Records identified through database searching:
  - MEDLINE: 10612
  - Cochrane Register of Trials: 7883

Additional records identified through other sources (n = 1)

Records screened (title/abstracts) (n = 18496)

Records excluded: duplicates, non-human studies, no-English articles, redundant publications, no diet or exercise or diet plus exercise group, no appropriate study design (n = 18407)

Full-text articles assessed for eligibility (n = 89)

Full-text articles excluded, with reasons (n = 65)
  - Participants not overweight (n = 8)
  - Intervention/follow-up time < 12 months (n = 24)
  - No diet or exercise or diet plus exercise group (n = 32)
  - Lifestyle intervention 8-12 weeks post-partum (n = 1)

Studies included in qualitative synthesis
  n = 22 (24 reports)

Studies included in quantitative synthesis (meta-analysis)
  n = 21 (23 reports)