Number of potential studies initially identified from online search:

- Medline = 369
- Embase = 245
- PsycINFO = 291
- CINAHL = 323

Studies remaining after elimination of duplicated study sets (n=250)

Records excluded (n=190)

Reasons:
- No participants with ID=34
- Age of participants <18 years = 47
- Reviews = 12
- Studies with athletes = 1
- Studies with Prader-Willi syndrome = 93
- Studies with Bardet-Biedl syndrome = 3

Titles and abstracts screened (n=250)

Full text articles excluded (n=38)

Reasons:
- Not weight loss interventions = 38

Full text articles meeting inclusion criteria (n=60)

Included

Total studies that met review criteria (n=22)