

TABLE 1: Selected Examples of Common Elements of a Study Coding Sheet: A Meta-Analysis of Strategies to Promote Weight Loss in Type 2 Diabetes

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|---|-------|----------------------------|
| Study ID Number (1) | _____ | |
| Author | _____ | |
| Title | _____ | |
| Journal | _____ | |
| Year | _____ | Vol. _____ No. Pages _____ |
| Methodological Features | | |
| Publication date | _____ | (2) |
| Source of reference | _____ | (3) |
| Blinding of experimenter | _____ | (4) |
| Assignment to groups | _____ | (5) |
| Experimental mortality (%) from treatment group | _____ | (6) |
| Experimental mortality (%) from comparison group | _____ | (7) |
| Overall mortality rate (%) | _____ | (8) |
| Research design | _____ | (9) |
| Study Quality | | |
| Study design | _____ | (10) |
| Selection and specification of study sample | _____ | (11) |
| Specification of illness or condition | _____ | (12) |
| Description of weight loss intervention | _____ | (13) |
| Definition of outcome construct | _____ | (14) |
| Outcome measure | _____ | (15) |
| Total quality points | _____ | (16) |
| Substantive Features | | |
| Professional affiliation of first author/experimenter | _____ | (17) |
| Intervention Characteristics | | |
| Type of intervention strategy | _____ | (18) |
| Dietary strategy | _____ | (19) |
| Contact frequency | _____ | (20) |
| Length of each contact | _____ | (21) |
| Total length of the intervention | _____ | (22) |
| Dietary intervention approach | _____ | (23) |
| Behavioral strategy | _____ | (24) |
| Contact frequency | _____ | (25) |
| Length of each contact | _____ | (26) |

coding sheet was reviewed by an endocrinologist (MD), a registered dietitian who was a certified diabetes educator, and a master's-prepared nurse who was also a certified diabetes educator. Interrater agreement was determined by having two raters code a randomly selected subsample of 10 studies. The two coders were the principal investigator, who had conducted four previous research syntheses, and a doctorally prepared, certified diabetes