

부록 2. 인간 전문가(의학사서)가 수행한 문헌검색 전략

DB	Search no.	검색어 / 검색식	검색결과 2025.10.12	비고
PubMed	#1	"Overweight"[Mesh] OR "Overweight"[TIAB]	342,510	
	#2	"Obesity"[Mesh]	289,536	
	#3	"Obesity"[TIAB] OR "adipose tissue hyperplasia"[TIAB] OR "adipositas"[TIAB] OR "adiposity"[TIAB] OR "alimentary obesity"[TIAB] OR "corpulency"[TIAB] OR "fat overload syndrome"[TIAB] OR "nutritional obesity"[TIAB] OR "obesitas"[TIAB] OR "obese"[TIAB]	464,097	
	#4	"Body Mass Index"[Mesh]	164,045	
	#5	"Body Mass Index"[TIAB] OR "Quetelets Index"[TIAB] OR "Quetelet Index"[TIAB] OR "body mass"[TIAB] OR "BMI (body mass index)"[TIAB] OR "body ban mass"[TIAB]	323,703	
	#6	"Body Weight Changes"[Mesh]	91,322	
	#7	"Body Weight Changes"[TIAB] OR "Body Weight Change"[TIAB] OR "weight change"[TIAB] OR "weight changes"[TIAB]	15,925	
	#8	#1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7	821,330	P: 비만, 비만환자
	#9	"Psychotherapy"[Mesh]	235,580	
	#10	"Psychotherapy"[TIAB] OR "Psychotherapies"[TIAB] OR "holistic psychotherapy"[TIAB] OR "multiple psychotherapy"[TIAB] OR "psychotherapeutic processes"[TIAB] OR "psychotherapeutic training"[TIAB] OR "socioenvironmental therapy"[TIAB]	50,972	
	#11	"Psychology, Clinical"[Mesh]	3,353	
	#12	"Psychology, Clinical"[TIAB] OR "Clinical Psychology"[TIAB] OR "clinical psychologist"[TIAB]	4,152	
	#13	"Cognitive Behavioral Therapy"[Mesh]	42,519	
	#14	"Cognitive Behavioral Therapy"[TIAB] OR "Cognitive Behavioral Therapies"[TIAB] OR "Cognition Therapy"[TIAB] OR "Cognition Therapies"[TIAB] OR "Cognitive Behavior Therapies"[TIAB] OR "Cognitive Behavior Therapy"[TIAB] OR "Cognitive Psychotherapy"[TIAB] OR "Cognitive Psychotherapies"[TIAB] OR "Cognitive Therapies"[TIAB] OR "Cognitive Behaviour Therapy"[TIAB] OR "Cognitive Behaviour Therapies"[TIAB] OR "Cognitive Therapy"[TIAB] OR "CBT (cognitive behavioral therapy)"[TIAB] OR "CBT (cognitive behavioural therapy)"[TIAB] OR "cognitive behavior intervention"[TIAB] OR "cognitive behavior treatment"[TIAB] OR "cognitive behavioral intervention"[TIAB] OR "cognitive behavioral treatment"[TIAB] OR "cognitive behaviour intervention"[TIAB] OR "cognitive behaviour treatment"[TIAB] OR "cognitive behavioural intervention"[TIAB] OR "cognitive behavioural therapy"[TIAB] OR "cognitive behavioural treatment"[TIAB] OR "CBT"[TIAB]	38,577	
	#15	"Psychotherapy, Group"[Mesh]	28,828	
	#16	"Psychotherapy, Group"[TIAB] OR "Group Psychotherapy"[TIAB] OR "Group Therapy"[TIAB] OR "Multifamily Therapy"[TIAB] OR "Multifamily Therapies"[TIAB] OR "Multiple Family Therapy"[TIAB] OR "Multiple Family Therapies"[TIAB] OR "Multi-Family Therapy"[TIAB] OR "Multi-Family Therapies"[TIAB] OR "Multi Family Therapy"[TIAB] OR "group therapy"[TIAB] OR "community therapy"[TIAB] OR "community treatment"[TIAB] OR "group psychotherapy"[TIAB] OR "group treatment"[TIAB] OR "Group Counseling"[TIAB]	15,262	
	#17	"Counseling"[Mesh] OR "Counseling"[TIAB] OR "counseling"[TIAB]	163,563	
	#18	"Family Therapy"[Mesh]	9,498	
	#19	"Family Therapy"[TIAB] OR "Family Therapies"[TIAB] OR "family intervention"[TIAB] OR "family psychiatry"[TIAB] OR "family psychotherapy"[TIAB] OR "family treatment"[TIAB] OR "vector therapy"[TIAB]	5,750	
	#20	"Interpersonal Psychotherapy"[Mesh]	139	
	#21	"Interpersonal Psychotherapy"[TIAB] OR "inter-personal psychotherapy"[TIAB] OR "IPT"[TIAB]	3,882	

#22	"stress management"[TIAB]	8,635	
#23	"Meditation"[Mesh] OR "Meditation"[TIAB] OR "Transcendental Meditation"[TIAB]	9,707	
#24	"Relaxation"[Mesh] OR "Relaxation"[TIAB] OR "Relaxations"[TIAB]	173,199	
#25	"Yoga"[Mesh] OR "Yoga"[TIAB] OR "yogic meditation"[TIAB]	9,056	
#26	"Mindfulness"[Mesh]	8,777	
#27	"Mindfulness"[TIAB] OR "Mindfulness Meditation"[TIAB] OR "Mindfulness Meditations"[TIAB]	17,907	
#28	"Mindfulness-Based Cognitive Therapy"[Mesh]	0	
#29	"Mindfulness-Based Cognitive Therapy"[TIAB] OR "Mindfulness-Based Cognitive Therapies"[TIAB] OR "Mindfulness Based Cognitive Therapy"[TIAB] OR "MBCT (mindfulness-based cognitive therapy)"[TIAB] OR "mindfulness cognitive therapy"[TIAB] OR "mindfulness-based CBT"[TIAB] OR "mindfulness-based cognitive behavior therapy"[TIAB] OR "mindfulness-based cognitive behavioral therapy"[TIAB] OR "mindfulness-based cognitive behaviour therapy"[TIAB] OR "mindfulness-based cognitive behavioural therapy"[TIAB] OR "mindfulness-CBT"[TIAB] OR "MBCT"[TIAB]	1,163	
#30	"Gestalt Therapy"[Mesh] OR "Gestalt Therapy"[TIAB]	210	
#31	"Behavior Therapy"[Mesh]	99,951	
#32	"Behavior Therapy"[TIAB] OR "Behavior Therapies"[TIAB] OR "Behavior Change Techniques"[TIAB] OR "Behavior Change Technique"[TIAB] OR "Behavior Treatment"[TIAB] OR "Conditioning Therapy"[TIAB] OR "Conditioning Therapies"[TIAB] OR "Behavior Modification"[TIAB] OR "Behavior Modifications"[TIAB] OR "Behavior-Change Interventions"[TIAB] OR "Behavioral Counseling"[TIAB] OR "Behavioral Support"[TIAB] OR "Behavioral Techniques"[TIAB] OR "applied behavior analysis"[TIAB] OR "behaviour modification"[TIAB]	16,885	
#33	#9 OR #10 OR #11 OR #12 OR #13 OR #14 OR #15 OR #16 OR #17 OR #18 OR #19 OR #20 OR #21 OR #22 OR #23 OR #24 OR #25 OR #26 OR #27 OR #28 OR #29 OR #30 OR #31 OR #32	624,100	I: 심리치료
#34	#8 AND #33	21,191	P AND I
#35	#34 NOT ("Meeting Abstract" [Publication Type] OR "Abstracts" [Publication Type] OR "Clinical Conference" [Publication Type])	21,179	Conference, Abstract 제외
#36	#35 NOT ("animals"[MeSH] NOT "Humans"[MeSH])	19,930	동물연구 제외

