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Cognitive and lifestyle interventions for depression and obesity in children and adolescents: an umbrella review

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ADMINISTRATIVE INFORMATION

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Review Stage at time of this submission - Preliminary searches.

Conflicts of interest - None declared.

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Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 29 August 2024 and was last updated on 29 August 2024.

INTRODUCTION

Review question / Objective This review aims to find out effective cognitive and lifestyle interventions for both depression and overweight/obesity among children and adolescents.

Condition being studied Both depression, including depressive symptoms, high risk of depression and diagnosed depressive disorders and overweight/obesity in children and adolescents.

METHODS

Participant or population Children and adolescents aged 6-18 with depressive symptoms, high risk of depression, depressive disorders or overweight, obesity.

Intervention Any cognitive and lifestyle interventions aim to prevent or treat depression, overweight and obesity among children and adolescents (drug therapy or surgery therapy should be excluded, but drug therapy or surgery therapy + lifestyle change interventions in the treatment group and drug therapy or surgery therapy only in the control group should be included).

Comparator Any named comparators or controls.

Study designs to be included Meta-analyses of randomised controlled trials, cohort studies and case-control studies.

Eligibility criteria Exclusion criteria:

1. Duplicate literature;
2. Papers that have not been peer-reviewed (such as conference papers or dissertations);
3. Reviews without quantitative outcomes (e.g., systematic reviews)

4. Papers in languages other than Chinese or English.

Information sources MEDLINE, Cochrane Library, China National Knowledge Internet (CNKI) and WanFang databases will be searched.

Main outcome(s) Changes in depression (psychological scales in depressive symptoms) and overweight/obesity (weight, BMI etc.) after intervention.

Quality assessment / Risk of bias analysis Methodological quality will be assessed by AMSTAR 2/ GRADE.

Strategy of data synthesis Random effects model will be used if $I^2 > 50\%$, and fixed effect model will be used if $I^2 \leq 50\%$.

Subgroup analysis Subgroup will be analysed by age group, intervention type, co-morbidity.

Sensitivity analysis NA.

Country(ies) involved China.

Keywords depression, obesity, interventions, umbrella review.

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