<table>
<thead>
<tr>
<th>項目</th>
<th>内容</th>
</tr>
</thead>
<tbody>
<tr>
<td>タイトル</td>
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</tr>
<tr>
<td>著者</td>
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<td>引用</td>
<td>Kyoto University (京都大学)</td>
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<td>件名</td>
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<td>リンク</td>
<td><a href="https://doi.org/10.14989/doctor.k21304">https://doi.org/10.14989/doctor.k21304</a></td>
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学位規則第1条第1項により要約公開。
Effects of monthly feedback of VFA measured by dual BIA method in Japanese patients with obesity: a randomized controlled study

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\textbf{Keywords:} obesity, visceral fat, dual bioelectrical impedance analysis, eating behavior, self-efficacy

\textbf{Running title:} Effects of Monthly Feedback of VFA

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Abstract

Objective
To investigate the effects of monthly feedback of changes in visceral fat area (VFA) as measured by dual bioelectrical impedance analysis (dual BIA) method and the importance of VFA in individuals with obesity.

Methods
Thirty-eight Japanese patients with obesity underwent VFA measurements. The feedback group was given feedback on VFA measurements each month for 4 months. The control group underwent VFA measurements at the beginning and end of the study but was not informed of the results. All the study participants completed eating behavior and weight efficacy lifestyle (WEL) questionnaires.

Results
Mean age was 53.9 (14.3) years; mean body mass index (BMI) was 30.6 (4.3) kg/m². At the four-month follow-up, there was no significant difference in VFA reduction between the control and feedback groups (−4.4% vs. −3.0%; 95% CI, −3.8 to 5.5). In post-hoc analysis using the overall group irrespective of allocation, changes of eating style were significantly associated with a reduction in VFA at 4 months ($p = 0.034$).

Conclusions
Monthly feedback on changes in VFA does not reduce VFA. More frequent feedback may be required. In post-hoc analysis, changes of eating style were associated with a reduction in VFA.
Conflicts of interest statement

The authors declare that there are no conflicts of interests.

Funding

This work was supported in part by research grants from the Ministry of Education, Culture, Sports, Science and Technology of Japan including the Grant in Aid for Scientific Research.

Acknowledgments

We thank all the participants who took part in the study, the Department of EBM Research Institute for Advancement of Clinical and Translational Science Kyoto University Hospital for the random allocation and the statistical analysis, and Natsuko Imamaki for a secretarial assistance. We also thank Enago (www.enago.jp) for the proofreading and editing of the written manuscript. The study conception and protocol was performed by T.M., K.H., S.T-M., and K.N. The statistical analysis was completed by S.T-M. The manuscript development was completed by T.M., K.H., M.K., K.U., M.I., and K.N.
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