlates of BMI among overweight and obese members of a managed care organization. Int J Behav Nutr Phys Act. 2006. 3:42. PMID:17125525.	Independent Variable
141	Lombard C,Deeks A,Jolley D,Ball K,Teede H. A low intensity, community based lifestyle programme to prevent weight gain in women with young children: cluster randomised controlled trial. Bmj. 2010. 341:c3215. PMID:20627974.	Independent Variable
142	Lombard C,Deeks A,Jolley D,Teede HJ. Preventing weight gain: the baseline weight related behaviors and delivery of a randomized controlled intervention in community based women. BMC Public Health. 2009. 9:2. PMID:19121220.	Independent Variable, Outcome
143	Lombard CB,Deeks AA,Ball K,Jolley D,Teede HJ. Weight, physical activity and dietary behavior change in young mothers: short term results of the HeLP-her cluster randomized controlled trial. Nutr J. 2009. 8:17. PMID:19409085.	Independent Variable
144	Lowe MR,Tappe KA,Annunziato RA,Riddell LJ,Coletta MC,Crerand CE,Didie ER,Ochner CN,McKinney S. The effect of training in reduced energy density eating and food self-monitoring accuracy on weight loss maintenance.	Attrition



## Excluded Articles: Self-Monitoring & Body Weight

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

	Excluded Citations	Reason for Exclusion
	Obesity (Silver Spring). 2008. 16:2016-23. PMID:18483475.	
145	Lubans DR,Morgan PJ,Dewar D,Collins CE,Plotnikoff RC,Okely AD,Batterham MJ,Finn T,Callister R. The Nutrition and Enjoyable Activity for Teen Girls (NEAT girls) randomized controlled trial for adolescent girls from disadvantaged secondary schools: rationale, study protocol, and baseline results. BMC Public Health. 2010. 10:652. PMID:21029467.	Study Design
146	Lubans DR,Morgan PJ,Okely AD,Dewar D,Collins CE,Batterham M,Callister R,Plotnikoff RC. Preventing Obesity Among Adolescent Girls: One-Year Outcomes of the Nutrition and Enjoyable Activity for Teen Girls (NEAT Girls) Cluster Randomized Controlled Trial. Arch Pediatr Adolesc Med. 2012. 166:821-7. PMID:22566517.	Independent Variable
147	Lynch A,Bisogni C. Understanding dietary monitoring and self-weighing by gastric bypass patients: A pilot study of self-monitoring behaviors and long-term weight outcomes. Obesity Surgery. 2012. 22:1818-1826.	Unhealthy Subjects
148	Ma J,Yank V,Xiao L,Lavori PW,Wilson SR,Rosas LG,Stafford RS. Translating the diabetes prevention program lifestyle intervention for weight loss into primary care: A randomized trial. JAMA Internal Medicine. 2013. 173:113-121.	Independent Variable
149	Macleod M,Craigie AM,Barton KL,Treweek S,Anderson AS. Recruiting and retaining postpartum women from areas of social disadvantage in a weight-loss trial--an assessment of strategies employed in the WeighWell feasibility study. Matern Child Nutr. 2013. 9:322-31. PMID:22284216.	Independent Variable, Outcome
150	Maddison R,Mhurchu CN,Foley L,Epstein L,Jiang Y,Tsai M,Dewes O,Heke I. Screen-time weight-loss intervention targeting children at home (SWITCH): a randomized controlled trial study protocol. BMC Public Health. 2011. 11:524. PMID:21718543.	Independent Variable
151	Madigan CD,Aveyard P,Jolly K,Denley J,Lewis A,Daley AJ. Regular self-weighing to promote weight maintenance after intentional weight loss: a quasi-randomized controlled trial. J Public Health (Oxf). 2014. 36:259-67. PMID:23753256.	Attrition
152	Madigan CD,Daley AJ,Lewis AL,Jolly K,Aveyard P. Which weight-loss programmes are as effective as Weight Watchers(R)?: non-inferiority analysis. Br J Gen Pract. 2014. 64:e128-36. PMID:24567651.	Study Design, Independent Variable
153	Mata J,Silva MN,Vieira PN,Carraca EV,Andrade AM,Coutinho SR,Sardinha LB,Teixeira PJ. Motivational &quot;spill-over&quot; during weight control: increased self-determination and exercise intrinsic motivation predict eating	Independent Variable



