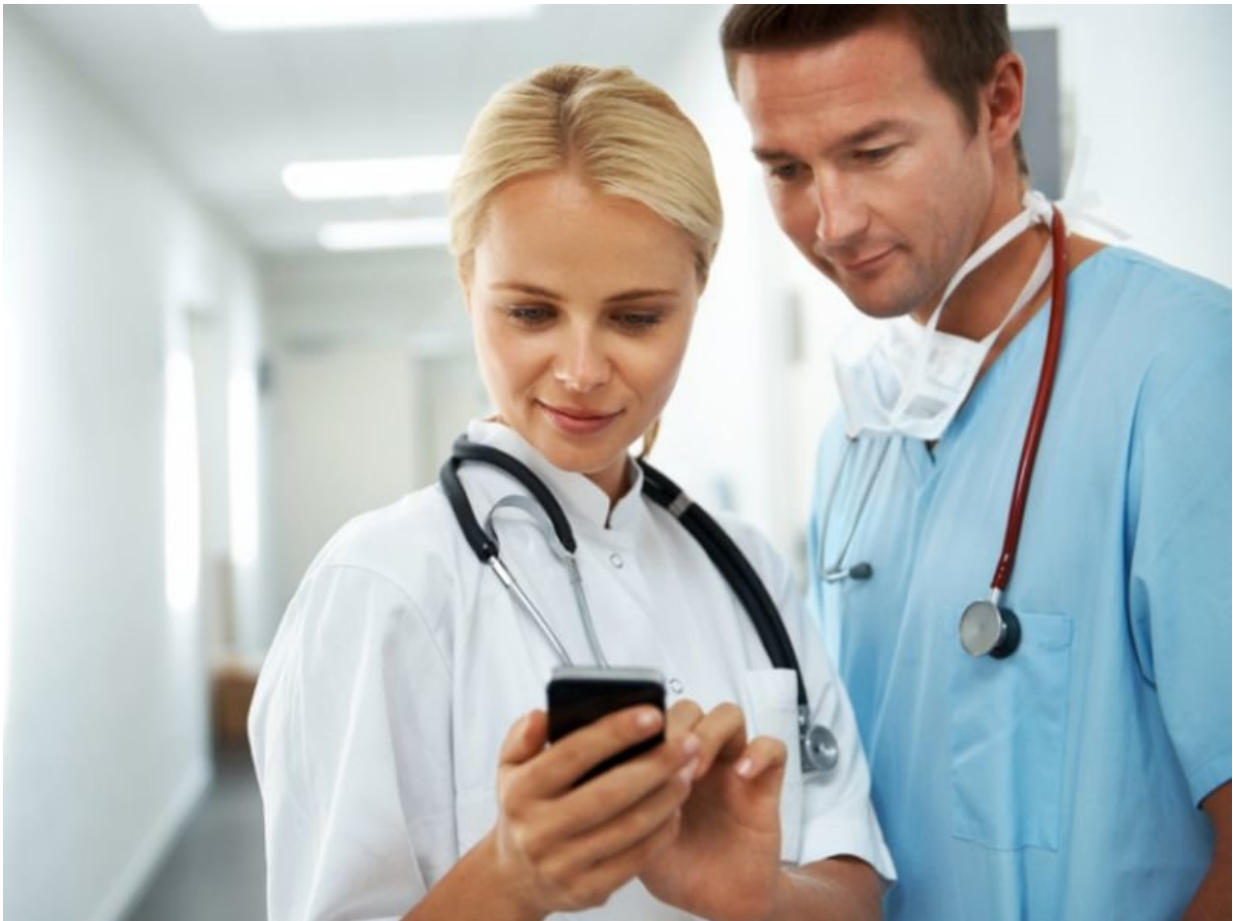


# Text message interventions may help with weight management

December 26 2017

---



(HealthDay)—Extended-contact, text-message-delivered interventions

appear to be effective for weight management, according to a review published online Dec. 15 in *Obesity Reviews*.

J.R. Job, from the University of Queensland in Brisbane, Australia, and colleagues conducted a systematic literature review to identify studies assessing the effectiveness of extended-contact, text message interventions for adults in supporting [weight management](#). Seven studies were included in the meta-analysis.

The researchers found that, compared with a control, the pooled effect of the extended-contact intervention was  $-0.82$  kg (three studies), but pooled within-group [weight](#) loss was  $-2.16$  kg during extended-contact interventions (six studies). Compared with the three interventions considered to be "ineffective," the four "effective" interventions were more likely to last longer than 12 weeks.

"Evidence from the small number of studies reviewed suggests that extended-contact, text-message-delivered interventions are effective," the authors write. "Further research is required to elucidate effective [intervention](#) components and the longer-term impact on weight, diet, and physical activity behavior."

**More information:** [Abstract](#)  
[Full Text \(subscription or payment may be required\)](#)

Copyright © 2017 [HealthDay](#). All rights reserved.

Citation: Text message interventions may help with weight management (2017, December 26) retrieved 19 April 2024 from <https://medicalxpress.com/news/2017-12-text-message-interventions-weight.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private

study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.