

Table 1
Randomized controlled trials using Orlistat, Sibutramine, or Rimonabant

Reference	Study design	N	Age (years)	BMI (kg/m ²)	Intervention	IT (years)	Retention %
Davidson <i>et al.</i> 1999 ⁸	Parallel Double blind	1187	>18	30-43	Initial 4 weeks w/placebo +HD - Placebo + HD o Or 120mg TID + HD (1 st year) - Placebo + HD - Or 60mg TID + HD - Or 120mg TID + HD	2	34
Karhunen <i>et al.</i> 2000 ⁹	Parallel 1 st year	96	24-57	29-44	4 week initial phase with placebo+ HD - Placebo TID+DH - Orlistat 120mg TID+ DH	2	75
Hauptman <i>et al.</i> 2000 ¹⁰	Parallel Double blind	796	>18	30-44	4 week initial phase w/placebo + HD - Placebo TID+ HD - Orlistat 60mg TID + HD - Orlistat 120mg TID + HD	2	52
Rossner <i>et al.</i> 2000 ¹¹	Parallel Double blind	783	≥18	28-43	4 week initial phase w/placebo + HD - Placebo TID + HD - 60mg Orlistat TID + HD - 120mg Orlistat TID + DH	2	60
Torgerson <i>et al.</i> 2004 ¹²	Parallel Double blind	3305	30-60	≥30	- Placebo TID + DH - Orlistat 120mg TID + DH	4	43
O'Brien <i>et al.</i> 2006 ¹³	Parallel	80	20-50	30-35	- Orlistat + VLCD - Gastric band	2	90
Richelsen <i>et al.</i> 2007 ¹⁴	Parallel Double blind	383	18-65	30-45	8weeks with HD - Placebo + HD - Orlistat 120mg + HD	3	NA
James <i>et al.</i> 2000 ¹⁵	Parallel Double blind	467	17-65	30-45	6 months with HD - Placebo + nutritional orientation - Sibutramine 10mg/day + nutritional orientation	2	56
Redmon <i>et al.</i> 2005 ¹⁶	Parallel 1 st year	61	30-70	27-50	- CT group ¹ (with sibutramine): two years - Control group: 1 year CEV + HD; CT 2nd year	2	79
Pi-Sunyer <i>et al.</i> 2006 ¹⁷	Double blind	3045	>18	>30 or >27 w/dislipidemia	4 initial phase with HD - Placebo + PA + HD Rimonabant + PA + HD 5mg/day Rimonabant 20 mg/day + PA + HD	2	37
Van Gaal <i>et al.</i> 2008 ¹⁸	Double blind	1507	>18	>30 or >27 w/dislipidemia	4 week with placebo and HD - Placebo + HD - 5mg Rimonabant + HD - 20mg Rimonabant + HD	2	58

IT: Intervention time; WP: Weight loss; PG: Placebo group; OG: Orlistat group; LSC: Life style changes; TID: Three times a day; HD: Hypocaloric diet; NA: Not available, VLCD: Very low calorie diet; IG: Intervention group; DM2: Type 2 diabetes; BMI: Body mass index; ¹ CT: Combined therapy: CEV+HD: Meal replacement by supplements and sibutramine 10-15 mg/day.

Table 1
Randomized controlled trials using Orlistat, Sibutramine, or Rimonabant (continuation)

Reference	WL at end of follow-up (kg)	Difference placebo vs. groups (p)	Comments	Jadad's score (R) points
Davidson <i>et al.</i> 1999 ⁸	Or 120=7.6% Or 60 mg=NA Or+placebo=NA Placebo= 4.5%	NA	Initial control energy diet (30% fat) 75% compliance was required for randomization 70% compliance was required to continue the 2 nd year	3
Karhunen <i>et al.</i> 2000 ⁹	-5.6 -12.4	<0.001	600kcal/day deficit diet A second randomization took place during the 2nd year	3
Hauptman <i>et al.</i> 2000 ¹⁰	-1.7±0.6 -4.5±0.6 -5.0±0.7	0.02 0.002	20% withdrew before randomization. The caloric intake was established according to body weight > or < 90kg	3
Rossner <i>et al.</i> 2000 ¹¹	4.3±7.5 -6.8±8.4 -7.6±7.0	0.01 0.001	HD with 600Kcal/day deficit (30% fat). Treatment compliance of 75% was required for randomized	3
Torgerson <i>et al.</i> 2004 ¹²	-3.0 -5.8	<0.001	800kcal/day diet deficit	3
O'Brien <i>et al.</i> 2006 ¹³	-5.3 -20.5	< 0.001	Very low calorie diet, 500-550kcal/day during 12 weeks	
Richelsen <i>et al.</i> 2007 ¹⁴	-6.3 c/PG -8.3 c/OG	<0.028	Very low calorie diet (600-800kcal) 19.3% withdrew before randomization	4
James <i>et al.</i> 2000 ¹⁵	-4.7 -10.2	< 0.001	Most participants were white women. Inclusion criteria: follow a 600 Kcal/day diet and achieve ≥ 5% weight loss	5
Redmon <i>et al.</i> 2005 ¹⁶	-4.6 -8.1	Does not apply	DM2 patients Basal BMI: 38.5 ± 1.1 No placebo group	2
Pi-Sunyer <i>et al.</i> 2006 ¹⁷	-2.5 NA	0.02 < 0.001	Most participants were white women who followed a 600 Kcal/day diet	4
Van Gaal <i>et al.</i> 2008 ¹⁸	-2.5 -4.6 -7.2	0.007 <0.001	Most individuals were white females	5

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