## Excluded Articles: Self-Monitoring & Body Weight

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

	Excluded Citations	Reason for Exclusion
	self-regulation. <i>Health Psychol.</i> 2009. 28:709-16. PMID:19916639.	
154	McKee HC, Ntoumanis N. Developing self-regulation for dietary temptations: intervention effects on physical, self-regulatory and psychological outcomes. <i>J Behav Med.</i> 2014. PMID:24523025.	Sample Size
155	Miller AL, Horodyski MA, Herb HE, Peterson KE, Contreras D, Kaciroti N, Staples-Watson J, Lumeng JC. Enhancing self-regulation as a strategy for obesity prevention in Head Start preschoolers: the growing healthy study. <i>BMC Public Health.</i> 2012. 12:1040. PMID:23194185.	Independent Variable, Age
156	Miller CK, Gutschall MD, Holloman C. Self-monitoring predicts change in fiber intake and weight loss in adults with diabetes following an intervention regarding the glycemic index. <i>Patient Educ Couns.</i> 2009. 76:213-9. PMID:19181476.	Study Design, Unhealthy Subjects
157	Milsom VA, Middleton KM, Perri MG. Successful long-term weight loss maintenance in a rural population. <i>Clin Interv Aging.</i> 2011. 6:303-9. PMID:22162646.	Study Design
158	Miyachi M, Ohmori Y, Morita A, Aiba N, Watanabe S. Effects of pedometer-based physical activity intervention on abdominal fat and blood pressure: Saku community-based randomized crossover intervention study. <i>Journal of clinical hypertension.</i> 2012. 12:A14. PMID:CN-00764877.	Independent Variable
159	Moore SM, Borawski EA, Cuttler L, Levers-Landis CE, Love TE. IMPACT: a multi-level family and school intervention targeting obesity in urban youth. <i>Contemp Clin Trials.</i> 2013. 36:574-86. PMID:24008055.	Independent Variable
160	Morgan PJ, Lubans DR, Collins CE, Warren JM, Callister R. The SHED-IT randomized controlled trial: Evaluation of an internet-based weight-loss program for men. <i>Obesity.</i> 2009. 17:2025-2032.	Independent Variable
161	Morgan PJ, Lubans DR, Collins CE, Warren JM, Callister R. 12-month outcomes and process evaluation of the SHED-IT RCT: an internet-based weight loss program targeting men. <i>Obesity (Silver Spring).</i> 2011. 19:142-51. PMID:20523304.	Independent Variable
162	Morgan PJ, Lubans DR, Collins CE, Warren JM, Callister R. 12-month outcomes and process evaluation of the SHED-IT randomized controlled trial: An Internet-based weight loss program targeting men. <i>Obesity reviews.</i> 2012. 11:447. PMID:CN-00782004.	Independent Variable
163	Mossavar-Rahmani Y, Henry H, Rodabough R, Bragg C, Brewer A, Freed T, Kinzel L, Pedersen M, Soule CO, Vosburg S. Additional self-monitoring tools in the dietary modification component of The Women's Health Initiative. <i>J Am Diet Assoc.</i> 2004. 104:76-85. PMID:14702588.	Study Design



## Excluded Articles: Self-Monitoring & Body Weight

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

	Excluded Citations	Reason for Exclusion
164	Mossavar-Rahmani Y, Tinker LF, Huang Y, Neuhouser ML, McCann SE, Seguin RA, Vitolins MZ, Curb JD, Prentice RL. Factors relating to eating style, social desirability, body image and eating meals at home increase the precision of calibration equations correcting self-report measures of diet using recovery biomarkers: findings from the Women's Health Initiative. <i>Nutr J</i> . 2013. 12:63. PMID:23679960.	Study Design, Outcome
165	Murphy PJ, Williams RL. Weight-loss study in African-American Women: lessons learned from project take HEED and future, technologically enhanced directions. <i>Perm J</i> . 2013. 17:55-9. PMID:23704845.	Independent Variable
166	Nackers LM, Middleton KR, Dubyak PJ, Daniels MJ, Anton SD, Perri MG. Effects of prescribing 1,000 versus 1,500 kilocalories per day in the behavioral treatment of obesity: A randomized trial. <i>Obesity</i> . 2013. 21:2481-2487.	Independent Variable
167	Napolitano MA, Hayes S, Bennett GG, Ives AK, Foster GD. Using facebook and text messaging to deliver a weight loss program to college students. <i>Obesity</i> . 2013. 21:25-31.	Independent Variable
168	Neumark-Sztainer D, van den Berg P, Hannan PJ, Story M. Self-Weighing in Adolescents: Helpful or Harmful? Longitudinal Associations with Body Weight Changes and Disordered Eating. <i>Journal of Adolescent Health</i> . 2006. 39:811-818.	Study Design
169	Nguyen B, Shrewsbury VA, O'Connor J, Steinbeck KS, Hill AJ, Shah S, Kohn MR, Torvaldsen S, Baur LA. Two-year outcomes of an adjunctive telephone coaching and electronic contact intervention for adolescent weight-loss maintenance: the Loozit randomized controlled trial. <i>Int J Obes (Lond)</i> . 2013. 37:468-72. PMID:22584456.	Independent Variable
170	Nguyen B, Shrewsbury VA, O'Connor J, Steinbeck KS, Lee A, Hill AJ, Shah S, Kohn MR, Torvaldsen S, Baur LA. Twelve-month outcomes of the loozit randomized controlled trial: a community-based healthy lifestyle program for overweight and obese adolescents. <i>Arch Pediatr Adolesc Med</i> . 2012. 166:170-7. PMID:22312175.	Independent Variable
171	Nicklas BJ, Gaukstern JE, Beavers KM, Newman JC, Leng X, Rejeski WJ. Self-monitoring of spontaneous physical activity and sedentary behavior to prevent weight regain in older adults. <i>Obesity (Silver Spring)</i> . 2014. 22:1406-12. PMID:24585701.	Independent Variable
172	Nothwehr F, Snetselaar L, Wu H. Weight management strategies reported by rural men and women in Iowa. <i>J Nutr Educ Behav</i> . 2006. 38:249-53. PMID:16785095.	Study Design
173	Oshima Y, Matsuoka Y, Sakane N. Effect of weight-loss program using self-weighing twice a day and feedback in overweight and obese subject: a randomized controlled trial. <i>Obes Res Clin Pract</i> . 2013. 7:e361-6. PMID:24304478.	Sample Size



