Erratum

Correction to: Comparison of Education-Only versus Group-Based Intervention in Promoting Weight Loss: A Randomised Controlled Trial

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Following the publication of the article Nakata Y, Okada M, Hashimoto K, Harada Y, Sone H, Tanaka K: Comparison of education-only versus group-based intervention in promoting weight loss: a randomised controlled trial. *Obes Facts* 2011;4:222–228, DOI: 10.1159/000329619 the authors were notified of errors in tables 1 and 2. The correct versions of the tables were presented below. The corrected results in the two tables were given in bold. We sincerely regret these errors.

Table 1. Baseline characteristics of eligible overweight adults by treatment assignment^a

	Control intervention (n = 63)	Moderate intervention (n = 62)	Intensive intervention (n = 63)	Total (n = 188)
Age, years	51.6 (6.2)	51.7 (6.8)	50.7 (6.7)	51.3 (6.6)
Number of women (%)	53 (84)	41 (66)	51 (81)	145 (77)
Number of current smokers (%)	4 (6)	3 (5)	3 (5)	10 (5)
Number of lipid-lowering therapies (%)	8 (13)	10 (16)	3 (5)	21 (11)
Number of antihypertensive therapies (%)	12 (19)	16 (26)	15 (24)	43 (23)
Height, cm	157.2 (7.6)	160.0 (9.0)	159.1 (7.2)	158.8 (8.0)
Weight, kg	71.0 (10.1)	74.9 (12.1)	73.5 (9.9)	73.1 (10.8)
BMI, kg/m ²	28.6 (2.8)	29.2 (3.8)	29.0 (3.0)	28.9 (3.2)
Waist circumference, cm	98.7 (7.3)	100.7 (7.9)	99.2 (7.3)	99.5 (7.5)
Systolic blood pressure, mm Hg	131.5 (19.5)	131.2 (14.5)	131.9 (16.4)	131.6 (16.8)
Diastolic blood pressure, mm Hg	78.4 (10.6)	80.2 (7.4)	79.9 (10.2)	79.5 (9.5)
Triglycerides, mmol/l	1.45 (0.79)	1.57 (0.71)	1.26 (0.59)	1.43 (0.71)
HDL cholesterol, mmol/l	1.49 (0.37)	1.39 (0.34)	1.49 (0.31)	1.46 (0.35)
Fasting plasma glucose, mmol/l	5.35 (0.61)	5.50 (0.96)	5.25 (0.59)	5.37 (0.74)
Dietary intake, kcal/day	2050 (397)	2181 (417)	2169 (414)	2133 (411)
Step counts, steps/day [†]	5677 (2565)	6198 (2740)	6435 (3016)	6100 (2782)
MVPA, min/day [†]	94 (34)	86 (30)	93 (35)	91 (33)

HDL = High-density lipoprotein; MVPA = moderate to vigorous physical activity.

^aData are presented as mean (SD) unless otherwise specified. [†]Eligible data were available for 186 participants (63, 61, and 62 in the control, moderate, and intensive intervention groups, respectively).

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Table 2. Changes in primary and secondary outcome measures, dietary intake, and physical activity during 6-month intervention*

	Control intervention (n = 63)			Moderate intervention (n = 62)			Intensive intervention (n = 63)		
	baseline	month 6	change	baseline	month 6	change	baseline	month 6	change
Weight, kg	71.0 (10.1)	68.1 (10.5)	-2.9 (-3.9 to -1.9)	74.9 (12.1)	70.2 (12.6)	-4.7 (-5.7 to -3.7)	73.5 (9.9)	65.7 (9.5)	-7.7 (-8.8 to -6.7)
BMI, kg/m ²	28.6 (2.8)	27.5 (3.2)	-1.2 (-1.6 to -0.8)	29.2 (3.8)	27.4 (4.0)	-1.8 (-2.2 to -1.5)	29.0 (3.0)	25.9 (3.0)	-3.0 (-3.4 to -2.6)
WC, cm	98.7 (7.3)	95.8 (8.1)	-3.0 (-4.1 to -1.8)	100.7 (7.9)	96.0 (9.1)	-4.7 (-5.9 to -3.6)	99.2 (7.3)	91.1 (8.4)	-8.1 (-9.2 to -7.0)
SBP, mm Hg	131.5 (19.5)	122.9 (19.1)	-8.7 (-12.4 to -4.9)	131.2 (14.5)	120.5 (13.3)	-10.7 (-13.8 to -7.6)	131.9 (16.4)	119.6 (18.1)	-12.3 (-15.8 to -8.8)
DBP, mm Hg	78.4 (10.6)	72.9 (10.5)	-5.5 (-7.6 to -3.3)	80.2 (7.4)	73.2 (9.1)	-7.0 (-8.7 to -5.3)	79.9 (10.2)	71.3 (9.7)	-8.6 (-10.6 to -6.6)
TG, mmol/l	1.45 (0.79)	1.32 (0.81)	-0.13 (-0.30 to 0.04)	1.57 (0.71)	1.23 (0.68)	-0.34 (-0.49 to -0.20)	1.26 (0.59)	0.95 (0.43)	-0.31 (-0.45 to -0.17)
HDL-C, mol/l	1.49 (0.37)	1.52 (0.40)	0.03 (-0.03 to 0.09)	1.39 (0.34)	1.44 (0.35)	0.05 (-0.01 to 0.11)	1.49 (0.31)	1.56 (0.35)	0.07 (0.02 to 0.13)
FPG, mmol/l	5.35 (0.61)	5.03 (0.62)	-0.32 (-0.41 to -0.24)	5.50 (0.96)	5.16 (0.82)	-0.34 (-0.47 to -0.20)	5.25 (0.59)	4.91 (0.38)	-0.34 (-0.44 to -0.23)
Dietary intake, kcal/day	2,050 (397)	1,816 (361)	-234 (-340 to -128)	2,181 (417)	1,799 (440)	-382 (-470 to -294)	2,169 (414)	1,524 (354)	-646 (-751 to -540)
Step counts, steps/day [‡]	5,677 (2,565)	6,912 (3,177)	1,235 (706 to 1,765)	6,198 (2,740)	7,468 (3,676)	1,270 (682 to 1,859)	6,435 (3,016)	7,525 (3,326)	1,090 (590 to 1,590)
MVPA, min/day [‡]	94 (34)	102 (41)	8 (2 to 15)	86 (30)	96 (37)	10 (4 to 16)	93 (35)	99 (37)	5 (-0 to 11)

DBP = Diastolic blood pressure; FPG = fasting plasma glucose; HDL-C = high-density lipoprotein cholesterol; MVPA = moderate to vigorous physical activity; SBP = systolic blood pressure; TG = triglycerides; WC = waist circumference.

*Data at baseline and 6 months are presented as mean (SD). Changes from baseline are presented as mean (95% confidence interval). The numbers of completers are 59, 57, and 56 in the control, moderate, and intensive intervention groups, respectively. For intention-to-treat analysis, the missing data are replaced by the last observation carried forward.

[‡]Eligible data were available for 186 participants (63, 61, and 62 in the control, moderate, and intensive intervention groups, respectively).