

**Table 1.** Studies included in this article: triple blind, quality, outcome variable, groups and follow-up time.

VANCOUVER CITATION	APA CITATION	STUDY NAME	CLINICAL TRIAL IDENTIFICATION NUMBER	TYPE OF STUDY	RANDOM SEQUENCE	BLIND PARTICIPANT	BLIND OBSERVER	BLIND ANALYSIS	QUALITY ACCORDING TO TYPE OF STUDY*	OUTCOME	GROUPS	FOLLOW-UP
Pi-Sunyer X, Astrup A, Fujioka K, Greenway F, Halpern A, Krempf M, Lau DC, le Roux CW, Violante Ortiz R, Jensen CB, Wilding JP; SCALE Obesity and Prediabetes NN8022-1839 Study Group. A Randomized, Controlled Trial of 3.0 mg of Liraglutide in Weight Management. <i>N Engl J Med.</i> 2015 Jul 2;373(1):11-22. doi: 10.1056/NEJMoa1411892. PMID: 26132939.	Pi-Sunyer, 2015	SCALE, 2015	NCT01272219	Phase 3 RCT	Yeah	Yeah	Yeah	No	High	Surrogate: weight change, ≥5% weight loss, ≥10% weight loss	Liraglutide vs. Placebo	56 weeks
Wilding JPH, Batterham RL, Calanna S, Davies M, Van Gaal LF, Lingvay I, McGowan BM, Rosenstock J, Tran MTD, Wadden TA, Wharton S, Yokote K, Zeuthen N, Kushner RF; STEP-1 Study Group. Once-Weekly Semaglutide in Adults with Overweight or Obesity. <i>N Engl J Med.</i> 2021 Mar 18;384(11):989-1002. doi: 10.1056/NEJMoa2032183. Epub 2021 Feb 10. PMID: 33567185.	Wilding, 2021	STEP-1, 2021	NCT03548935	Phase 3 RCT	Yeah	Yeah	Yeah	Yeah	High	Surrogate: weight loss ≥5%, weight % change	Semaglutide vs. Placebo	68 weeks
Wadden TA, Bailey TS, Billings LK, et al. Effect of Subcutaneous Semaglutide vs Placebo as an Adjunct to Intensive Behavioral Therapy on Body Weight in Adults With Overweight or Obesity: The STEP-3 Randomized Clinical Trial. <i>JAMA.</i> 2021;325(14):1403-1413. doi:10.1001/jama.2021.1831	Wadden, 2021	STEP-3, 2021	NCT03611582	Phase 3 RCT	Yeah	Yeah	Yeah	Yeah	High	Surrogate: weight loss ≥5%, weight % change	Semaglutide vs. Placebo	68 weeks
Garvey WT, Batterham RL, Bhatta M, Buscemi S, Christensen LN, Frias JP, Jódar E, Kandler K, Rigas G, Wadden TA, Wharton S; STEP-5 Study Group. Two-year effects of semaglutide in adults with overweight or obesity: the STEP-5 trial. <i>Nat Med.</i> 2022 Oct;28(10):2083-2091. doi: 10.1038/s41591-022-02026-4. Epub 2022 Oct 10. PMID: 36216945; PMCID: PMC9556320.	Garvey, 2022	STEP-5, 2022	NCT03693430	Phase 3 RCT	Yeah	Yeah	Yeah	Yeah	High	Surrogate: weight loss ≥5%, weight % change	Semaglutide vs. Placebo	104 weeks
Wadden TA, Chao AM, Machineni S, Kushner R, Ard J, Srivastava G, Halpern B, Zhang S, Chen J, Bunck MC, Ahmad NN, Forrester T. Tirzepatide after intensive lifestyle intervention in adults with overweight or obesity: the SURMOUNT-3 phase 3 trial. <i>Nat Med.</i> 2023 Nov;29(11):2909-2918. doi: 10.1038/s41591-023-02597-w. Epub 2023 Oct 15. PMID: 37840095; PMCID: PMC10667099.	Wadden, 2023	SURMOUNT-3, 2023	NCT04657016	Phase 3 RCT	Yeah	Yeah	Yeah	No	High	Surrogate: weight loss ≥5%, weight % change	Tirzepatide vs. Placebo	72 weeks
<b>WEIGHT RECOVERY TRIALS</b>												
Rubino D, Abrahamsson N, Davies M, Hesse D, Greenway FL, Jensen C, Lingvay I, Mosenzon O, Rosenstock J, Rubio MA, Rudofsky G, Tadayon S, Wadden TA, Dicker D; STEP-4 Investigators. Effect of Continued Weekly Subcutaneous Semaglutide vs Placebo on Weight Loss Maintenance in Adults With Overweight or Obesity: The STEP-4 Randomized Clinical Trial. <i>JAMA.</i> 2021 Apr 13;325(14):1414-1425. doi: 10.1001/jama.2021.3224. PMID: 33755728; PMCID: PMC7988425.	Rubino, 2021	STEP-4, 2021	NCT03548987	Phase 3a RCT	Yeah	Yeah	Yeah	Yeah	High	Surrogate: % weight change	Semaglutide vs. Placebo	68 weeks
Aronne LJ, Sattar N, Horn DB, Bays HE, Wharton S, Lin WY, Ahmad NN, Zhang S, Liao R, Bunck MC, Jouravskaya I, Murphy MA; SURMOUNT-4 Investigators. Continued Treatment With Tirzepatide for Maintenance of Weight Reduction in Adults With Obesity: The SURMOUNT-4 Randomized Clinical Trial. <i>JAMA.</i> 2024 Jan 2;331(1):38-48. doi: 10.1001/jama.2023.24945. PMID: 38078870; PMCID: PMC10714284.	Aronne, 2024	SURMOUNT-4, 2024	NCT04660643	Phase 3 RCT	Yeah	Yeah	Yeah	No	High	Surrogate: % weight change	Tirzepatide vs. Placebo	88 weeks
<b>HEAD TO HEAD WEIGHT TRIALS</b>												
Rubino DM, Greenway FL, Khalid U, et al. Effect of Weekly Subcutaneous Semaglutide vs Daily Liraglutide on Body Weight in Adults With Overweight or Obesity Without Diabetes: The STEP-8 Randomized Clinical Trial. <i>JAMA.</i> 2022;327(2):138-150. doi:10.1001/jama.2021.23619	Rubino, 2022	STEP-8, 2022	NCT04074161	Phase 3b RCT	Yeah	Yeah	Yeah	Yeah	High	Surrogate: % weight change	Semaglutide vs. Liraglutide vs. Placebo	68 weeks
<b>CLINICAL OUTCOME TRIALS</b>												
Lincoff AM, Brown-Frandsen K, Colhoun HM, et al. Semaglutide and cardiovascular outcomes in obesity without diabetes. <i>N Engl J Med</i> 2023;389:2221-2232.	Lincoff, 2023	SELECT, 2023	NCT03574597	Phase 3 RCT: superiority trial	Yeah	Yeah	Yeah	Yeah	High	Combined: death + AMI + stroke	Semaglutide vs. Placebo	137 weeks

(\*) They are considered high quality due to the type of study: Randomized clinical trial