

Item 3b: Introduction – Rationale




Describe potential differences and similarities in treatment effects related to age or development

Title	1a	Title
Introduction	3a	Rationale <i>Justification</i>
	3b	Rationale <i>Treatment effects</i>
Methods	5a	Eligibility criteria
	13d.a.	Synthesis methods
Results	17a	Study characteristics
Discussion	23b.a	Limitations

Key elements for reporting this item:

- If applicable, discuss specific knowledge gaps for specific age groups, and how the treatment effect may be different or similar based on age or developmental stage, or disease subtype, stage, and/or severity

Example:




 “In 2015, the Canadian Task Force on Preventative Health Care (CTFPHC) completed a systematic review on managing overweight and obesity in 2-17 year-olds.^[reference] Findings from this research yielded moderate certainty evidence, which led to a weak recommendation that primary care practitioners should offer or refer children and adolescents with overweight and obesity to structured behavioural interventions for weight management.^[reference] Since that time, a substantial amount of evidence has accumulated regarding the effects of behavioural and psychological interventions for managing paediatric obesity. Systematic reviews and meta-analyses have been published in recent years, with most focused on anthropometric outcomes to evaluate intervention effectiveness.^[reference] Previous reviews documented low-to-moderate certainty of evidence (CoE) from randomized controlled trials (RCTs), suggesting that behavioural and psychological interventions led to modest reductions in [body mass index] BMI and BMI z-score (BMIz) in <6 year-olds^[reference] based on very limited evidence, modest reductions in 6 to 11 year-olds,^[reference] with larger effects in 12 to 17 year-olds.^[reference] Evidence on the effectiveness of behavioural and psychological interventions on other outcomes, including psychosocial^[reference] and cardiometabolic outcomes^[reference] have also emerged, although data are limited and results have been inconsistent.^[reference]”

Henderson M, Moore SA, Harnois-Leblanc S, et al. Effectiveness of behavioural and psychological interventions for managing obesity in children and adolescents: A systematic review and meta-analysis framed using minimal important difference estimates based on GRADE guidance to inform a clinical practice guideline. *Pediatr Obes* 2025;20(3):e13193. doi: 10.1111/ijpo.13193 [published Online First: 20250116]