

Author	Year	Country	Sample Size	Study Design	Intervention	Control	Outcome	Effect Size	Quality
Smith et al.	2015	USA	120	Randomized Controlled Trial	Hand hygiene	No intervention	Reduction in infection rates	0.15	High
Johnson et al.	2016	UK	80	Quasi-experimental	Antibiotic stewardship	No intervention	Reduction in antibiotic resistance	0.10	Medium
Chen et al.	2017	China	200	Randomized Controlled Trial	Vaccination	No intervention	Reduction in disease incidence	0.20	High
Patel et al.	2018	India	150	Quasi-experimental	Health education	No intervention	Improvement in health outcomes	0.08	Medium
Kim et al.	2019	South Korea	90	Randomized Controlled Trial	Screening	No intervention	Early detection of disease	0.12	High
Nguyen et al.	2020	Vietnam	110	Quasi-experimental	Community health worker	No intervention	Improvement in maternal health	0.09	Medium
Wong et al.	2021	Singapore	70	Randomized Controlled Trial	Telemedicine	No intervention	Reduction in hospital admissions	0.11	High
Almeida et al.	2022	Brazil	130	Quasi-experimental	Mobile health	No intervention	Improvement in patient adherence	0.07	Medium
Lee et al.	2023	South Korea	60	Randomized Controlled Trial	Artificial intelligence	No intervention	Improvement in diagnostic accuracy	0.13	High
Okunribido et al.	2024	Nigeria	140	Quasi-experimental	Health insurance	No intervention	Reduction in financial burden	0.06	Medium
Chen et al.	2025	China	160	Randomized Controlled Trial	Genetic testing	No intervention	Early detection of genetic diseases	0.14	High

Estado Económico: Al 31 de Diciembre del 2011

1. *Journal of the American Medical Association*, 1997; 277: 1001-1005.

1. *Journal of the American Medical Association*, 1997; 277: 1039-1043.

Abstract The purpose of this study was to examine the effects of a 12-week, 1000 kcal energy deficit diet on the body composition and metabolic profile of obese women. The study was a randomized, controlled trial. The subjects were 20 obese women who were randomly assigned to either a control group (CON) or an experimental group (EXP). The CON group was instructed to maintain their current diet and lifestyle, while the EXP group was instructed to follow a 1000 kcal energy deficit diet. The study was conducted over a 12-week period. The primary outcome measures were body composition (body mass index, body fat percentage, and lean body mass) and metabolic profile (fasting glucose, insulin, and triglyceride levels). The results showed that the EXP group had a significant decrease in body mass index, body fat percentage, and lean body mass compared to the CON group. Additionally, the EXP group had a significant decrease in fasting glucose, insulin, and triglyceride levels compared to the CON group. The findings suggest that a 12-week, 1000 kcal energy deficit diet can effectively reduce body mass and improve metabolic profile in obese women.

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