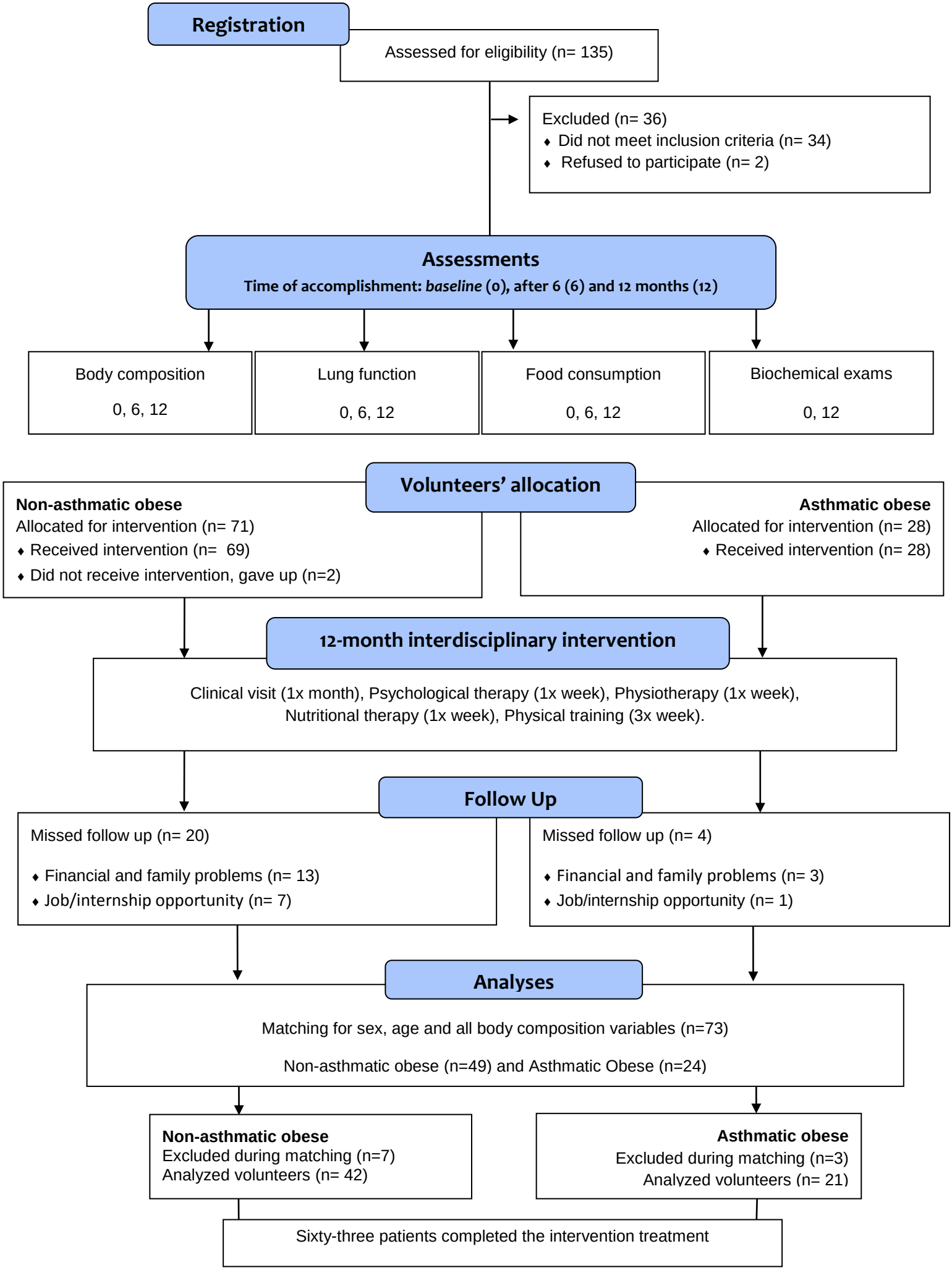
Registration
Assessed for eligibility (n= 135)
Excluded (n= 36)
Did not meet inclusion criteria (n= 34)
Refused to participate (n= 2)
Assessments
Time of accomplishment: baseline (0), after 6 (6) and 12 months (12)
Body composition
0, 6, 12
Lung function
0, 6, 12
Food consumption
0, 6, 12
Biochemical exams
0, 12
Volunteers' allocation
Non-asthmatic obese
Allocated for intervention (n= 71)
Received intervention (n= 69)
Did not receive intervention, gave up (n=2)
Asthmatic obese
Allocated for intervention (n= 28)
Received intervention (n= 28)
12-month interdisciplinary intervention
Clinical visit (1x month), Psychological therapy (1x week), Physiotherapy (1x week), Nutritional therapy (1x week), Physical training (3x week).
Follow Up
Missed follow up (n= 20)
Financial and family problems (n= 13)
Job/internship opportunity (n= 7)
Missed follow up (n= 4)
Financial and family problems (n= 3)
Job/internship opportunity (n= 1)
Analyses
Matching for sex, age and all body composition variables (n=73)
Non-asthmatic obese (n=49) and Asthmatic Obese (n=24)
Non-asthmatic obese
Excluded during matching (n=7)
Analyzed volunteers (n= 42)
Asthmatic obese
Excluded during matching (n=3)
Analyzed volunteers (n= 21)
Sixty-three patients completed the intervention treatment