DB	Search no.	검색어 / 검색식	검색결과 2025.10.12	비고
EMBASE	#1	"Overweight":ti,ab	159,567	
	#2	"obesity"/exp	811,063	
	#3	"Obesity":ti,ab OR "adipose tissue hyperplasia":ti,ab OR "adipositas":ti,ab OR "adiposity":ti,ab OR "alimentary obesity":ti,ab OR "corpulency":ti,ab OR "fat overload syndrome":ti,ab OR "nutritional obesity":ti,ab OR "obesitas":ti,ab OR "obese":ti,ab	689,850	
	#4	"body mass"/exp	798,394	
	#5	"Body Mass Index":ti,ab OR "Quetelets Index":ti,ab OR "Quetelet Index":ti,ab OR "body mass":ti,ab OR "BMI (body mass index)":ti,ab OR "body ban mass":ti,ab	464,103	
	#6	"body weight change"/exp	434,834	
	#7	"Body Weight Changes":ti,ab OR "Body Weight Change":ti,ab OR "weight change":ti,ab OR "weight changes":ti,ab	23,834	
	#8	#1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7	1,814,734	P: 비만, 비만환자
	#9	"Psychotherapy"/exp	376,843	

#10	"Psychotherapy":ti,ab OR "Psychotherapies":ti,ab OR "holistic psychotherapy":ti,ab OR "multiple psychotherapy":ti,ab OR "psychotherapeutic processes":ti,ab OR "psychotherapeutic training":ti,ab OR "socioenvironmental therapy":ti,ab	67,422	
#11	"clinical psychology"/exp	8,514	
#12	"Psychology, Clinical":ti,ab OR "Clinical Psychology":ti,ab OR "clinical psychologist":ti,ab	6,194	
#13	"cognitive behavioral therapy"/exp	46,819	
#14	"Cognitive Behavioral Therapy":ti,ab OR "Cognitive Behavioral Therapies":ti,ab OR "Cognition Therapy":ti,ab OR "Cognition Therapies":ti,ab OR "Cognitive Behavior Therapies":ti,ab OR "Cognitive Behavior Therapy":ti,ab OR "Cognitive Psychotherapy":ti,ab OR "Cognitive Psychotherapies":ti,ab OR "Cognitive Therapies":ti,ab OR "Cognitive Behaviour Therapy":ti,ab OR "Cognitive Behaviour Therapies":ti,ab OR "Cognitive Therapy":ti,ab OR "CBT (cognitive behavioral therapy)":ti,ab OR "CBT (cognitive behavioural therapy)":ti,ab OR "cognitive behavior intervention":ti,ab OR "cognitive behavior treatment":ti,ab OR "cognitive behavioral intervention":ti,ab OR "cognitive behavioral treatment":ti,ab OR "cognitive behaviour intervention":ti,ab OR "cognitive behaviour treatment":ti,ab OR "cognitive behavioural intervention":ti,ab OR "cognitive behavioural therapy":ti,ab OR "cognitive behavioural treatment":ti,ab OR "CBT":ti,ab	56,816	
#15	"group therapy"/exp	27,220	
#16	"Psychotherapy, Group":ti,ab OR "Group Psychotherapy":ti,ab OR "Group Therapy":ti,ab OR "Multifamily Therapy":ti,ab OR "Multifamily Therapies":ti,ab OR "Multiple Family Therapy":ti,ab OR "Multiple Family Therapies":ti,ab OR "Multi-Family Therapy":ti,ab OR "Multi-Family Therapies":ti,ab OR "Multi Family Therapy":ti,ab OR "group therapy":ti,ab OR "community therapy":ti,ab OR "community treatment":ti,ab OR "group psychotherapy":ti,ab OR "group treatment":ti,ab OR "Group Counseling":ti,ab	25,109	
#17	"counseling"/exp OR "Counseling":ti,ab OR "counselling":ti,ab	307,938	
#18	"family therapy"/exp	16,533	
#19	"Family Therapy":ti,ab OR "Family Therapies":ti,ab OR "family intervention":ti,ab OR "family psychiatry":ti,ab OR "family psychotherapy":ti,ab OR "family treatment":ti,ab OR "vector therapy":ti,ab	8,434	
#20	"interpersonal psychotherapy"/exp	991	
#21	"Interpersonal Psychotherapy":ti,ab OR "inter-personal psychotherapy":ti,ab OR "IPT":ti,ab	5,268	
#22	"stress management"/exp OR "stress management":ti,ab	15,575	
#23	"meditation"/exp OR "Meditation":ti,ab OR "Transcendental Meditation":ti,ab	17,178	
#24	"Relaxation":ti,ab OR "Relaxations":ti,ab	172,784	
#25	"yoga"/exp OR "Yoga":ti,ab OR "yogic meditation":ti,ab	18,116	
#26	"mindfulness"/exp	25,905	
#27	"Mindfulness":ti,ab OR "Mindfulness Meditation":ti,ab OR "Mindfulness Meditations":ti,ab	24,062	
#28	"mindfulness-based cognitive therapy"/exp	1,117	
#29	"Mindfulness-Based Cognitive Therapy":ti,ab OR "Mindfulness-Based Cognitive Therapies":ti,ab OR "Mindfulness Based Cognitive Therapy":ti,ab OR "MBCT (mindfulness-based cognitive therapy)":ti,ab OR "mindfulness cognitive therapy":ti,ab OR "mindfulness-based CBT":ti,ab OR "mindfulness-based cognitive behavior therapy":ti,ab OR "mindfulness-based cognitive behavioral therapy":ti,ab OR "mindfulness-based cognitive behaviour therapy":ti,ab OR "mindfulness-based cognitive behavioural therapy":ti,ab OR "mindfulness-CBT":ti,ab OR "MBCT":ti,ab	1,765	
#30	"gestalt therapy"/exp OR "Gestalt Therapy":ti,ab	1,122	
#31	"behavior modification"/exp	9,492	

