(a)

(b)

(c)
Supplementary Figure 1 Funnel plots displaying standard mean difference and standard error (SE) for the effect of weight loss on stress. Mid vertical line represents the zero mean difference or zero effect size. (a) Funnel plot of all 10 trials, Egger’s regression, \( p = 0.123 \) indicates no publication bias. (b) Funnel plot of all RCTs that resulted in weight loss in all trial arms, Egger’s regression, \( p = 0.860 \) indicates no publication bias. (c) Funnel plot of studies that resulted in a significant difference in weight change between groups, Egger’s regression, \( p = 0.655 \) indicates no publication bias. (d) Funnel plot of studies where the intervention group resulted in weight loss compared to no weight change in the control group, Egger’s regression, \( p = 0.612 \) indicates no publication bias.