Hand search
Review of reference lists (n=10)

Potentially relevant articles identified from electronic databases and screened for retrieval MEDILINE (n=453)

Articles retrieved for more detailed evaluation (n=32)

Articles excluded (total n=19)
Not metabolic syndrome subjects (n=11)
Not a RCT (n=2)
Not lifestyle intervention (n=4)
Other reason (n=2)

RCTs with effectiveness of MetS lifestyle education (n=18)

RCTs excluded for
lack of conventional diet control (n=1)
less than 6 month intervention (n=1)
lack of information of both outcomes (n=3)

RCTs that met all inclusion criteria (n=8)
*with outcome information for number of disease free subjects (n=8)
*with outcome information for MetS criteria (n=5)