## Excluded Articles: Self-Monitoring & Body Weight

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

	Excluded Citations	Reason for Exclusion
174	Park NH, An HG. Effects of the weight management program based self-efficacy for body composition, blood lipid profile, weight self-efficacy lifestyles, depression in middle-aged obese women. <i>Taehan Kanho Hakhoe Chi</i> . 2006. 36:1359-66. PMID:17215609.	Study Design, Independent Variable
175	Patrick K, Marshall SJ, Davila EP, Kolodziejczyk JK, Fowler JH, Calfas KJ, Huang JS, Rock CL, Griswold WG, Gupta A, Merchant G, Norman GJ, Raab F, Donohue MC, Fogg BJ, Robinson TN. Design and implementation of a randomized controlled social and mobile weight loss trial for young adults (project SMART). <i>Contemp Clin Trials</i> . 2014. 37:10-8. PMID:24215774.	Independent Variable
176	Pearson ES, Irwin JD, Morrow D, Battram DS, Melling CW. The CHANGE Program: Comparing an Interactive Vs. Prescriptive Approach to Self-Management among University Students with Obesity. <i>Can J Diabetes</i> . 2013. 37:4-11. PMID:24070742.	Independent Variable
177	Pearson ES, Irwin JD, Morrow D, Hall CR. The CHANGE program: comparing an interactive versus prescriptive obesity intervention on university students' self-esteem and quality of life. <i>Appl Psychol Health Well Being</i> . 2012. 4:369-89. PMID:23081768.	Independent Variable
178	Pellegrini CA, Duncan JM, Moller AC, Buscemi J, Sularz A, DeMott A, Pictor A, Pagoto S, Siddique J, Spring B. A smartphone-supported weight loss program: design of the ENGAGED randomized controlled trial. <i>BMC Public Health</i> . 2012. 12:1041. PMID:23194256.	Study Design
179	Pellegrini CA, Verba SD, Otto AD, Helsel DL, Davis KK, Jakicic JM. The comparison of a technology-based system and an in-person behavioral weight loss intervention. <i>Obesity (Silver Spring)</i> . 2012. 20:356-63. PMID:21311506.	Independent Variable
180	Phelan S, Phipps MG, Abrams B, Darroch F, Grantham K, Schaffner A, Wing RR. Does behavioral intervention in pregnancy reduce postpartum weight retention? Twelve-month outcomes of the Fit for Delivery randomized trial. <i>Am J Clin Nutr</i> . 2014. 99:302-11. PMID:24284438.	Independent Variable
181	Phimarn W, Pianchana P, Limpikanchakovit P, Suranart K, Supapanichsakul S, Narkgoen A, Saramunee K. Thai community pharmacist involvement in weight management in primary care to improve patient's outcomes. <i>Int J Clin Pharm</i> . 2013. 35:1208-17. PMID:24057434.	Location, Independent Variable
182	Pichayapinyo P, Kaewpan W, Taechaboonsersak P. Effect of personal health record booklet (PHRB) to knowledge, self-efficacy and healthy behaviors among Thai population at risk of cardiovascular disease (CVD). <i>Journal of the Medical Association of Thailand</i> . 2012. 95:S48-S55.	Location, Outcome



