

119 Respondents screened

49 Ineligible
3 >5% weight loss
11 Age > 35
1 Age < 21
8 BMI < 27
16 BMI > 40
5 Schedule conflict
3 Medical reason
2 Reason not noted

70 Invited to orientation

20 Did not attend or declined participation

50 Scheduled for assessment

7 Did not attend assessment
2 Ineligible due to depression
1 Became pregnant

40 Underwent randomization

21 Assigned to BSR

19 Assigned to SBT

20 Completed 10-wk

17 Completed 10-wk

17 Completed 20-wk

17 Completed 20-wk