Table S-1 Multiple regression models for weight loss after 8 weeks, 6, 12, 18 and 24 months; residuals of all models normally distributed; all cases analysed

WEIGHT CHANGE AFTER	ß	SE	p -value
8 WEEKS[1]			
constant ($ß_0$)	-2.81	1.04	**0.003**
group (ref. intervention)	-1.79	0.76	**0.020**
sex (ref. male)	-1.88	0.50	**0.000**
male-by-intervention group interaction	-1.99	0.78	**0.020**
overweight at baseline	-0.75	0.35	**0.028**
came without family	-1.18	0.48	**0.006**
6 MONTHS[2]			
constant ($ß_0$)	-3.56	1.51	**0.020**
group (ref. intervention)	-1.15	0.69	0.097
lower education level	-0.85	0.34	**0.015**
university degree (ref. yes)	-1.99	0.89	**0.027**
12 MONTHS[3]			
constant ($ß_0$)	-0.44	0.37	0.365
group (ref. intervention)	-0.64	0.51	0.209
university degree (ref. yes)	-0.96	0.54	**0.080**
18 MONTHS			
constant ($ß_0$)	3.78	1.24	**0.003**
group (ref. intervention)	-0.31	0.47	0.502
university degree (ref. yes)	-1.02	0.49	**0.040**
overweight at baseline	-1.61	0.65	**0.016**
male-by-participating with/without family	-1.65	0.52	**0.002**
male-by-overweight at baseline interaction	-1.61	0.68	**0.020**
24 MONTHS			
constant ($ß_0$)	0.45	0.42	0.290
group (ref. intervention)	0.29	0.72	0.683
university degree-by-intervention group interaction	-2.14	1.16	**0.069**

β = effect size
[1] *n = 116, p < 0.001, corrected R^2 = 0.216, BS, adjusted for age, group-by-came with/without family interaction*
[2] *n = 94, p < 0.001; corrected R^2 = 0.491, BS, adjusted for age, group-by-sex interaction, weight loss after 8 weeks*
[3] *n = 84, p < 0.001; corrected R^2 = 0.535, FS, adjusted for age, group-by-sex interaction, weight loss after 8 weeks*
[4] *n = 73, p < 0.001; corrected R^2 = 0.771, FS, adjusted for age, weight loss after 6 and 12 months*
[5] *n = 66, p < 0.001; corrected R^2 = 0.696, FS, adjusted for weight loss after 18 months*
ref. = reference