

Table 1. Clinical data of the patients at beginning of study

	Group A	Group B	Group C
Number of patients	32	32	32
Gender (M/F)	11/21	11/21	11/21
Age (yrs)*	39.60±12.30	38.10±13.80	37.80±15.70
Body weight (kg) ^o	99.81±4.54	97.83±3.82	97.42±10.32
BMI (kg/m ²) [†]	34.04±1.81	33.08±2.30	34.26±3.58
WC (cm) [‡]	109.21±10.04	107.15±10.74	110.95±12.15
Specific treatment	Distracting mini-meal	Metformin	Placebo
Basic treatment	Controlled dietary regimen	Controlled dietary regimen	Controlled dietary regimen

Age, body weight, BMI, and WC data are expressed as mean value ± standard deviation. The symbols refer to one-way ANOVA calculated as first test among values of each parameter measured or deduced in the different groups of patients (inter-patient analysis). No post test has been performed. Every controlled dietary regimen refers to daily calorie needs, calculated by Harris and Benedict formula, minus 200 Kcal. Legend: BMI, body mass index; WC, waist circumference.

* overall p = 0.8590 (ns); ^o overall p = 0.3356 (ns); [†] overall p = 0.1779 (ns); [‡] overall p = 0.3890 (ns).