Abstract

Title: The effect of weight loss with a strict low carbohydrate diet on wellbeing in overweight or obese - a systematic review

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Background Overweight and obesity is a growing problem in our society and a weight loss method is to eat low carbohydrate diets. Evidences regarding whether moderate or strict low carbohydrate diet effects quality of life is unclear.

Objective To investigate evidence regarding whether weight loss with low carbohydrate diet have any effect on wellbeing on overweight or obese adult.

Search strategy Searches were performed in the databases Pubmed and Cochrane with the keywords overweight, obesity, weight loss, Low Carbohydrate Diet, Atkins diet, Carbohydrate-Restricted diet, Concentration, Lassitude, cognition, fatigue and attention.

Selection criteria Solely human intervention or cohort studies in either English or Scandinavian languages with overweight or obese adult (18-65 years) participants were included. The included outcome measurement were "profile of mood states" (POMS).

Data collection and analysis The literature search were completed 18/01/2018. The sorting of studies were made in three steps examination of title, examination of abstract and examination of full text. After the sorting the four remaining studies were examined for quality with the SBU “mall för kvalitetsgranskning av randomiserade studier” which resulted in the exclusion of yet another study. Evidence for POMS was graded using the template "Underlag för sammanvägd bedömning enligt GRADE" produced by University of Gothenburg.

Main results Evidence for the effect on wellbeing on overweight or obese adults losing weight with a low carbohydrate diet is low (++). Two of the three studies showed no significant difference in wellbeing while one of the studies showed significant difference in "vigour", one of the POMS variables.

Conclusions There seems to be no effect on wellbeing for weight loss on a low carbohydrate diet compared to a diet high in carbohydrates. Evidences regarding how a low carbohydrate diet effects wellbeing in overweight or obese is low (++)