## Excluded Articles: Self-Monitoring & Body Weight

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

	Excluded Citations	Reason for Exclusion
183	Polacek M,Orr J,Letourneau L,Rogers V,Holmberg R,O'Rourke K,Hannon C,Lombard KA,Gortmaker SL. Impact of a primary care intervention on physician practice and patient and family behavior: keep ME Healthy---the Maine Youth Overweight Collaborative. <i>Pediatrics</i> . 2009. 123 Suppl 5:S258-66. PMID:19470601.	Independent Variable
184	Pronk NP,Crain AL,Vanwormer JJ,Martinson BC,Boucher JL,Cosentino DL. The Use of Telehealth Technology in Assessing the Accuracy of Self-Reported Weight and the Impact of a Daily Immediate-Feedback Intervention among Obese Employees. <i>Int J Telemed Appl</i> . 2011. 2011:909248. PMID:21760782.	Study Design, Outcome
185	Quick V,Larson N,Eisenberg ME,Hannan PJ,Neumark-Sztainer D. Self-weighing behaviors in young adults: Tipping the scale toward unhealthy eating behaviors?. <i>Journal of Adolescent Health</i> . 2012. 51:468-474.	Study Design, Outcome
186	Quick V,Loth K,MacLehose R,Linde JA,Neumark-Sztainer D. Prevalence of adolescents' self-weighing behaviors and associations with weight-related behaviors and psychological well-being. <i>Journal of Adolescent Health</i> . 2013. 52:738-744.	Study Design, Outcome
187	Radcliff TA,Bobroff LB,Lutes LD,Durning PE,Daniels MJ,Limacher MC,Janicke DM,Martin AD,Perri MG. Comparing Costs of Telephone vs Face-to-Face Extended-Care Programs for the Management of Obesity in Rural Settings. <i>J Acad Nutr Diet</i> . 2012. 112:1363-73. PMID:22818246.	Independent Variable
188	Rao G,Burke LE,Spring BJ,Ewing LJ,Turk M,Lichtenstein AH,Cornier MA,Spence JD,Coons M. New and emerging weight management strategies for busy ambulatory settings: A scientific statement from the american heart association: Endorsed by the society of behavioral medicine. <i>Circulation</i> . 2011. 124:1182-1203.	Study Design
189	Raynor HA,Jeffery RW,Ruggiero AM,Clark JM,Delahanty LM. Weight loss strategies associated with BMI in overweight adults with type 2 diabetes at entry into the Look AHEAD (Action for Health in Diabetes) trial. <i>Diabetes Care</i> . 2008. 31:1299-304. PMID:18375417.	Unhealthy Subjects
190	Rejeski WJ,Mihalko SL,Ambrosius WT,Bearon LB,McClelland JW. Weight loss and self-regulatory eating efficacy in older adults: the cooperative lifestyle intervention program. <i>J Gerontol B Psychol Sci Soc Sci</i> . 2011. 66:279-86. PMID:21292809.	Independent Variable
191	Robinson TN,Matheson D,Desai M,Wilson DM,Weintraub DL,Haskell WL,McClain A,McClure S,J AB,Sanders LM,Haydel KF,Killen JD. Family, community and clinic collaboration to treat overweight and obese children: Stanford GOALS-A randomized controlled trial of a three-year, multi-component, multi-level, multi-setting intervention. <i>Contemp Clin Trials</i> . 2013. 36:421-35. PMID:24028942.	Study Design, Independent Variable



## Excluded Articles: Self-Monitoring & Body Weight

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

	Excluded Citations	Reason for Exclusion
192	Robroek SJ,Bredt FJ,Burdorf A. The (cost-)effectiveness of an individually tailored long-term worksite health promotion programme on physical activity and nutrition: design of a pragmatic cluster randomised controlled trial. BMC Public Health. 2007. 7:259. PMID:17888161.	Study Design, Independent Variable
193	Robroek SJ,Polinder S,Bredt FJ,Burdorf A. Cost-effectiveness of a long-term Internet-delivered worksite health promotion programme on physical activity and nutrition: a cluster randomized controlled trial. Health Educ Res. 2012. 27:399-410. PMID:22350194.	Independent Variable, Outcome
194	Rodearmel SJ,Wyatt HR,Stroebele N,Smith SM,Ogden LG,Hill JO. Small changes in dietary sugar and physical activity as an approach to preventing excessive weight gain: the America on the Move family study. Pediatrics. 2007. 120:e869-79. PMID:17908743.	Independent Variable
195	Rollo ME,Ash S,Lyons-Wall P,Russell A. Trial of a mobile phone method for recording dietary intake in adults with type 2 diabetes: evaluation and implications for future applications. J Telemed Telecare. 2011. 17:318-23. PMID:21844173.	Study Design, Unhealthy Subjects
196	Rothert K,Strecher VJ,Doyle LA,Caplan WM,Joyce JS,Jimison HB,Karm LM,Mims AD,Roth MA. Web-based weight management programs in an integrated health care setting: a randomized, controlled trial. Obesity (Silver Spring). 2006. 14:266-72. PMID:16571852.	Independent Variable
197	Saito A,Kawai K,Yanagisawa M,Yokoyama H,Kuribayashi N,Sugimoto H,Oishi M,Wada T,Iwasaki K,Kanatsuka A,Yagi N,Okuguchi F,Miyazawa K,Arai K,Saito K,Sone H. Self-reported rate of eating is significantly associated with body mass index in Japanese patients with type 2 diabetes. Japan Diabetes Clinical Data Management Study Group (JDDM26). Appetite. 2012. 59:252-255.	Independent Variable, Unhealthy Subjects
198	Scherwitz L,Kesten D. Seven eating styles linked to overeating, overweight, and obesity. Explore (NY). 2005. 1:342-59. PMID:16781565.	Study Design, Independent Variable
199	Schroder KE. Computer-assisted dieting: effects of a randomised controlled intervention. Psychol Health. 2010. 25:519-34. PMID:20204974.	Independent Variable
200	Shapiro JR,Koro T,Doran N,Thompson S,Sallis JF,Calfas K,Patrick K. Text4Diet: A randomized controlled study using text messaging for weight loss behaviors. Preventive Medicine. 2012. 55:412-417.	Independent Variable
201	Shay LE,Seibert D,Watts D,Sbrocco T,Pagliara C. Adherence and weight loss outcomes associated with food-	Sample Size



