**Title:** Technology-based Interventions in the treatment of overweight and obesity: a systematic review

**Type of Study:** Systematic review

**Word count abstract:** 165 words

**Abstract**

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.