

CORRECTION

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Correction: weight management interventions in adults with intellectual disabilities and obesity: a systematic review of the evidence

Dimitrios Spanos^{1,2}, Craig Andrew Melville² and Catherine Ruth Hankey^{3*}

Correction

Following the publication of this article [1], we noted errors to Table six (Table 1 here). Corrected version is presented below.

* Correspondence: Catherine.Hankey@glasgow.ac.uk

³Human Nutrition, College of Medical, Veterinary and Medical and Life Sciences, University of Glasgow, Glasgow Royal Infirmary, Level 2, New Lister Building, Glasgow G31 2ER, UK

Full list of author information is available at the end of the article

Table 1 Multi-component interventions

Study/ Location/ Type	Participants	Intervention	Follow up	Results
Jackson 1982 [31]	Gender: all females	Duration: 14 weeks of every 2 weeks group sessions (60 min each) led by a teacher.	17 weeks	(a) Mean weight change, kg: -5.75 ^b (b) Mean weight change, kg:-0.59
Australia	(a) Treatment group	(a) 7 sessions with the parents, 6 sessions with group members and the teacher. Diet: Advice on healthy eating diet, avoid fad diets. Activity: General advice on physical activity e.g. using stairs instead of elevator. Behaviour: self-monitoring, reward, punishment, change of rate of eating, reinforcement.	3 month 6 month	(a) Mean weight change, kg :-6.25 (b) Mean weight change, kg :-0.59 (a) Mean weight change, kg: -6.08 (b) Mean weight change, kg: +0.33
Community Quasi-experimental study with a control group	n = 6 Weight status: 10 % overweight Age (years), mean: 21.8 ID, mean IQ : 38.17 (b) Control group n = 6 Age (years), mean: 23.5 ID, mean IQ :40.33 Attrition/drop out: none	Maintenance: none reported (b) No intervention	12 month	(a) Mean weight change, kg: -7.33 (b) Mean weight change, kg: 0.00 Significant weight reduction of (a) across all the follow up
Harris 1984 [32]	Total n = 21	Duration: 7 weekly group sessions and 1 hour booster session 26 weeks after the first session.	7 week	(a) Mean weight change, kg:-3.0 ($p < 0.05$) ^b
USA	Weight status: not reported	(a) Diet: education on healthy balanced diet, distinguishing high and low calorie foods, diabetic exchange diet (ADA, 1977). Activity: 5-10 min aerobic exercise at the end of session. Behaviour: stimulus control, self-monitoring, self-reinforcement, goal setting, self-contacting. Carers attended the sessions.	12 months	(a) Mean weight change, kg :-0.76
Community Quasi-experimental study with a comparison group	(a) Completers n = 10 Gender: 8 females, 2 males Age (years) ^a : 22.7(6.37) ID, IQ ^a : 52.5 (12.80) (b) Non completers: 11 Attrition/drop out: 11	Maintenance: none reported		(b) Mean weight change, kg :+2.39 ($p < 0.05$) ($p < 0.05$)

Table 1 Multi-component interventions (Continued)

Study/Location/Type	Participants	Intervention	Follow up	Results
Ewing 2004 [33]	(a) participants with ID	Duration: 8 week intervention. The "HELP" intervention (Health Education Learning Program) led by health educators. 8 group sessions and 2 to 4 home visits.	2 months	(a) Mean BMI change, kg/m ² : 0 ^b
USA	Total n = 154, final n = 92	Diet: a home visit to develop dietary plan and do a grocery visit. Activity: a home visit to develop an exercise programme e.g. walking routes, optional brisk walk after the sessions. Behaviour: motivation to change, relapse prevention, avoidance of "automatic thinking".		(b) Mean BMI change, kg/m ² : -0.89
Community Quasi-experimental study with a comparison group	Weight status, BMI ^a : 35.4 (7.0) Gender: 54.4 % females Age (years) ^a : 39.7 (11.5) ID, IQ ^a : 50.2 (14.3) Attrition/drop out: 18.8 % (b) no ID Total n = 270, final n = 97 Weight status, BMI ^a :38.4 (8.6) Gender: 84.5 % females Age (years) ^a :49.9 (11.48) Attrition/drop out: 30 %	Maintenance: none reported		No significant difference between (a) and (b)
Mann 2006 [34]	Total n = 324, available data for 192	Duration: 8 weekly group sessions (90 min each) using health education "Steps to Your Health" led by trained staff . Included home visits.	9 weeks	Mean BMI change, kg/m ² : -0.31 ^b (p < 0.05)
USA	Weight status, BMI ^a : 35.38 (6.85)	Diet: individual dietary plan and a grocery store visit. Activity: optional brisk walking and individual exercise programme. Behaviour: motivation to change, relapse prevention, barriers to change.		
Community Uncontrolled quasi-experimental study	Gender:66.7 % females, 33.3 % males Age (years) ^a : 38.6 (11.5) ID, IQ ^a : 50.7 (13.3) Attrition/drop out: 20 %	Maintenance: none reported		
Bazzano 2009 [35]	Total n = 85 signed up, 44 completers	Duration: 7 months of 2 weekly group sessions (120 min each) led by professionals specialized in ID. "The Healthy Lifestyle	7 months	Mean weight change, kg:-1.2 (p < 0.05) ^b