## Excluded Articles: Self-Monitoring & Body Weight

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

	Excluded Citations	Reason for Exclusion
	exercise diary preference in a military weight management program. <i>Eat Behav.</i> 2009. 10:220-7. PMID:19778751.	
202	Sherwood NE,Crain AL,Martinson BC,Hayes MG,Anderson JD,Clausen JM,O'Connor PJ,Jeffery RW. Keep it off: a phone-based intervention for long-term weight-loss maintenance. <i>Contemp Clin Trials.</i> 2011. 32:551-60. PMID:21453791.	Study Design, Independent Variable
203	Sherwood NE,Jeffery RW,Pronk NP,Boucher JL,Hanson A,Boyle R,Brelje K,Hase K,Chen V. Mail and phone interventions for weight loss in a managed-care setting: weigh-to-be 2-year outcomes. <i>Int J Obes (Lond).</i> 2006. 30:1565-73. PMID:16552408.	Independent Variable
204	Sherwood NE,Jeffery RW,Welsh EM,Vanwormer J,Hotop AM. The drop it at last study: six-month results of a phone-based weight loss trial. <i>Am J Health Promot.</i> 2010. 24:378-83. PMID:20594094.	Independent Variable
205	Shrewsbury VA,Nguyen B,O'Connor J,Steinbeck KS,Lee A,Hill AJ,Shah S,Kohn MR,Torvaldsen S,Baur LA. Short-term outcomes of community-based adolescent weight management: The Loozit(R) Study. <i>BMC Pediatr.</i> 2011. 11:13. PMID:21303505.	Study Design
206	Shuger SL,Barry VW,Sui X,McClain A,Hand GA,Wilcox S,Meriwether RA,Hardin JW,Blair SN. Electronic feedback in a diet- and physical activity-based lifestyle intervention for weight loss: a randomized controlled trial. <i>Int J Behav Nutr Phys Act.</i> 2011. 8:41. PMID:21592351.	Attrition
207	Siebelink E,Geelen A,de Vries JH. Self-reported energy intake by FFQ compared with actual energy intake to maintain body weight in 516 adults. <i>Br J Nutr.</i> 2011. 106:274-81. PMID:21338536.	Study Design, Independent Variable
208	Sieverdes JC,Sui X,Hand GA,Barry VW,Wilcox S,Meriwether RA,Hardin JW,McClain AC,Blair SN. Cardiometabolic results from an armband-based weight loss trial. <i>Diabetes Metab Syndr Obes.</i> 2011. 4:187-94. PMID:21760735.	Independent Variable
209	Smith BK, Van Walleghen EL, Cook-Wiens G, Martin RN, Curry CR, Sullivan DK, Gibson CA, Donnelly JE. Comparison of two self-directed weight loss interventions: Limited weekly support vs. no outside support. <i>Obes Res Clin Pract.</i> 2009. 3:I-iv. PMID:24345585.	Independent Variable
210	Steinberg DM,Levine EL,Askew S,Foley P,Bennett GG. Daily text messaging for weight control among racial and ethnic minority women: randomized controlled pilot study. <i>J Med Internet Res.</i> 2013. 15:e244. PMID:24246427.	Study Design, Independent Variable
211	Stevens VJ,Funk KL,Brantley PJ,Erlinger TP,Myers VH,Champagne CM,Bauck A,Samuel-Hodge CD,Hollis JF. Design	Study Design,



