

Last Author	Year	Treatment	Control	Baseline		Post intervention		Baseline		Post intervention		Change in		Change in		Difference in weight		Control group correlation	Treatment group correlation
		group	group	weight	SD	weight	SD	weight	SD	weight	SD	weight	SD	weight	SD	change(trt-control)	r between baseline and followup weight	r between baseline and followup weight	
Asemi	2013	27	27	73.03	13.3	72.4	11.42	73.48	13.37	73.48	13.37	-0.63	2.337871129	0	1.9448	0.63	0.993642464	0.989420859	
Canfora	2017	21	23	96.9	11.5	98.2	11	98.4	11.9	99.5	12.3	1.3	1.363252214	1.1	1.8047	-0.2	0.993642464	0.989420859	
Fernandes	2016	3	3	103	8.7	101.7	8.7	109.5	19.3	107.4	18.8	-1.3	0.4	-2	0.6	-0.7	0.998943057	0.999848418	
Fernandes	2016	3	3	103	8.7	101.7	8.7	114.1	19.9	113.9	19.8	-1.3	0.4	-0.4	0.1	0.9	0.998943057	1	
Gomes	2016	21	22	83.55	13.44	82.59	13	76.58	9.94	75.6	10.24	-0.95	1.769864152	-0.98	1.7765	-0.03	0.991589918	0.984939351	
Javadi	2017	20	19	86	11.98	86.51	12.05	86.92	12.37	85.08	12.25	0.51	1.163000542	-1.84	2.1189	-2.35	0.995332226	0.985232424	
Javadi	2017	19	19	86	11.98	86.51	12.05	88.45	10.36	86.45	10.54	0.51	1.163000542	-2	1.5306	-2.51	0.995332226	0.989420859	
Javadi	2017	17	19	86	11.98	86.51	12.05	89.88	11.92	87.91	12.08	0.51	1.163000542	-1.97	1.7528	-2.48	0.995332226	0.989420859	
Jung	2013	25	29	77.4	11	77.2	11.6	77.2	11	76.1	10	0.2	2.4	-1.1	2.2	-1.3	0.978840125	0.982545455	
Jung	2015	49	46	73.5	9.63091	73.9	10.1057	73.5	8.96	72.9	9.1	0.42	1.424289296	-0.65	1.61	-1.07	0.990736364	0.98422476	
Kadooka	2010	43	44	77.1	10.3609	77.4	10.6898	76.9	9.91049	75.8	9.74803	0.3	1.151210559	-1.1	1.2997	-1.4	0.994505495	0.991393443	
Kim	2017	32	34	73.2	10.0292	73.6	10.6123	71.9	8.0893	71.3	8.48528	0.46	1.399428455	-0.6	1.6971	-1.06	0.992397138	0.98016317	
Lambert	2017	22	22	93.7	20.6378	94.1	20.1688	92.3	19.2307	91.5	18.7617	0.46	2.347875963	-0.6	2.8025	-1.06	0.993642464	0.989420859	
Leber	2012	13	15	90.9	14.3	90.8	15.1	108.3	15.9	107.8	16.6	-0.13	1.68	-0.58	2.54	-0.45	0.99494651	0.988706524	
Madjd	2016	44	45	82.45	11.01	77.42	10.94	82.69	9.87	77.39	9.68	-5.03	1.239525225	-5.3	1.4344	-0.27	0.993642464	0.989420859	
Minami	2015	19	25	71.2	11.5	70.8	11.5	68.9	11.769	69.1	11.3331	-0.4	1.296752969	0.2	1.7355	0.6	0.993642464	0.989420859	
Rabiei	2015	20	20	84	11.6	82.2	11.43	81.3	13.5	77.7	13.73	-1.8	1.309490724	-3.6	1.9937	-1.8	0.993642464	0.989420859	
Reimer	2017	26	27	90.3	4.8	90.7	4.9	92.4	3.8	92.5	3.7	0.4	0.4	0.2	0.3	-0.2	0.996811224	0.99715505	
Sanchez	2013	52	53	NA	NA	NA	NA	NA	NA	NA	NA	-3.4	2.9	-4.2	3.2	-0.8	NA	NA	
Sharafedinov	2013	25	11	102.4	14.4	98	13.3	105.6	16.2	99.9	14.4	-4.4	1.909238218	-5.7	2.8593	-1.3	0.993642464	0.989420859	
Zarrati	2014	25	25	87	22	82.13	21.5	90.63	14	86.4	14	-4.87	2.502844186	-4.23	2.0364	0.64	0.993642464	0.989420859	

Calculated from SEM, 95%CI or p value

Imputed