should be reassuring to clinicians and the public that there is no need for a one-size-fits-all approach to dieting because many different diets appear to offer considerable weight loss benefits. This is important because many patients have difficulties adhering to strict diets that may be particularly associated with cravings or be culturally challenging (such as low-carbohydrate diets). Our findings suggest that patients may choose, among those associated with the largest weight loss, the diet that gives them the least challenges with adherence.

After all, diets only work when you stick to them.

**Competing interests**

None.

**Provenance and peer review**

Commissioned; internally peer reviewed.

**References**


**Correction**

Ebell MH, Locatelli I, Senn N. A novel approach to the determination of clinical decision thresholds. *Evid Based Med* 2015;20:41-47. In Figure 2, the UTI plot was inadvertently given in panel (A) instead of the influenza plot. The influenza data is shown in the figure below.

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