



**QUEEN'S
UNIVERSITY
BELFAST**

Using mHealth for weight loss: A systematic review of evidence

Dounavi, K., & Tsoumani, O. (2018). Using mHealth for weight loss: A systematic review of evidence. *Obesity Surgery*, 28(Supplement 1), 106. [P-056]. <https://doi.org/10.1007/s11695-018-3200-5>

Published in:
Obesity Surgery

Document Version:
Early version, also known as pre-print

Queen's University Belfast - Research Portal:
[Link to publication record in Queen's University Belfast Research Portal](#)

Publisher rights
Copyright 2018 Springer Verlag. This work is made available online in accordance with the publisher's policies. Please refer to any applicable terms of use of the publisher.

General rights
Copyright for the publications made accessible via the Queen's University Belfast Research Portal is retained by the author(s) and / or other copyright owners and it is a condition of accessing these publications that users recognise and abide by the legal requirements associated with these rights.

Take down policy
The Research Portal is Queen's institutional repository that provides access to Queen's research output. Every effort has been made to ensure that content in the Research Portal does not infringe any person's rights, or applicable UK laws. If you discover content in the Research Portal that you believe breaches copyright or violates any law, please contact openaccess@qub.ac.uk.

Open Access
This research has been made openly available by Queen's academics and its Open Research team. We would love to hear how access to this research benefits you. – Share your feedback with us: <http://go.qub.ac.uk/oa-feedback>

Using mHealth for weight loss: A systematic review of evidence

Katerina Dounavi^a & Olga Tsoumani^b

^aSchool of Social Sciences, Education and Social Work, Queen's University Belfast, Belfast, Northern Ireland, United Kingdom

^bBehavioral Engineering Group, Faculty of Economics and Business, University of Leuven, Leuven, Belgium

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

Funding disclosure: This study was funded by MyHabeats.