

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	B	SE	p -value
8 WEEKS¹			
constant (β_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 MONTHS²			
constant (β_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 MONTHS³			
constant (β_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 (β_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 (β_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 R² = 0.216, BS, adjusted for age, group-by-came with/without family interaction

² n = 94, p < 0.001; corrected R² = 0.491, BS, adjusted for age, group-by-sex interaction, weight loss after 8 weeks

³ n = 84, p < 0.001; corrected R² = 0.535, FS, adjusted for age, group-by-sex interaction, weight loss after 8 weeks

⁴ n = 73, p < 0.001; corrected R² = 0.771, FS, adjusted for age, weight loss after 6 and 12 months

⁵ n = 66, p < 0.001; corrected R² = 0.696, FS, adjusted for weight loss after 18 months

ref. = reference