

Supplemental table 1 [Multilevel logistic regression analyses of weight and BMI loss]

Weight loss >5%	Estimate	[95% CI]	P-value
Intercept	-6.105	[-9.271,-2.940]	<0.001
Linear time	-0.386	[-0.804, 0.033]	0.071
Logarithmic time	3.754	[0.869, 6.638]	0.011
Intervention	-0.749	[-5.212, 3.714]	0.742
Log time * intervention	0.030	[-0.552, 0.612]	0.920
Linear time * intervention	0.910	[-3.185, 5.004]	0.663
Weight loss >10%			
Intercept	-5.575	[-8.541, -2.609]	<0.001
Linear time	-0.239	[-0.728, 0.250]	0.337
Logarithmic time	2.288	[-0.631, 5.207]	0.124
Intervention	-1.024	[-5.314, 3.265]	0.639
Log time * intervention	0.017	[-0.620, 0.654]	0.959
Log time * intervention	0.780	[-3.290, 4.850]	0.707
BMI loss >5%			
Intercept	-6.109	[-9.297, -2.921]	<0.001
Linear time	-0.502	[-0.929, -0.076]	0.021
Logarithmic time	4.236	[0,298, 7.174]	0.005
Intervention	-0.957	[-5.617, 3.702]	0.687
Log time * intervention	0.099	[-0.505, 0.702]	0.748
Linear time * intervention	0.681	[-3.604, 4.966]	0.755
BMI loss >10%			
Intercept	-5.507	[-8.448, -2.566]	<0.001
Linear time	-0.242	[-0.727, 0.243]	0.328
Logarithmic time	2.279	[-0.623, 5.180]	0.123
Intervention	-1.234	[-5.715, 3.246]	0.588
Log time * intervention	0.014	[-0.634, 0.662]	0.966
Log time * intervention	0.882	[-3.335, 5.099]	0.681
BMI loss >4 kg/m²			
Intercept	-5.393	[-8.590, -2.196]	0.001
Linear time	0.007	[-0.554, 0.567]	0.981
Logarithmic time	0.878	[-2.412, 4.168]	0.600
Intervention	-1.765	[-6.886, 3.357]	0.498
Log time * intervention	-0.340	[-1.094, 0.414]	0.376
Log time * intervention	2.733	[-2.162, 7.627]	0.273

Supplemental table 2 [Multilevel linear regression analyses of weight and BMI]

Weight	Estimate	[95% CI]	P-value
Intercept	89.494	[85.511, 93.479]	<0.001
Linear time	-0.055	[-0.270, 0.161]	0.619
Logarithmic time	-0.695	[-1.812, -0.423]	0.221
Intervention	5.635	[0.918, 10.353]	0.018
Linear time * intervention	-0.026	[-0.308, 0.255]	0.834
Log time * intervention	-1.419	[-2.845, 0.007]	0.051

BMI	Estimate	[95% CI]	P-value
Intercept	32.628	[31.373, 33.932]	<0.001
Linear time	-0.029	[-0.108, 0.050]	0.470
Logarithmic time	-0.221	[-0.622, -0.181]	0.279
Intervention	1.843	[0.338, 3.347]	0.017
Linear time * intervention	0.006	[-0.097, 0.108]	0.915
Log time * intervention	-0.522	[-1.034, -0.010]	0.046