## Excluded Articles: Self-Monitoring & Body Weight

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

	Excluded Citations	Reason for Exclusion
	and implementation of an interactive website to support long-term maintenance of weight loss. J Med Internet Res. 2008. 10:e1. PMID:18244892.	Independent Variable
212	Stewart T,Han H,Allen RH,Bathalon G,Ryan DH, Jr. Newton RL,Williamson DA. H.E.A.L.T.H.: efficacy of an internet/population-based behavioral weight management program for the U.S. Army. J Diabetes Sci Technol. 2011. 5:178-87. PMID:21303642.	Study Design, Independent Variable
213	Stuckey M,Russell-Minda E,Read E,Munoz C,Shoemaker K,Kleinstiver P,Petrella R. Diabetes and Technology for Increased Activity (DaTA) study: results of a remote monitoring intervention for prevention of metabolic syndrome. Journal of diabetes science and technology. 2011. 5:928-935.	Study Design
214	Styn MA,Wang J,Acharya SD,Yang K,Chasens ER,Choo J,Ye L,Burke LE. Health-related quality of life among participants in the SMART weight loss trial. Appl Nurs Res. 2012. 25:276-9. PMID:22079745.	Outcome
215	Tanaka M,Adachi Y,Adachi K,Sato C. Effects of a non-face-to-face behavioral weight-control program among Japanese overweight males: a randomized controlled trial. Int J Behav Med. 2010. 17:17-24. PMID:19685190.	Independent Variable
216	Tang JW,Kushner RF,Cameron KA,Hicks B,Cooper AJ,Baker DW. Electronic tools to assist with identification and counseling for overweight patients: a randomized controlled trial. J Gen Intern Med. 2012. 27:933-9. PMID:22402982.	Independent Variable, Outcome
217	Tawara S,Yonemochi Y,Kosaka T,Kouzaki Y,Takita T,Tsuruta T. Use of patients' mobile phones to store and share personal health information: results of a questionnaire survey. Intern Med. 2013. 52:751-6. PMID:23545669.	Study Design, Independent Variable
218	Teixeira PJ,Silva MN,Coutinho SR,Palmeira AL,Mata J,Vieira PN,Carraca EV,Santos TC,Sardinha LB. Mediators of weight loss and weight loss maintenance in middle-aged women. Obesity (Silver Spring). 2010. 18:725-35. PMID:19696752.	Independent Variable
219	Theim KR,Sinton MM,Goldschmidt AB, Van Buren DJ,Doyle AC,Saelens BE,Stein RI,Epstein LH,Wilfley DE. Adherence to behavioral targets and treatment attendance during a pediatric weight control trial. Obesity (Silver Spring). 2013. 21:394-7. PMID:23532993.	Independent Variable
220	Thorndike AN,Sonnenberg L,Healey E,Myint UK,Kvedar JC,Regan S. Prevention of weight gain following a worksite nutrition and exercise program: a randomized controlled trial. Am J Prev Med. 2012. 43:27-33. PMID:22704742.	Independent Variable
221	Timmerman GM,Brown A. The effect of a mindful restaurant eating intervention on weight management in	Independent



## Excluded Articles: Self-Monitoring & Body Weight

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

	Excluded Citations	Reason for Exclusion
	women. J Nutr Educ Behav. 2012. 44:22-8. PMID:22243980.	Variable
222	Tsai AG,Wadden TA. Major commercial and self-help weight loss programs in the United States. Nutrition in Clinical Care. 2005. 8:132-140.	Study Design
223	Tsai AG,Wadden TA,Pillitteri JL,Sembower MA,Gerlach KK,Kyle TK,Burroughs VJ. Disparities by ethnicity and socioeconomic status in the use of weight loss treatments. J Natl Med Assoc. 2009. 101:62-70. PMID:19245074.	Study Design, Independent Variable
224	Turner-McGrievy GM,Davidson CR,Wilcox S. Does the type of weight loss diet affect who participates in a behavioral weight loss intervention? A comparison of participants for a plant-based diet versus a standard diet trial. Appetite. 2014. 73:156-162.	Independent Variable
225	Turner-McGrievy GM,Tate DF. Are we sure that Mobile Health is really mobile? An examination of mobile device use during two remotely-delivered weight loss interventions. Int J Med Inform. 2014. 83:313-9. PMID:24556530.	Independent Variable
226	van Genugten L,van Empelen P,Boon B,Borsboom G,Visscher T,Oenema A. Results from an online computer-tailored weight management intervention for overweight adults: randomized controlled trial. J Med Internet Res. 2012. 14:e44. PMID:22417813.	Independent Variable
227	van Genugten L,van Empelen P,Flink I,Oenema A. Systematic development of a self-regulation weight-management intervention for overweight adults. BMC Public Health. 2010. 10:649. PMID:20979603.	Study Design
228	van Wier MF,Dekkers JC,Hendriksen IJ,Heymans MW,Ariens GA,Pronk NP,Smid T,van Mechelen W. Effectiveness of phone and e-mail lifestyle counseling for long term weight control among overweight employees. J Occup Environ Med. 2011. 53:680-6. PMID:21654441.	Independent Variable
229	VanWormer JJ,Martinez AM,Cosentino D,Pronk NP. Satisfaction with a weight loss program: what matters?. Am J Health Promot. 2010. 24:238-45. PMID:20232605.	Study Design, Independent Variable
230	Vinkers CD,Adriaanse MA,de Ridder DT. In it for the long haul: characteristics of early and late drop out in a self-management intervention for weight control. J Behav Med. 2013. 36:520-30. PMID:22890616.	Outcome
231	Vinkers CD,Adriaanse MA,Kroese FM,de Ridder DT. Efficacy of a self-management intervention for weight control in overweight and obese adults: a randomized controlled trial. J Behav Med. 2013. PMID:23954938.	Independent Variable



