

# Telephone Counseling and Home Telemonitoring: The Weigh By Day Trial

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**Objective:** To test the effects of telephone counseling and telemonitoring on weight loss. **Methods:** A randomized-controlled trial was conducted over 18 months. Participants were assigned to an immediate or delayed-start group. The intervention included a Thin-Link® home telemonitoring scale and biweekly telephone counseling over 6 months. **Results:** The immediate group lost significantly more

weight relative to the delayed group over the first 6 months (-7.5 versus +1.3 pounds) and at subsequent visits. **Conclusion:** Compared to no treatment, the intervention was effective at producing weight loss. Home telemonitoring may enhance standard weight-loss counseling.

**Key words:** weight loss, telephone, worksite counseling, telemonitoring

*Am J Health Behav.* 2009;33(4):445-454

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