	#32	"Behavior Therapy":ti,ab OR "Behavior Therapies":ti,ab OR "Behavior Change Techniques":ti,ab OR "Behavior Change Technique":ti,ab OR "Behavior Treatment":ti,ab OR "Conditioning Therapy":ti,ab OR "Conditioning Therapies":ti,ab OR "Behavior Modification":ti,ab OR "Behavior Modifications":ti,ab OR "Behavior-Change Interventions":ti,ab OR "Behavioral Counseling":ti,ab OR "Behavioral Support":ti,ab OR "Behavioral Techniques":ti,ab OR "applied behavior analysis":ti,ab OR "behaviour modification":ti,ab	22,185	
	#33	#9 OR #10 OR #11 OR #12 OR #13 OR #14 OR #15 OR #16 OR #17 OR #18 OR #19 OR #20 OR #21 OR #22 OR #23 OR #24 OR #25 OR #26 OR #27 OR #28 OR #29 OR #30 OR #31 OR #32	891,526	I: 심리치료
	#34	#8 AND #33	54,601	P AND I
	#35	#34 NOT ('conference abstract'/it OR 'conference paper'/it OR 'conference review'/it)	42,368	Conference, Abstract 제외
	#36	#35 NOT ('animal'/exp NOT 'human'/exp)	41,304	동물연구 제외

DB	Search no.	검색어 / 검색식	검색결과 2025.10.12	비고
Cochrane Library	#1	[mh "Overweight"] OR "Overweight":ti,ab	39,466	
	#2	[mh "Obesity"]	22,517	
	#3	"Obesity":ti,ab OR "adipose tissue hyperplasia":ti,ab OR "adipositas":ti,ab OR "adiposity":ti,ab OR "alimentary obesity":ti,ab OR "corpulency":ti,ab OR "fat overload syndrome":ti,ab OR "nutritional obesity":ti,ab OR "obesitas":ti,ab OR "obese":ti,ab	55,978	
	#4	[mh "Body Mass Index"]	14,170	
	#5	"Body Mass Index":ti,ab OR "Quetelets Index":ti,ab OR "Quetelet Index":ti,ab OR "body mass":ti,ab OR "BMI (body mass index)":ti,ab OR "body ban mass":ti,ab	57,982	
	#6	[mh "Body Weight Changes"]	12,704	
	#7	"Body Weight Changes":ti,ab OR "Body Weight Change":ti,ab OR "weight change":ti,ab OR "weight changes":ti,ab	4,403	
	#8	#1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 OR #8 OR #9	74,103	P: 비만, 비만환자
	#9	[mh "Psychotherapy"]	367,674	
	#10	"Psychotherapy":ti,ab OR "Psychotherapies":ti,ab OR "holistic psychotherapy":ti,ab OR "multiple psychotherapy":ti,ab OR "psychotherapeutic processes":ti,ab OR "psychotherapeutic training":ti,ab OR "socioenvironmental therapy":ti,ab	9,640	
	#11	[mh "Psychology, Clinical"]	42	
	#12	"Psychology, Clinical":ti,ab OR "Clinical Psychology":ti,ab OR "clinical psychologist":ti,ab	1,063	
	#13	[mh "Cognitive Behavioral Therapy"]	15,113	
	#14	"Cognitive Behavioral Therapy":ti,ab OR "Cognitive Behavioral Therapies":ti,ab OR "Cognition Therapy":ti,ab OR "Cognition Therapies":ti,ab OR "Cognitive Behavior Therapies":ti,ab OR "Cognitive Behavior Therapy":ti,ab OR "Cognitive Psychotherapy":ti,ab OR "Cognitive Psychotherapies":ti,ab OR "Cognitive Therapies":ti,ab OR "Cognitive Behaviour Therapy":ti,ab OR "Cognitive Behaviour Therapies":ti,ab OR "Cognitive Therapy":ti,ab OR "CBT (cognitive behavioral therapy)":ti,ab OR "CBT (cognitive behavioural therapy)":ti,ab OR "cognitive behavior intervention":ti,ab OR "cognitive behavior treatment":ti,ab OR "cognitive behavioral intervention":ti,ab OR "cognitive behavioral treatment":ti,ab OR "cognitive behaviour intervention":ti,ab OR "cognitive behaviour treatment":ti,ab OR "cognitive behavioural intervention":ti,ab OR "cognitive behavioural therapy":ti,ab OR "cognitive behavioural treatment":ti,ab OR "CBT":ti,ab	23,896	
	#15	[mh "Psychotherapy, Group"]	4,464	