## Excluded Articles: Self-Monitoring & Body Weight

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

	Excluded Citations	Reason for Exclusion
232	Wabitsch M, Moss A, Reinehr T, Wiegand S, Kiess W, Scherag A, Holl R, Holle R, Hebebrand J. Medical and psychosocial implications of adolescent extreme obesity - acceptance and effects of structured care, short: Youth with Extreme Obesity Study (YES). BMC Public Health. 2013. 13:789. PMID:23987123.	Independent Variable, Outcome
233	Wake M, Lycett K, Clifford SA, Sabin MA, Gunn J, Gibbons K, Hutton C, McCallum Z, Arnup SJ, Wittert G. Shared care obesity management in 3-10 year old children: 12 month outcomes of HopSCOTCH randomised trial. Bmj. 2013. 346:f3092. PMID:23751902.	Independent Variable
234	Wake M, Lycett K, Sabin MA, Gunn J, Gibbons K, Hutton C, McCallum Z, York E, Stringer M, Wittert G. A shared-care model of obesity treatment for 3-10 year old children: protocol for the HopSCOTCH randomised controlled trial. BMC Pediatr. 2012. 12:39. PMID:22455381.	Independent Variable
235	Walthouwer MJ, Oenema A, Soetens K, Lechner L, De Vries H. Systematic development of a text-driven and a video-driven web-based computer-tailored obesity prevention intervention. BMC Public Health. 2013. 13:978. PMID:24138937.	Study Design, Independent Variable
236	Wang CJ, Fetzer SJ, Yang YC, Wang WL. The efficacy of using self-monitoring diaries in a weight loss program for chronically ill obese adults in a rural area. J Nurs Res. 2012. 20:181-8. PMID:22902977.	Location, Unhealthy Subjects
237	Wang J, Sereika SM, Chasens ER, Ewing LJ, Matthews JT, Burke LE. Effect of adherence to self-monitoring of diet and physical activity on weight loss in a technology-supported behavioral intervention. Patient Prefer Adherence. 2012. 6:221-6. PMID:22536058.	Duplicate
238	Wang JB, Patterson RE, Ang A, Emond JA, Shetty N, Arab L. Timing of energy intake during the day is associated with the risk of obesity in adults. J Hum Nutr Diet. 2014. 27 Suppl 2:255-62. PMID:23808897.	Study Design, Independent Variable
239	Wang L, 3rd Dalton WT, Schetzina KE, Fulton-Robinson H, Holt N, Ho AL, Tudiver F, Wu T. Home food environment, dietary intake, and weight among overweight and obese children in Southern Appalachia. South Med J. 2013. 106:550-7. PMID:24096948.	Study Design, Independent Variable
240	Wang ML, Lemon SC, Olendzki B, Rosal MC. Beverage-consumption patterns and associations with metabolic risk factors among low-income Latinos with uncontrolled type 2 diabetes. J Acad Nutr Diet. 2013. 113:1695-703. PMID:23999278.	Independent Variable, Unhealthy Subjects
241	Wansink B, Painter JE, North J. Bottomless bowls: why visual cues of portion size may influence intake. Obesity	Independent



## Excluded Articles: Self-Monitoring & Body Weight

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

	Excluded Citations	Reason for Exclusion
	research. 2005. 13:93-100. PMID:CN-00510934.	Variable
242	Webber KH,Tate DF,Michael Bowling J. A randomized comparison of two motivationally enhanced Internet behavioral weight loss programs. Behav Res Ther. 2008. 46:1090-5. PMID:18675402.	Independent Variable
243	Wien M,Haddad E,Oda K,Sabate J. A randomized 3x3 crossover study to evaluate the effect of Hass avocado intake on post-ingestive satiety, glucose and insulin levels, and subsequent energy intake in overweight adults. Nutr J. 2013. 12:155. PMID:24279738.	Independent Variable
244	Wilkinson SA,van der Pligt P,Gibbons KS,McIntyre HD. Trial for Reducing Weight Retention in New Mums: a randomised controlled trial evaluating a low intensity, postpartum weight management programme. J Hum Nutr Diet. 2013. PMID:24267102.	Independent Variable
245	Williams LT,Hollis JL,Collins CE,Morgan PJ. The 40-Something randomized controlled trial to prevent weight gain in mid-age women. BMC Public Health. 2013. 13:1007. PMID:24156558.	Study Design, Independent Variable
246	Wing RR,Tate D,Espeland M,Gorin A,LaRose JG,Robichaud EF,Erickson K,Perdue L,Bahnson J,Lewis CE. Weight gain prevention in young adults: design of the study of novel approaches to weight gain prevention (SNAP) randomized controlled trial. BMC Public Health. 2013. 13:300. PMID:23556505.	Study Design, Independent Variable
247	Wing RR,Tate DF,Gorin AA,Raynor HA,Fava JL. A self-regulation program for maintenance of weight loss. N Engl J Med. 2006. 355:1563-71. PMID:17035649.	Duplicate
248	Xiao L,Yank V,Wilson SR,Lavori PW,Ma J. Two-year weight-loss maintenance in primary care-based Diabetes Prevention Program lifestyle interventions. Nutr Diabetes. 2013. 3:e76. PMID:23797383.	Independent Variable
249	Yannakoulia M,Tyrovolas S,Pounis G,Zeimbekis A,Anastasiou F,Bountziouka V,Voutsas K,Gotsis E,Metallinos G,Lionis C,Polychronopoulos E,Panagiotakos D. Correlates of low dietary energy reporting in free-living elderly: the MEDIS study. Maturitas. 2011. 69:63-8. PMID:21354724.	Study Design
250	Yarborough BJH,Janoff SL,Stevens VJ,Kohler D,Green CA. Delivering a lifestyle and weight loss intervention to individuals in real-world mental health settings: Lessons and opportunities. Translational Behavioral Medicine. 2011. 1:406-415.	Study Design
251	Yin G,Shen Y. Self-designing trial combined with classical group sequential monitoring. J Biopharm Stat. 2005. 15:667-75. PMID:16022171.	Study Design, Independent



