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Using mHealth for weight loss: A systematic review of evidence

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Weight management, encompassing both weight loss and the long-term maintenance of weight-loss changes, requires the modification of dietary and physical activity habits. The present paper reviews the latest research on the efficacy of mobile health (mHealth) technology as a facilitator of behavioural changes (i.e. eating and physical activity behaviour changes) required for successful weight management. A systematic search was conducted in Ovid MEDLINE and Ovid PsychInfo databases, aiming to identify studies published in peer-reviewed journals since 2012. Results are presented in terms of participant characteristics, mobile health components, additional treatments, dependent variables, and treatment efficacy. Indicators of study quality and social validity are also presented. Recommendations are issued about future developments in the use of mHealth for weight management interventions, supported by a behaviour-analytic approach.

Keywords: systematic review, weight management, mobile health, behaviour change

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