**Title:** Non-surgical Interventions in the treatment of overweight and obesity: a systematic review

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**Abstract (Word Limit 250 words)**

**Background**

This review aims to provide insight in the effectiveness of technology-based interventions on weight loss and quality of life for patients suffering overweight or obesity compared to standard care.

**Methods**

Data was searched from the earliest date of each database up to February 2015. Cochrane Collaboration’s tool for assessing risk of bias was used for rating the methodological quality

**Results**

Twenty-six trials met inclusion criteria. Twelve studies showed significant effects on weight loss compared to controls. Most interventions used a web-based approach (42%). Interventions were screened for five technical key components: self-monitoring, counsellor feedback and communication, group support, use of a structured program and use of an individually tailored program.

**Conclusion**

Evidence is lacking about the optimal use of technology in weight loss interventions. However, when the optimal combination of technological components is found, technology-based interventions can be a valid tool for weight loss. Furthermore, more outcomes on quality of life and information about the effect of technology-based intervention after bariatric surgery are needed.