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# A Systematic Review of the Quality of Reporting the Efficacy of Intervention Programs that Reduce the Risks for Lifestyle-related Diseases

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## ABSTRACT

**Objective:** To systematically analyze the quality of reporting the efficacy of intervention programs, mainly involving the nutrition and diet approaches to reduce the risks for lifestyle-related diseases, in the articles published in Japan.

**Methods:** We retrieved relevant original articles published between 2004 and 2009 from the *Igaku-Chuo-Zasshi* database and read the full-text of each article. On the basis of the checklists of TREND and CONSORT, we also developed a checklist consisting of 34 items to analyze the selected articles. The number of items in each article that were checked using the checklist was compared by study design (randomized controlled trials, RCT; non-RCT; before-after study), publication year, published language, and the presence of a structured abstract.

**Results:** We selected 50 articles, of which 6 were RCTs and 15 were non-RCTs. The original checklist revealed that the mean number of checked items in the 50 articles was 17.3 (range, 9-29) against all 34 items. The checked numbers according to the study design were larger in the order of RCTs, non-RCTs, and before-after studies. The articles with a structured abstract or a flowchart were likely to have a larger number of checked items.

**Conclusion:** Improving the quality of reporting in the articles will be necessary for further utilization of the results of intervention studies as evidence for relevant practices. The articles that show larger numbers of checked items in the newly developed checklist indicate a higher quality of reporting. We therefore conclude that the quality of reporting in published articles should be monitored using our checklist.

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**Key words:** Lifestyle-related disease risk, intervention study, quality of reporting, TREND statement, checklist

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