Table 1 Multi-component interventions (Continued)

USA	Weight status: 36.4 % overweight, 38.6 % obese, 18.2 % very obese	Programme" focusing on health education and peer mentoring. Phone calls included. Diet: education and cooking demonstration. Activity: education and supervised physical activity (90 min). Exercise in local parks and fitness facilities. Behaviour: behaviour modification and reward systems. Carers were encouraged to attend the sessions.		Mean BMI change, kg/m ² : -0.5 (<i>p</i> < 0.05) ^b
Community Uncontrolled quasi-experimental study	Gender: 61 % females, 39 % males Age (years): 18-59 ID: 68 % mental retardation, 25 % ≈ mental retardation, Cerebral palsy, epilepsy, and autism diagnosed in 15 % to 20 % Attrition/ drop out: 35 %	Maintenance: none reported		
Geller 2009 [36]	Total n = 45	(a): Empowerment model. 1st year: Twice weekly sessions led by a physician (60 min each): Group and individual sessions based on the "Funk" model. Diet: meal planning, cooking demonstrations. Activities: music chairs, dancing, exercise to music. Behaviour: Activities creating feelings of community, feelings of success and of being important.	2 months 6 months 12 months 18 months	(a) + (b) (n = 43) Mean weight change, kg:-0.26 ^b (a) + (b) (n = 38) Mean weight change, kg:-0.78 (a) + (b) (n = 36) Mean weight change, kg:-0.74 (a) + (b) (n = 14) Mean weight change, kg:-2.73
USA Community Uncontrolled quasi-experimental study	Gender: 25 females, 18 males Weight status: obese/ overweight:-Age (years): average 42.6 ID: not reported Attrition/ drop out: 2 dropped out, 14 completed 18 month measurements	(b): 2nd year, once weekly group sessions -same as (a) Weight maintenance: none reported		
Melville 2011 [37]	Total n = 54	Duration: 6 months of 9 sessions every 2-3 weeks individual consultations (45-60 min each) based on the GCWMS led by a dietician and a medical graduate.	6 months	Mean weight change, kg (SD): -4.47 (4.45) (<i>p</i> < 0.0001) ^b
UK Community	Weight status, BMI ^a : 40 (8.03) Gender:40.7 % males, 59.3 % females	Diet: 600 kcal/d energy deficit diet. Activity: aim for 30 min of moderate physical activity for 5 days per week. Behaviour: goal setting, problem solving, cue avoidance, stimulus control. Carers were encouraged to assist if needed. Maintenance: none reported		Mean BMI change, Kg/m ² :-1.82 (<i>p</i> < 0.0001)

Table 1 Multi-component interventions (Continued)

Study/ Location/ Type	Participants	Intervention	Follow up	Results
Uncontrolled quasi-experimental study	Age (years) ^a :48.3 (12.01) ID: 31.5 % mild, 31.5 % moderate, 35.2 % severe, 1.9 % profound. Attrition/drop out: 3 dropped out, 4 non completers on time			
Saunders 2011[38]	Total n = 79 registered, Weight status: mean BMI 38.0	Duration: 6 months of one individual session (60-90 min) and monthly consultations (30 min each) led by dietician, behaviour analysts, physiologists.	6 months	(n = 73) Mean weight change, kg:-6 ^b
USA	Gender: 41 % males, 59 % females	Diet: a 1200 to 1300 kcal/d diet based on volumetrics, at least 5 portions of fruits and vegetables; up to three low-calorie, meal/snack-replacement shakes; two packaged entrees of less than 300 calories each and other low calorie items, 2 shake mixes from Health Management Resources (HMR) daily (110 kcal per serving). Activity: Optional. A game board aiming to increase number of steps. Behaviour: praise, problem solving, reward system. Carers could assist if needed.		Mean BMI change kg/m ² ≈ -2.7 % mean weight loss: 6.3
Community Uncontrolled quasi-experimental study	(6 month completers) ID: not reported Attrition/drop out: 73 six month completers, 43 twelve month completers	Maintenance: 6 months of less intensive meetings. Weight loss could continue if wanted.		

^a data are mean values (SD).

^brange not reported.

Author details

¹College of Medical, Veterinary and Medical and Life Sciences, University of Glasgow, Glasgow G31 2ER, UK. ²Learning Disabilities Psychiatry, College of Medical Veterinary and Life Sciences, Institute of Mental Health & Wellbeing, University of Glasgow, Glasgow G12 0XH, UK. ³Human Nutrition, College of Medical, Veterinary and Medical and Life Sciences, University of Glasgow, Glasgow Royal Infirmary, Level 2, New Lister Building, Glasgow G31 2ER, UK.

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