

Key Principles in Internet-Based Weight Management Systems

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Objective: To provide a review of weight management components as a means for developing suggested guidelines for online program development or selection. **Methods:** Forty-two published studies associated with Internet programs were reviewed. **Results:** Studies included online weight management components: tailored feedback, social support, self-monitoring, and interactive components. Five key principles associated with Internet-based

weight management programming are presented: (1) recreate the human experience, (2) personalize to the individual, (3) create a dynamic experience, (4) provide a supportive environment, and (5) build upon sound theory. **Conclusions:** Key principles can guide in the development or selection of online weight management programs.

Key words: weight loss, Internet, obesity, online

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