#16	"Psychotherapy, Group":ti,ab OR "Group Psychotherapy":ti,ab OR "Group Therapy":ti,ab OR "Multifamily Therapy":ti,ab OR "Multifamily Therapies":ti,ab OR "Multiple Family Therapy":ti,ab OR "Multiple Family Therapies":ti,ab OR "Multi-Family Therapy":ti,ab OR "Multi-Family Therapies":ti,ab OR "Multi Family Therapy":ti,ab OR "group therapy":ti,ab OR "community therapy":ti,ab OR "community treatment":ti,ab OR "group psychotherapy":ti,ab OR "group treatment":ti,ab OR "Group Counseling":ti,ab	9,126	
#17	[mh "Counseling"] OR "Counseling":ti,ab OR "counselling":ti,ab	29,720	
#18	[mh "Family Therapy"]	1,219	
#19	"Family Therapy":ti,ab OR "Family Therapies":ti,ab OR "family intervention":ti,ab OR "family psychiatry":ti,ab OR "family psychotherapy":ti,ab OR "family treatment":ti,ab OR "vector therapy":ti,ab	1,410	
#20	[mh "Interpersonal Psychotherapy"]	72	
#21	"Interpersonal Psychotherapy":ti,ab OR "inter-personal psychotherapy":ti,ab OR "IPT":ti,ab	1,372	
#22	"stress management":ti,ab	3,525	
#23	[mh "Meditation"] OR "Meditation":ti,ab OR "Transcendental Meditation":ti,ab	5,196	
#24	[mh "Relaxation"] OR "Relaxation":ti,ab OR "Relaxations":ti,ab	18,600	
#25	[mh "Yoga"] OR "Yoga":ti,ab OR "yogic meditation":ti,ab	6,760	
#26	[mh "Mindfulness"]	2,668	
#27	"Mindfulness":ti,ab OR "Mindfulness Meditation":ti,ab OR "Mindfulness Meditations":ti,ab	11,269	
#28	[mh "Mindfulness-Based Cognitive Therapy"]	3	
#29	"Mindfulness-Based Cognitive Therapy":ti,ab OR "Mindfulness-Based Cognitive Therapies":ti,ab OR "Mindfulness Based Cognitive Therapy":ti,ab OR "MBCT (mindfulness-based cognitive therapy)":ti,ab OR "mindfulness cognitive therapy":ti,ab OR "mindfulness-based CBT":ti,ab OR "mindfulness-based cognitive behavior therapy":ti,ab OR "mindfulness-based cognitive behavioral therapy":ti,ab OR "mindfulness-based cognitive behaviour therapy":ti,ab OR "mindfulness-based cognitive behavioural therapy":ti,ab OR "mindfulness-CBT":ti,ab OR "MBCT":ti,ab	1,198	
#30	[mh "Gestalt Therapy"] OR "Gestalt Therapy":ti,ab	27	
#31	[mh "Behavior Therapy"]	26,457	
#32	"Behavior Therapy":ti,ab OR "Behavior Therapies":ti,ab OR "Behavior Change Techniques":ti,ab OR "Behavior Change Technique":ti,ab OR "Behavior Treatment":ti,ab OR "Conditioning Therapy":ti,ab OR "Conditioning Therapies":ti,ab OR "Behavior Modification":ti,ab OR "Behavior Modifications":ti,ab OR "Behavior-Change Interventions":ti,ab OR "Behavioral Counseling":ti,ab OR "Behavioral Support":ti,ab OR "Behavioral Techniques":ti,ab OR "applied behavior analysis":ti,ab OR "behaviour modification":ti,ab	9,338	
#33	#9 OR #10 OR #11 OR #12 OR #13 OR #14 OR #15 OR #16 OR #17 OR #18 OR #19 OR #20 OR #21 OR #22 OR #23 OR #24 OR #25 OR #26 OR #27 OR #28 OR #29 OR #30 OR #31 OR #32	121,558	I: 심리치료
#34	#8 AND #33	6,776	P AND I
#35	#34 NOT ([mh "Meeting Abstract"] OR [mh "Abstracts"] OR [mh "Clinical Conference"])	6,778	Conference, Abstract 제외
#36	#35 NOT ([mh "animals"] NOT [mh "Humans"])	6,776	동물연구 제외

부록 3. PRESS 2015 Guideline Evidence-Based Checklist에 따른 프롬프트 수준별 문헌검색 전략 품질 평가표 (ChatGPT-5)

PRESS 2015 Guideline Evidence-Based Checklist 주요 항목			초급 프롬프트			중급 프롬프트			고급 프롬프트		
			PubMed	Embase	Cochrane Library	PubMed	Embase	Cochrane Library	PubMed	Embase	Cochrane Library
1. Boolean and proximity operators (these vary based on search service)	1-1	Are Boolean or proximity operators used correctly?	적절	적절	적절	적절	적절	적절	적절	적절	적절
	1-2	Is the use of nesting with brackets appropriate and effective for the search?	적절	적절	적절	적절	적절	적절	적절	적절	적절
	1-3	If NOT is used, is this likely to result in any unintended exclusions?	해당 없음	해당 없음	해당 없음	해당 없음	해당 없음	해당 없음	아니오	해당 없음	해당 없음
	1-4	Could precision be improved by using proximity operators (eg, adjacent, near, within) or phrase searching instead of AND?	해당 없음	해당 없음	해당 없음	해당 없음	해당 없음	해당 없음	해당 없음	해당 없음	해당 없음
	1-5	Is the width of proximity operators suitable (eg, might adj5 pick up more variants than adj2)?	해당 없음	해당 없음	해당 없음	해당 없음	해당 없음	해당 없음	해당 없음	적절	적절
2. Subject headings (database specific)	2-1	Are the subject headings relevant?	적절	적절	적절	적절	적절	통제 어휘 미사용	적절	적절	적절
	2-2 ^a	Are any relevant subject headings missing; for example, previous index terms?	누락 없음	누락 없음	누락 없음	누락 없음	누락 없음	누락 있음	누락 없음	누락 없음	누락 없음
	2-3 ^b	Are any subject headings too broad or too narrow?	적절	적절	적절	적절	적절	해당 없음	과다	과다	과다
	2-4	Are subject headings exploded where necessary and vice versa?	적절	적절	적절	적절	적절	해당 없음	적절	적절	적절
	2-5	Are major headings (“starring” or restrict to focus) used? If so, is there adequate justification?	미사용	미사용	미사용	미사용	미사용	미사용	미사용	미사용	미사용
	2-6	Are subheadings missing?	미사용	미사용	미사용	미사용	미사용	미사용	미사용	미사용	미사용
	2-7	Are subheadings attached to subject headings? (Floating subheadings may be preferred.)	미사용	미사용	미사용	미사용	미사용	미사용	미사용	미사용	미사용
	2-8	Are floating subheadings relevant and used appropriately?	미사용	미사용	미사용	미사용	미사용	미사용	미사용	미사용	미사용
	2-9 ^c	Are both subject headings and terms in free text (see the following) used for each concept?	적절	미흡	미흡	미흡	미흡	해당 없음	적절	적절	적절
3. Text word searching (free text)	3-1	Does the search include all spelling variants in free text (eg, UK vs. US spelling)?	변형 없음	변형 없음	변형 없음	변형 없음	변형 없음	변형 없음	변형 없음	변형 없음	변형 없음
	3-2	Does the search include all synonyms or antonyms (eg, opposites)?	동의어 포함, 반의어 불포함	동의어 포함, 반의어 불포함	동의어 포함, 반의어 불포함	동의어 포함, 반의어 불포함	동의어 포함, 반의어 불포함	동의어 포함, 반의어 불포함	동의어 포함, 반의어 불포함	동의어 포함, 반의어 불포함	동의어 포함, 반의어 불포함
	3-3	Does the search capture relevant truncation (ie, is truncation at the correct place)?	부적절	부적절	부적절	적절	적절	적절	적절	적절	적절
	3-4 ^d	Is the truncation too broad or too narrow?	넓음 Eg. obes*	넓음 Eg. obes*	넓음 Eg. obes*	넓음 Eg. obes*	넓음 Eg. obes*	넓음 Eg. obes*	넓음 Eg. obes*	넓음 Eg. obes*	넓음 Eg. obes*