## Excluded Articles: Self-Monitoring & Body Weight

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

	Excluded Citations	Reason for Exclusion
		Variable
252	Anderson AS,Craigie AM,Caswell S,Treweek S,Stead M,Macleod M,Daly F,Belch J,Rodger J,Kirk A,Ludbrook A,Rauchhaus P,Norwood P,Thompson J,Wardle J,Steele RJ. The impact of a bodyweight and physical activity intervention (BeWEL) initiated through a national colorectal cancer screening programme: randomised controlled trial. <i>Bmj</i> . 2014. 348:g1823. PMID:24609919.	Independent Variable, Unhealthy Subjects
253	Carter MC,Burley VJ,Cade JE. Handheld Electronic Technology for Weight Loss in Overweight/Obese Adults. <i>Current Obesity Reports</i> . 2014. 3:307-315.	Study Design
254	Chung LM,Law QP,Fong SS,Chung JW. Electronic dietary recording system improves nutrition knowledge, eating attitudes and habitual physical activity: a randomised controlled trial. <i>Eat Behav</i> . 2014. 15:410-3.	Outcome
255	Dorough AE,Winett RA,Anderson ES,Davy BM,Martin EC,Hedrick V. DASH to wellness: emphasizing self-regulation through e-health in adults with prehypertension. <i>Health Psychol</i> . 2014. 33:249-54. PMID:23181455.	Sample Size
256	Fitzpatrick SL,Bandeen-Roche K,Stevens VJ,Coughlin JW,Rubin RR,Brantley PJ,Funk KL,Svetkey LP,Jerome GJ,Dalcin A,Charleston J,Appel LJ. Examining behavioral processes through which lifestyle interventions promote weight loss: results from PREMIER. <i>Obesity (Silver Spring)</i> . 2014. 22:1002-7. PMID:24124061.	Attrition, Duplicate
257	Harrison CL,Teede HJ,Lombard CB. How effective is self-weighing in the setting of a lifestyle intervention to reduce gestational weight gain and postpartum weight retention?. <i>Aust N Z J Obstet Gynaecol</i> . 2014. PMID:24738837.	Duplicate
258	Hartman SJ,Risica PM,Gans KM,Marcus BH,Eaton CB. Tailored weight loss intervention in obese adults within primary care practice: Rationale, design, and methods of Choose to Lose. <i>Contemporary Clinical Trials</i> . 2014. 38:409-419.	Study Design, Independent Variable
259	Kushner RF. Weight loss strategies for treatment of obesity. <i>Progress in Cardiovascular Diseases</i> . 2014. 56:465-472.	Study Design
260	Morgan PJ,Scott HA,Young MD,Plotnikoff RC,Collins CE,Callister R. Associations between program outcomes and adherence to Social Cognitive Theory tasks: process evaluation of the SHED-IT community weight loss trial for men. <i>Int J Behav Nutr Phys Act</i> . 2014. 11:89.	Attrition



## Excluded Articles: Self-Monitoring & Body Weight

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

	Excluded Citations	Reason for Exclusion
261	Nicklas BJ, Gaukstern JE, Beavers KM, Newman JC, Leng X, Rejeski WJ. Self-monitoring of spontaneous physical activity and sedentary behavior to prevent weight regain in older adults. <i>Obesity (Silver Spring)</i> . 2014. 22:1406-12. PMID:24585701.	Independent Variable
262	Patrick K, Marshall SJ, Davila EP, Kolodziejczyk JK, Fowler JH, Calfas KJ, Huang JS, Rock CL, Griswold WG, Gupta A, Merchant G, Norman GJ, Raab F, Donohue MC, Fogg BJ, Robinson TN. Design and implementation of a randomized controlled social and mobile weight loss trial for young adults (project SMART). <i>Contemp Clin Trials</i> . 2014. 37:10-8. PMID:24215774.	Study Design, Independent Variable
263	Ricci-Cabello I, Ruiz-Perez I, Rojas-Garcia A, Pastor G, Rodriguez-Barranco M, Goncalves DC. Characteristics and effectiveness of diabetes self-management educational programs targeted to racial/ethnic minority groups: A systematic review, meta-analysis and meta-regression. <i>BMC Endocrine Disorders</i> . 2014. 14.	Study Design, Unhealthy Subjects