

Table 4. Absolute efficacy of aGLP1.

TEST ↓ PLG1 WEIGHT VS PLACEBO										
REHEARSAL	1st AUTHOR	EFFECTIVENESS								
		Average weight (Kg)	Average BMI	Weight loss (%)	Weight loss (Kg)	Loss ≥5% weight (%ptes)*	Loss ≥10% weight (%ptes)*	NNT for loss ≥5%	NNT for loss ≥10%	BMI change
SCALE	Pi-Sunyer 2015	106.2 ± 21.2	38.3 ± 6.4	-5.4 (-5.8 to -5.0)	-5.6 (-6.0 to -5.1)	36.1	22.5	3	4	-1.9
STEP-1	Wilding 2021	105.4 ± 22.1	37.8 ± 6.7	−12.44 (−13.37 to −11.51)	−12.7 (−13.7 to −11.7)	54.9	57.1	2	2	−4.61
STEP-3	Wadden 2021	106.9 ± 22.8	37.8 ± 6.7	-10.3 (-12 to -8.6)	-10.6 (-12.5 to -8.8)	39.0	48.3	3	2	-3.8
STEP-5	Garvey 2022	105.6 ± 20.8	38.6 ± 6.7	−12.6 (−15.3 to −9.8)	−12.9 (−16.1 to −9.8)	42.7	48.5	2	2	-4.3
SURMOUNT-3	Wadden 2023	110.1 ± 23.9	38.7 ± 6.6	−20.8 (−23.2, −18.5)	−25.0 (−26.9, −23.2)	71	67.8	1	1	-8.9

WEIGHT TRIALS SEMA VS LIRA VS PLACEBO									
REHEARSAL	1st AUTHOR	EFFECTIVENESS							
		Average weight (Kg)	Average BMI	Weight loss (%) week	Weight loss (%) LIRA	Weight loss (%) placebo	Loss ≥10% SEMA weight (%ptes)	Loss ≥10% LIRA weight (%ptes)	NNT loss ≥10% weight SEMA vs LIRA
STEP-8	Rubino 2022	102.5	37	−15.8 (−17.6 to −13.9)	−6.4 (−8.2 to −4.6)	−9.4 (−12.0 to −6.8)	70.9	25.6	2

WEIGHT RECOVERY TRIALS									
REHEARSAL	1st AUTHOR	PESO MEDIO (KG)	IMC MEDIO	DURACIÓN TRATAMIENTO INICIAL	PÉRDIDA PESO INICIAL (%)	TRATAMIENTO TRAS ALEATORIZACIÓN	CAMBIO PESO (%) GRUPO CONT	CAMBIO PESO (%) GRUPO SUSP	% PESO RECUPERADO (RESP PÉRDIDA INICIAL)
STEP-4	Rubino 2021	107.2 ± 22.7	38.4 ± 6.9	20 weeks	-10.6 ± 4.7	48 weeks	-7.9 (-8.6 to -7.2)	6.9 (5.8 to 7.9)	65
SURMOUNT-4	Aronne 2023	107.3 ± 22.3	38.4 ± 6.6	36 weeks	-20.9 ± 7.3	52 weeks	-5.5 (-6.8 to -4.2)	14 (12.8 to 15.2)	67

CLINICAL OUTCOME TRIALS												
REHEARSAL	1st AUTHOR	AVERAGE WEIGHT (Kg)	AVERAGE BMI	WEIGHT LOSS (%)	WEIGHT LOSS (KG)	BMI CHANGE	CV COMBINED VARIABLE DIFFERENCE (%)	COMBINED VARIABLE NNT	DIFF DEATH CV (%)	DIFF % INFARCTION	DIFF % STROKE	DIFF. % DEATH FROM ANY CAUSE
SELECT	Lincoff 2023	96.5 ± 17.5	33.3 ± 5.0	-8.51 (-8.75 to -8.27)	8.21*	-2.8	-1.5	67 (43-143)	-0.5 (not next)	-1 (not next)	-0.2 (not next)	-0.9 (not next)

(*) Difference between the proportion of patients who achieve said weight loss in the intervention group and in the placebo group.