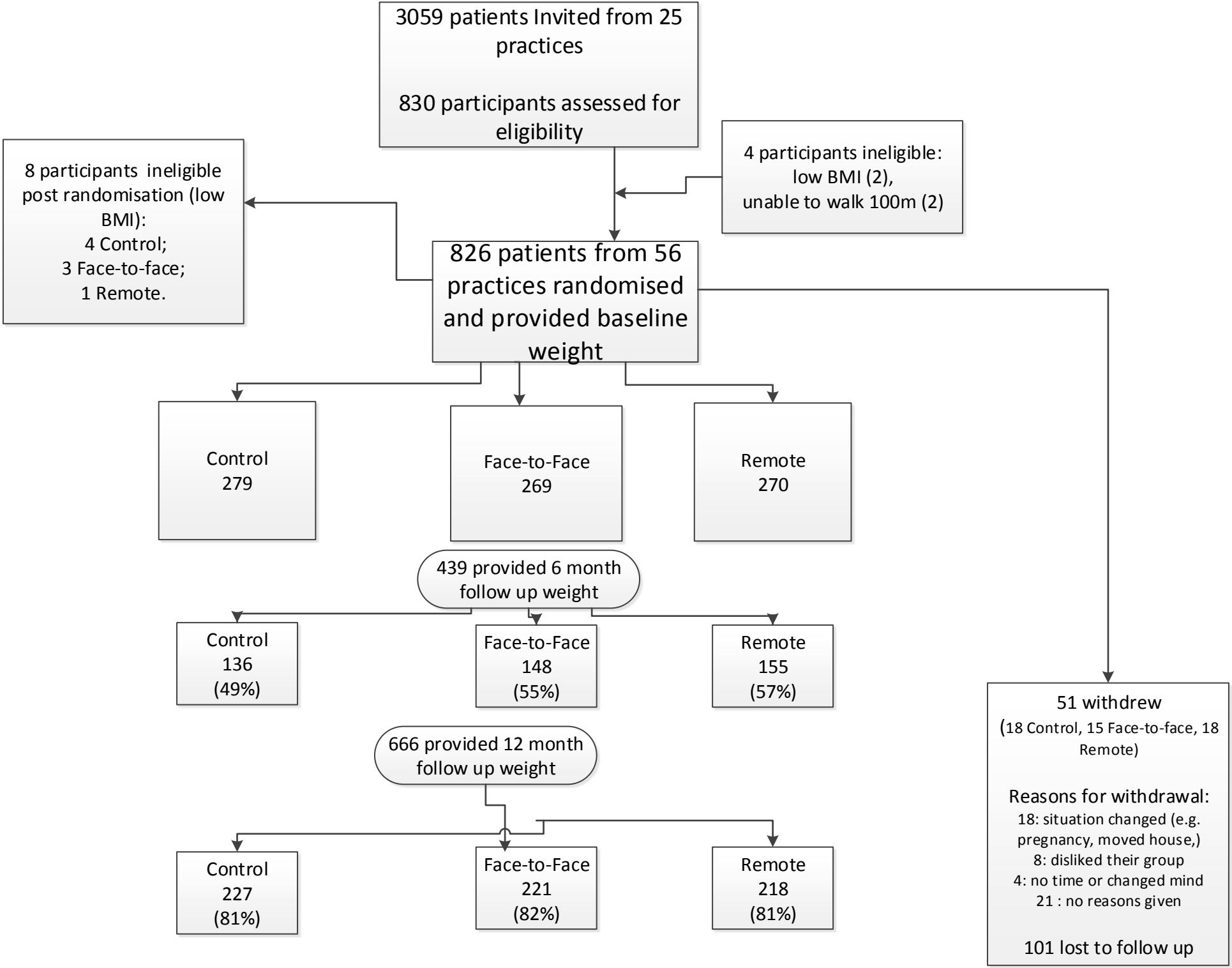
3059 patients Invited from 25 practices
830 participants assessed for eligibility
4 participants ineligible: low BMI (2), unable to walk 100m (2)
8 participants ineligible post randomisation (low BMI): 4 Control; 3 Face-to-face; 1 Remote.
826 patients from 56 practices randomised and provided baseline weight
Control 279
Face-to-Face 269
Remote 270
439 provided 6 month follow up weight
Control 136 (49%)
Face-to-Face 148 (55%)
Remote 155 (57%)
666 provided 12 month follow up weight
Control 227 (81%)
Face-to-Face 221 (82%)
Remote 218 (81%)
51 withdrew
(18 Control, 15 Face-to-face, 18 Remote)
Reasons for withdrawal:
18: situation changed (e.g. pregnancy, moved house,)
8: disliked their group
4: no time or changed mind
21 : no reasons given
101 lost to follow up