	3-5	Are acronyms or abbreviations used appropriately? Do they capture irrelevant material? Are the full terms also included?	적절	적절	적절	부적절	부적절	적절	적절	적절	적절
	3-6	Are the keywords specific enough or too broad? Are too many or too few keywords used? Are stop words used?	비만/심리 치료 각 2 개/7 개 포함	비만/심리 치료 각 2 개/6 개 포함	비만/심리 치료 각 2 개/6 개 포함	비만/심리 치료 각 3 개/4 개 포함	비만/심리 치료 각 3 개/4 개 포함	비만/심리 치료 각 4 개/6 개 포함	비만/심리 치료 각 9 개/19 개 포함	비만/심리 치료 각 9 개/19 개 포함	비만/심리 치료 각 9 개/19 개 포함
	3-7	Have the appropriate fields been searched; for example, is the choice of the text word fields (.tw.) or all fields (.af.) appropriate? Are there any other fields to be included or excluded (database specific)?	사용 [tiab]	사용 ti,ab	사용 ti,ab,kw	사용 [tiab],[pt]	사용 ab,ti	미사용	사용 [tiab]	사용 ti,ab,kw	사용 ti,ab,kw
	3-8	Should any long strings be broken into several shorter search statements?	미적용	미적용	미적용	미적용	미적용	미적용	미적용	미적용	미적용
4. Spelling, syntax, and line numbers	4-1	Are there any spelling errors?	오류 없음	오류 없음	오류 없음	오류 없음	오류 없음	오류 없음	오류 없음	오류 없음	오류 없음
	4-2 ^e	Are there any errors in system syntax; for example, the use of a truncation symbol from a different search interface?	오류 있음	오류 없음	오류 있음	오류 없음	오류 있음	오류 있음	오류 있음	오류 있음	오류 있음
	4-3	Are there incorrect line combinations or orphan lines (ie, lines that are not referred to in the final summation that could indicate an error in an AND or OR statement)?	오류 없음/ 3line	오류 없음/ 3line	오류 없음/ 3line	오류 없음/ 4line	오류 없음/ 4line	오류 없음/ 3line	오류 없음/ 9line	오류 없음/ 7line	오류 있음/ 17line (통제 어휘 오류)
5. Limits and filters	5-1	Are all limits and filters used appropriately and are they relevant given the research question?	미사용	미사용	미사용	적절	적절	적절	적절	미사용	미사용
	5-2	Are all limits and filters used appropriately and are they relevant for the database?	미사용	미사용	미사용	적절	적절	적절	적절	미사용	미사용
	5-3	Are any potentially helpful limits or filters missing? Are the limits or filters too broad or too narrow? Can any limits or filters be added or taken away?	해당 없음	해당 없음	해당 없음	해당 없음	해당 없음	해당 없음	해당 없음	해당 없음	해당 없음
	5-4	Are sources cited for the filters used?	미사용	미사용	미사용	해당 DB Filter 사용	해당 DB Filter 사용	해당 DB Filter 사용	해당 DB Filter 사용	미사용	미사용

^aRelevant Subject Headings은 연구 주제에 따라 “비만”과 “심리치료”로만 답변, “비만”과 “심리치료” 통제어가 포함되어 있는지를 기준으로 정함

^b통제어에 “비만”과 “심리치료”만 있는 경우 ‘적절’로 그 외 관련 통제어가 있는 경우 ‘과다’로 정함

^c최신 논문 누락 방지를 위한 통제어의 동일한 자연어 포함여부 기준에 따라 ‘미흡’과 ‘적절’로 구분

^d단순 단복수에 해당되는 확장 검색을 위한 Truncation 사용은 ‘좁음’ 그 이상을 검색하기 위한 사용은 ‘넓음’으로 정함

^e데이터베이스 시스템 상에서 검색은 진행되나, 경고나 에러가 발생한 경우 ‘오류 있음’ 처리

부록 4. ChatGPT5 검색식 및 Core 데이터베이스별 검색결과

4.1. 초급 프롬프트 (3회차)

PubMed

	Search Strategy	Results
Obesity Concepts	("Obesity"[Mesh] OR obes*[tiab] OR overweight[tiab])	520,843
Psychotherapy Concepts	("Psychotherapy"[Mesh] OR psychotherapy[tiab] OR "Cognitive Behavioral Therapy"[Mesh] OR "cognitive behavio* therapy"[tiab] OR CBT[tiab] OR "interpersonal therapy"[tiab] OR "motivational interview*[tiab] OR counseling[tiab] OR psychologic*[tiab])	689,480
Combine Concepts:	#1 AND #2	18,588

EMBASE

	Search Strategy	Results
Obesity Concepts	('obesity'/exp OR obes*:ti,ab OR overweight:ti,ab)	942,020
Psychotherapy Concepts	('psychotherapy'/exp OR psychotherapy:ti,ab OR 'cognitive therapy'/exp OR 'cognitive behavio* therapy':ti,ab OR CBT:ti,ab OR 'interpersonal therapy'/exp OR 'motivational interviewing'/exp OR 'motivational interview*':ti,ab OR counseling:ti,ab OR psychologic*:ti,ab)	960,245
Combine Concepts:	#1 AND #2	35,183

Cochrane Library

	Search Strategy	Results
Obesity Concepts	([mh "Obesity"] OR obes*:ti,ab,kw OR overweight:ti,ab,kw)	66,002
Psychotherapy Concepts	([mh "Psychotherapy"] OR psychotherapy:ti,ab,kw OR [mh "Cognitive Behavioral Therapy"] OR "cognitive behavio* therapy":ti,ab,kw OR CBT:ti,ab,kw OR [mh "Interpersonal Therapy"] OR [mh "Motivational Interviewing"] OR "motivational interview*":ti,ab,kw OR counseling:ti,ab,kw OR psychologic*:ti,ab,kw)	139,703
Combine Concepts:	#1 AND #2	6,623

4.2. 중급 프롬프트 (3회차)

PubMed

	Search Strategy	Results
Obesity Concepts	("Obesity"[Mesh] OR "Overweight"[Mesh] OR obes* OR overweight OR "Body Mass Index"[Mesh] OR BMI)	734,714
Psychotherapy Concepts	("Psychotherapy"[Mesh] OR "Cognitive Behavioral Therapy"[Mesh] OR "Behavior Therapy"[Mesh] OR psychotherapy OR "cognitive therapy" OR "behavioral therapy" OR "motivational interviewing")	311,748
Study Design	(randomized controlled trial[pt] OR controlled clinical trial[pt] OR randomized[tiab] OR randomly[tiab] OR trial[tiab])	1,857,512
Combine Concepts:	#1 AND #2 AND #3	3,175

EMBASE

	Search Strategy	Results
Obesity Concepts	('obesity'/exp OR 'overweight'/exp OR obes*:ab,ti OR overweight:ab,ti OR 'body mass index'/exp OR BMI:ab,ti)	1,553,684
Psychotherapy Concepts	('psychotherapy'/exp OR 'cognitive therapy'/exp OR 'behavior therapy'/exp OR psychotherapy:ab,ti OR 'cognitive therapy':ab,ti OR 'behavioral therapy':ab,ti OR 'motivational interviewing':ab,ti)	391,066
Study Design	('randomized controlled trial'/exp OR random*:ab,ti OR trial:ab,ti)	3,296,649
Combine Concepts:	#1 AND #2 AND #3	5,522

