PUBMED Search Strategy

1 (intervention or program or trial or treatment).ab. (4124247)

2 experimental.ab. (966290)

3 randomized.ab. (382007)

4 randomized controlled trial.pt. (415349)

5 1 or 2 or 3 or 4 (5113065)

6 ((weight or fat or body fat) and loss) or ((weight or fat or body fat) and change).ab. (145953)

7 (physical activity or exercise).ab. (263183)

8 (diet or energy intake or caloric intake or dietary intake or energy restriction or caloric restriction).ab. (282942)

9. (Behavior change or behavior modification or lifestyle intervention).ab.(11010)

10 6 or 7 or 8 or 9 (1958519)

11 (obese or overweight or excess weight).tw. (127274)

12 5 and 10 and 11 (29973)

13 (energy expenditure or compensatory response or compensatory behavior or compensation or physical activity energy expenditure or non-exercise physical activity or voluntary physical activity or sedentary behavior or nonexercise activity thermogenesis or non-exercise activity thermogenesis).ab. (62677)

14 12 and 13 (3087)

15 limit 14 to “all adult (19 plus years)” (1516)

16 Limit 15 to “Humans” (1482)

17 Limit 16 to “English” language (1389)