TITLE: Lifestyle Interventions for Females with Metabolic Syndrome: Clinical-Effectiveness and Compliance

DATE: 9 July 2009

RESEARCH QUESTIONS:

1. What is the clinical-effectiveness of lifestyle interventions (diet, exercise, or life coaching) for the treatment of females with metabolic syndrome?

2. What is the comparative compliance of lifestyle interventions?

METHODS:

A limited literature search was conducted on key health technology assessment resources, including PubMed, the Cochrane Library (Issue 2, 2009), University of York Centre for Reviews and Dissemination (CRD) databases, ECRI, EuroScan, international health technology agencies, and a focused Internet search. The search was limited to English language articles published between 2004 and July 2009. Filters were applied to limit the retrieval to health technology assessments, systematic reviews, meta-analyses, and randomized controlled trials. Internet links were provided, where available.

RESULTS:

HTIS reports are organized so that the higher quality evidence is presented first. Therefore, health technology assessment reports, systematic reviews, and meta-analyses are presented first. These are followed by randomized controlled trials (RCTs).

Five RCTs were identified pertaining to the clinical-effectiveness of lifestyle interventions (diet, exercise, or life coaching) for the treatment of women with metabolic syndrome. No relevant health technology assessments, systematic reviews, or meta-analyses were identified and no information pertaining to the comparative compliance of lifestyle interventions was retrieved. Additional information, including RCTs with unspecified and mixed gender populations, has been included in the appendix.

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Health technology assessments
No literature identified.

Systematic reviews and meta-analyses
No literature identified.

Randomized controlled trials


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APPENDIX – FURTHER INFORMATION:

Randomized controlled trials- no mention of gender


### Randomized controlled trials- mixed population


26. Mukuddem-Petersen J, Stonehouse OW, Jerling JC, Hanekom SM, White Z. Effects of a high walnut and high cashew nut diet on selected markers of the metabolic syndrome: a


**Ongoing studies**