Cochrane Library

	Search Strategy	Results
Obesity Concepts	(obes* OR overweight OR "body mass index" OR BMI)	138,601
Psychotherapy Concepts	(psychotherapy OR "cognitive behavioral therapy" OR CBT OR "behavior therapy" OR "cognitive therapy" OR "motivational interviewing")	58,344
Study Design	#1 AND #2 AND #3 WITHIN Trials	3,635

4.3. 고급 프롬프트 (3회차)

PubMed

Line #	Search Strategy	Results
1	Obesity[Mesh] OR Overweight[Mesh] OR Body Mass Index[Mesh] OR Adiposity[Mesh]	395,642
2	obes*[tiab] OR overweight[tiab] OR "over weight"[tiab] OR adipos*[tiab] OR "body mass index"[tiab] OR BMI[tiab] OR "class III obes*"[tiab] OR "morbid obes*"[tiab] OR "severe obes*"[tiab]	801,452
3	#1 OR #2	868,210
4	Psychotherapy[Mesh] OR Cognitive Behavioral Therapy[Mesh] OR Behavior Therapy[Mesh] OR	280,682

	Acceptance and Commitment Therapy[Mesh] OR Mindfulness[Mesh] OR Motivational Interviewing[Mesh] OR Psychodynamic Therapy[Mesh] OR Family Therapy[Mesh] OR Counseling[Mesh]	
5	psychotherap*[tiab] OR "psychological therap*"[tiab] OR "talk therap*"[tiab] OR counsel*[tiab] OR "cognitive behavior therap*"[tiab] OR CBT[tiab] OR "behavior therap*"[tiab] OR "acceptance and commitment therap*"[tiab] OR ACT[tiab] OR mindfulness[tiab] OR "mindfulness-based"[tiab] OR "motivational interview*"[tiab] OR psychodynamic*[tiab] OR "interpersonal therap*"[tiab] OR "family therap*"[tiab] OR "couples therap*"[tiab] OR "dialectical behavior therap*"[tiab] OR DBT[tiab] OR "third wave"[tiab]	630,146
6	#4 OR #5	811,555
7	#3 AND #6	24,910
8	animals[Mesh] NOT humans[Mesh]	5,382,850
9	#7 NOT #8	23,642

EMBASE

Line #	Search Strategy	Results
1	'obesity'/exp OR 'overweight'/exp OR 'body mass index'/exp OR 'adiposity'/exp	1,344,896
2	(obes* OR overweight OR "over weight" OR adipos* OR "body mass index" OR BMI OR "class III obes*" OR "morbid obes*" OR "severe obes*"):ti,ab,kw	1,296,169
3	#1 OR #2	1,690,179
4	'psychotherapy'/exp OR 'cognitive therapy'/exp OR 'behavior therapy'/exp OR 'acceptance and commitment therapy'/exp OR 'mindfulness'/exp OR 'motivational interviewing'/exp OR 'psychodynamic therapy'/exp OR 'interpersonal psychotherapy'/exp OR 'family therapy'/exp OR 'counseling'/exp OR 'dialectical behavior therapy'/exp	581,508
5	(psychotherap* OR "psychological therap*" OR "talk therap*" OR counsel* OR (cognit* NEAR/3 behavior NEAR/3 therap*) OR CBT OR (behavior NEAR/3 therap*) OR ("acceptance and commitment" NEAR/3 therap*) OR ACT OR mindfulness OR "mindfulness-based" OR "motivational interview*" OR psychodynamic* OR (interpersonal NEAR/3 therap*) OR (family NEAR/3 therap*) OR (couples NEAR/3 therap*) OR ("dialectical behavior" NEAR/3 therap*) OR DBT OR "third wave"):ti,ab,kw	864,256
6	#4 OR #5	1,175,300
7	#3 AND #6	56,604

Cochrane Library

Line #	Search Strategy	Results
1	MeSH descriptor: [Obesity] explode all trees	22,297
2	MeSH descriptor: [Overweight] explode all trees	26,139
3	MeSH descriptor: [Body Mass Index] explode all trees	14,126
4	MeSH descriptor: [Adiposity] explode all trees	1,099
5	(obes* OR overweight OR "over weight" OR adipos* OR "body mass index" OR BMI OR "class III obes*" OR "morbid obes*" OR "severe obes*"):ti,ab,kw	138,480
6	#1 OR #2 OR #3 OR #4 OR #5	138,569
7	MeSH descriptor: [Psychotherapy] explode all trees	37,336
8	MeSH descriptor: [Cognitive Behavioral Therapy] explode all trees	14,960
9	MeSH descriptor: [Behavior Therapy] explode all trees	26,214
10	MeSH descriptor: [Acceptance and Commitment Therapy] explode all trees	553
11	MeSH descriptor: [Mindfulness] explode all trees	2,621
12	MeSH descriptor: [Motivational Interviewing] explode all trees	1,428
13	MeSH descriptor: [Psychodynamic Therapy] explode all trees	미등재 용어
14	MeSH descriptor: [Family Therapy] explode all trees	1,218
15	MeSH descriptor: [Counseling] explode all trees	7,617
16	(psychotherap* OR "psychological therap*" OR "talk therap*" OR counsel* OR (cognit* NEAR/3 behavior NEAR/3 therap*) OR CBT OR (behavior NEAR/3 therap*) OR ("acceptance and commitment" NEAR/3 therap*) OR ACT OR mindfulness OR "mindfulness-based" OR "motivational interview*" OR psychodynamic* OR ("interpersonal" NEAR/3 therap*) OR ("family" NEAR/3 therap*) OR ("couples" NEAR/3 therap*) OR ("dialectical behavior" NEAR/3 therap*) OR DBT OR "third wave"):ti,ab,kw	97,295
17	#7 OR #8 OR #9 OR #10 OR #11 OR #12 OR #14 OR #15 OR #16	111,221
18	#6 AND #17	8,751

부록 5. PRESS 2015 Guideline Evidence-Based Checklist에 따른 프롬프트 수준별 문헌검색 전략 품질 평가표 (Gemini2.5)

PRESS 2015 Guideline Evidence-Based Checklist 주요 항목			초급 프롬프트			중급 프롬프트			고급 프롬프트		
			PubMed	EMBASE	Cochrane Library	PubMed	EMBASE	Cochrane Library	PubMed	EMBASE	Cochrane Library
1. Boolean and proximity operators (these vary based on search service)	1-1	Are Boolean or proximity operators used correctly?	적절	적절	적절	적절	적절	적절	적절	적절	적절
	1-2	Is the use of nesting with brackets appropriate and effective for the search?	적절	적절	적절	적절	적절	적절	적절	적절	적절
	1-3	If NOT is used, is this likely to result in any unintended exclusions?	해당 없음	해당 없음	해당 없음	해당 없음	해당 없음	해당 없음	해당 없음	해당 없음	해당 없음
	1-4	Could precision be improved by using proximity operators (eg, adjacent, near, within) or phrase searching instead of AND?	해당 없음	해당 없음	해당 없음	해당 없음	해당 없음	해당 없음	해당 없음	해당 없음	해당 없음
	1-5	Is the width of proximity operators suitable (eg, might adj5 pick up more variants than adj2)?	해당 없음	해당 없음	해당 없음	해당 없음	해당 없음	해당 없음	해당 없음	해당 없음	해당 없음
2. Subject headings (database specific)	2-1	Are the subject headings relevant?	적절	적절	통제 어휘 Tag 오류	통제 어휘 미사용	적절	적절	통제 어휘 미사용	적절	적절
	2-2 ^a	Are any relevant subject headings missing; for example, previous index terms?	누락 없음	누락 없음	누락 없음	누락 있음	누락 없음	누락 없음	누락 있음	누락 없음	누락 없음
	2-3 ^b	Are any subject headings too broad or too narrow?	과다	과다	과다	해당 없음	과다	적절	해당 없음	과다	과다
	2-4	Are subject headings exploded where necessary and vice versa?	적절	적절	적절	해당 없음	적절	적절	해당 없음	적절	적절
	2-5	Are major headings (“starring” or restrict to focus) used? If so, is there adequate justification?	미사용	미사용	미사용	미사용	미사용	미사용	미사용	미사용	미사용
	2-6	Are subheadings missing?	미사용	미사용	미사용	미사용	미사용	미사용	미사용	미사용	미사용
	2-7	Are subheadings attached to subject headings? (Floating subheadings may be preferred.)	미사용	미사용	미사용	미사용	미사용	미사용	미사용	미사용	미사용
	2-8	Are floating subheadings relevant and used appropriately?	미사용	미사용	미사용	미사용	미사용	미사용	미사용	미사용	미사용
	2-9 ^c	Are both subject headings and terms in free text (see the following) used for each concept?	미흡	미흡	미흡	해당 없음	적절	적절	해당 없음	적절	적절
3. Text word searching (free text)	3-1	Does the search include all spelling variants in free text (eg, UK vs. US spelling)?	변형 없음	변형 없음	변형 없음	변형 없음	변형 없음	변형 없음	변형 없음	변형 없음	변형 없음
	3-2	Does the search include all synonyms or antonyms (eg, opposites)?	동의어 포함, 반의어 불포함	동의어 포함, 반의어 불포함	동의어 포함, 반의어 불포함	동의어 포함, 반의어 불포함	동의어 포함, 반의어 불포함	동의어 포함, 반의어 불포함	동의어 포함, 반의어 불포함	동의어 포함, 반의어 불포함	동의어 포함, 반의어 불포함
	3-3	Does the search capture relevant truncation (ie, is truncation at the correct place)?	적절	적절	적절	미사용	미사용	미사용	적절	적절	적절
	3-4 ^d	Is the truncation too broad or too narrow?	넓음 Eg. psycho*	넓음 Eg. obes*	넓음 Eg. behav*	미사용	미사용	미사용	좁음	좁음 Eg. obesity*	좁음

									Eg. psychother ap*		Eg. psychother ap*
	3-5	Are acronyms or abbreviations used appropriately? Do they capture irrelevant material? Are the full terms also included?	적절	적절	적절	적절	적절	적절	적절	적절	적절
	3-6	Are the keywords specific enough or too broad? Are too many or too few keywords used? Are stop words used?	비만/심리 치료 각 2 개/5 개 포함	비만/심리 치료 각 2 개/5 개 포함	비만/심리 치료 각 2 개/5 개 포함	비만/심리 치료 각 12 개/24 개 포함	비만/심리 치료 각 12 개/24 개 포함	비만/심리 치료 각 12 개/24 개 포함	비만/심리 치료 각 10 개/5 개 포함	비만/심리 치료 각 10 개/5 개 포함	비만/심리 치료 각 10 개/5 개 포함
	3-7	Have the appropriate fields been searched; for example, is the choice of the text word fields (.tw.) or all fields (.af.) appropriate? Are there any other fields to be included or excluded (database specific)?	미사용	미사용	사용 ti,ab,kw	미사용	미사용	미사용	사용 [tiab]	사용 ti,ab,kw	사용 ti,ab
	3-8	Should any long strings be broken into several shorter search statements?	미적용	미적용	미적용	미적용	미적용	미적용	미적용	미적용	미적용
4. Spelling, syntax, and line numbers	4-1	Are there any spelling errors?	오류 없음	오류 없음	오류 없음	오류 없음	오류 없음	오류 없음	오류 없음	오류 없음	오류 없음
	4-2 ^e	Are there any errors in system syntax; for example, the use of a truncation symbol from a different search interface?	오류 없음	오류 없음	오류 있음	오류 없음	오류 없음	오류 없음	오류 없음	오류 없음	오류 없음
	4-3	Are there incorrect line combinations or orphan lines (ie, lines that are not referred to in the final summation that could indicate an error in an AND or OR statement)?	오류 없음/ 3line	오류 없음/ 3line	오류 없음/ 3line	오류 없음/ 1line	오류 없음/ 1line	오류 없음/ 1line	오류 없음/ 8line	오류 없음/ 8line	오류 없음/ 8line
5. Limits and filters	5-1	Are all limits and filters used appropriately and are they relevant given the research question?	미사용	미사용	미사용	미사용	미사용	미사용	미사용	미사용	미사용
	5-2	Are all limits and filters used appropriately and are they relevant for the database?	미사용	미사용	미사용	미사용	미사용	미사용	미사용	미사용	미사용
	5-3	Are any potentially helpful limits or filters missing? Are the limits or filters too broad or too narrow? Can any limits or filters be added or taken away?	해당 없음	해당 없음	해당 없음	해당 없음	해당 없음	해당 없음	해당 없음	해당 없음	해당 없음
	5-4	Are sources cited for the filters used?	미사용	미사용	미사용	미사용	미사용	미사용	미사용	미사용	미사용

^aRelevant Subject Headings은 연구 주제에 따라 “비만”과 “심리치료”로만 답변, “비만”과 “심리치료” 통제어가 포함되어 있는지를 기준으로 정함

^b통제어에 “비만”과 “심리치료”만 있는 경우 ‘적절’로 그 외 관련 통제어가 있는 경우 ‘과다’로 정함

^c최신 논문 누락 방지를 위한 통제어의 동일한 자연어 포함여부 기준에 따라 ‘미흡’과 ‘적절’로 구분

^d단순 단복수에 해당되는 확장 검색을 위한 Truncation 사용은 ‘줄임’ 그 이상을 검색하기 위한 사용은 ‘넓음’으로 정함

^e데이터베이스 시스템 상에서 검색은 진행되나, 경고나 에러가 발생한 경우 ‘오류 있음’ 처리

부록 6. Gemini2.5 검색식 및 Core 데이터베이스별 검색결과

6.1. 초급 프롬프트 (3회차)

PubMed

	Search Strategy	Results
Obesity Concepts	"Obesity"[MeSH] OR "Overweight"[MeSH] OR obes* OR overweight	565,315
Psychotherapy Concepts	"Psychotherapy"[MeSH] OR "Cognitive Behavioral Therapy"[MeSH] OR "Counseling"[MeSH] OR psycho* OR behav* OR counseling OR motivat* interview* OR mindfu* OR ACT OR CBT OR psychotherap* OR "behavior modification"	5,100,268
Combine Concepts:	#1 AND #2	119,225

EMBASE

	Search Strategy	Results
Obesity Concepts	'obesity'/exp OR 'overweight'/exp OR obes* OR overweight	1,007,029
Psychotherapy Concepts	'psychotherapy'/exp OR 'cognitive behavior therapy'/exp OR 'counseling'/exp OR 'behavior modification'/exp OR psycho* OR behav* OR counseling OR motivat* interview* OR mindfu* OR ACT OR CBT OR psychotherap*	1,172,516
Combine Concepts:	#1 AND #2	31,665

Cochrane Library

	Search Strategy	Results
Obesity Concepts	'Obesity':MeSH OR 'Overweight':MeSH OR (obes* OR overweight):ti,ab,kw	ERROR
Psychotherapy Concepts	'Psychotherapy':MeSH OR 'Cognitive Behavioral Therapy':MeSH OR 'Counseling':MeSH OR (psycho* OR behav* OR counseling OR motivat* interview* OR mindfu* OR CBT):ti,ab,kw	ERROR
Combine Concepts:	#1 AND #2	ERROR

6.2. 중급 프롬프트 (3회차)

PubMed

	Search Strategy	Results
	((obesity OR obese OR overweight OR corpulence OR corpulent OR fatness OR adiposity OR heaviness OR stoutness OR "body mass index" OR "BMI" OR "weight problem" OR "weight management" OR D009765) AND (psychotherapy OR "psychological therapy" OR "talk therapy" OR counseling OR "behavioral therapy" OR "cognitive behavioral therapy" OR CBT OR "motivational interviewing" OR MI OR "dialectical behavioral therapy" OR DBT OR "acceptance and commitment therapy" OR ACT OR "interpersonal therapy" OR mindfulness OR meditation OR "self monitoring" OR "goal setting" OR "cognitive restructuring" OR "problem solving" OR "emotional regulation" OR "stress management" OR D011592 OR D003073))	64,384

EMBASE

	Search Strategy	Results
	('obesity'/exp OR obesity OR obese OR overweight OR corpulence OR corpulent OR fatness OR adiposity OR heaviness OR stoutness OR "body mass index" OR "BMI" OR "weight problem") AND ('psychotherapy'/exp OR 'cognitive behavior therapy'/exp OR 'motivational interviewing'/exp OR psychotherapy OR "psychological therapy" OR "talk therapy" OR counseling OR "behavioral therapy" OR "cognitive behavioral therapy" OR CBT OR "motivational interviewing" OR MI OR "dialectical behavioral therapy" OR DBT OR "acceptance and commitment therapy" OR ACT OR "interpersonal therapy" OR mindfulness OR meditation OR "self monitoring" OR "goal setting" OR "cognitive restructuring" OR "problem solving" OR "emotional regulation" OR "stress management")	89,085

Cochrane Library

	Search Strategy	Results
	((((obesity OR obese OR overweight OR corpulence OR corpulent OR fatness OR adiposity OR heaviness OR stoutness OR "body mass index" OR "BMI" OR "weight problem") OR [mh obesity]) AND ((psychotherapy OR "psychological therapy" OR "talk therapy" OR counseling OR "behavioral therapy" OR "cognitive behavioral therapy" OR CBT OR "motivational interviewing" OR MI OR "dialectical behavioral therapy" OR DBT OR "acceptance and commitment therapy" OR ACT OR "interpersonal therapy" OR mindfulness OR meditation OR "self monitoring" OR "goal setting" OR "cognitive restructuring" OR "problem solving" OR "emotional regulation" OR "stress management") OR [mh psychotherapy]))	13,160

6.3. 고급 프롬프트 (3회차)

PubMed

Line #	Search Strategy	Results
1	("Obesity")	484,484
2	("Overweight")	107,393
3	(obesity OR overweight OR adiposity OR corpulence OR stoutness OR morbidly obese OR "body mass index" OR "obesity class 1" OR "obesity class 2" OR "obesity class 3")[tiab]	866,010
4	#1 OR #2 OR #3	866,010

5	("Psychotherapy")	143,084
6	(psychotherap* OR "cognitive behavioral therapy" OR "behavioral therapy" OR "talk therapy" OR counseling OR "CBT")[tiab]	394,786
7	#5 OR #6	394,786
8	#4 AND #7	15,650

EMBASE

Line #	Search Strategy	Results
1	'obesity'/exp	802,704
2	'overweight'/exp	802,704
3	(obesity OR overweight OR adiposity OR corpulence OR stoutness OR morbidly obese OR "body mass index" OR "obesity class 1" OR "obesity class 2" OR "obesity class 3"):ti,ab,kw	549,578
4	#1 OR #2 OR #3	1,080,166
5	'psychotherapy'/exp	373,242
6	(psychotherap* OR "cognitive behavioral therapy" OR "behavioral therapy" OR "talk therapy" OR counseling OR "CBT"):ti,ab,kw	274,450
7	#5 OR #6	537,128
8	#4 AND #7	22,239

Cochrane Library

Line #	Search Strategy	Results
1	[mh Obesity]	22,297
2	[mh Overweight]	26,139
3	(obesity* OR overweight* OR adiposity OR corpulence OR stoutness OR morbidly obese OR "body mass index" OR "obesity class 1" OR "obesity class 2" OR "obesity class 3"):ti,ab	85,132
4	(#1 OR #2 OR #3)	90,096
5	[mh Psychotherapy]	37,336
6	(psychotherap* OR "cognitive behavioral therapy" OR "behavioral therapy" OR "talk therapy" OR counseling OR "CBT"):ti,ab	53,682
7	(#5 OR #6)	80,061
8	#4 AND #7	5,290