

Table 1A. Estimated means (EM) and confidence interval (CI) of BMI, HOMA-IR, physical activity expressed as Baecke sport- and Baecke leisure scores, eating behavior variables (TFEQ), sleep characteristics (PSQI, ESS, Sleep duration), stress (PSS) and total mood-disturbance (POMS-tmd), as determined by mixed modeling analysis for women (n=1478) throughout the PREVIEW lifestyle intervention study

	Baseline (n=1478)		6 months (n=1011)		Year 1 (n=815)		Year 2 (n=658)		Year 3 (n=610)	
	EM	95% CI	EM	95% CI	EM	95% CI	EM	95% CI	EM	95% CI
BMI (kg/m²)	36	33.75-38.24	32.06*	29.8-34.3	33.11*	30.8-35.35	34.17*	31.93-36.41	34.78*	32.54-37.02
HOMA-IR	3.52	3.33-3.72	2.28*	2.08-2.47	2.51*	2.32-2.7	2.82*	2.62-3.02	3.13*	2.92-3.33
Baecke_sport	2.1	1.83-2.37	2.5*	2.22-2.77	2.47*	2.2-2.74	2.42*	2.25-2.69	2.41*	2.14-2.68
Baecke_leisure	2.53	2.31-2.74	2.88*	2.67-3.1	2.81*	2.6-3.03	2.81*	2.59-3.02	2.77*	2.56-2.98
Accelerometers Counts (Cpm)	289	269-309	319*	300-339.3	313*	293-332	306*	286-326	288	268-308
TFEQ-F1	8.3	7.4-9.3	13.6*	12.6-14.5	12.91*	11.9-13.85	12.21*	11.27-13.15	11.83*	10.89-12.77
TFEQ-F2	9.6	9.12-10.18	7.7*	7.24-8.31	8.31*	7.78-8.84	8.6*	8.11-9.17	8.66*	8.13-9.2
TFEQ-F3	7.21	6.63-7.79	5.2*	4.64-5.8	5.69*	5.11-6.26	6.0*	5.42-6.57	6.0*	5.42-6.58
PSQI	6.72	6.41-7.04	5.98*	5.67-6.3	6.43*	6.11-6.76	6.52	6.19-6.84	6.53	6.2-6.86
ESS	7.6	6.71-8.5	6.96*	6.07-7.86	7.03*	6.13-7.92	7.1*	6.21-8.0	7.1*	6.21-8.0
Sleep duration (min)	480.3	469-490	476.3	465-486	489	478-500	520.5*	509-531	483	472-494
PSS	14.98	13.21-16.58	15.0	13.3-16.6	15.9*	14.2-17.6	16.9*	15.2-18.6	16.5*	14.8-18.2
POMS tmd	20.64	15.3-25.9	17.5*	12.2-22.8	17.8*	12.5-23.1	17.4*	12.0-22.7	19.9	14.6-25.3

BMI (Body Mass Index); HOMA-IR (Homeostatic Model Assessment for Insulin resistance); BAECKE Sport (Baecke Physical Activity Questionnaire Sport); BAECKE Leisure ((Baecke Physical Activity Questionnaire Leisure); TFEQ-F1 (Three Factor Eating Questionnaire cognitive restraint); TFEQ-F2 (Three Factor Eating Questionnaire disinhibition); TFEQ-F3 (Three Factor Eating Questionnaire hunger); PSQI (Pittsburgh sleep quality index); ESS (Epworth sleepiness scale); Cpm (Counts per minute activity assessed with accelerometry); PSS (Perceived Stress Scale); POMS tmd (Profile of Mood Scores Total Mood Disturbance). *significantly different from baseline at p<0.05

Table 1B. Estimated means (EM) and confidence interval (CI) of BMI, HOMA-IR, physical activity expressed as Baecke sport- and Baecke leisure scores, eating behavior variables (TFEQ), sleep characteristics (PSQI, ESS, Sleep duration), stress (PSS) and total mood-disturbance (POMS-tmd), as determined by mixed modeling analysis for men (n=706) throughout the PREVIEW lifestyle intervention study

	Baseline (n=706)		6 months (n=534)		Year 1 (n=441)		Year 2 (n=372)		Year 3 (n=350)	
	EM	95% CI	EM	95% CI	EM	95% CI	EM	95% CI	EM	95% CI
BMI (kg/m²)	34.4	30.4-38.5	30.4*	26.3-34.5	31.2*	27.28-35.3	32.2*	28.2-36.2	32.5*	28.5-36.4
HOMA-IR	4.23	4.02-2.23	2.32*	2.31-2.54	2.77*	2.6-2.9	2.94*	2.78-3.1	3.1*	2.89-3.28
Baecke_sport	2.3	2.1-2.6	2.7*	2.4-3.0	2.7*	2.4-2.9	2.7*	2.4-2.9	2.7*	2.4-2.9
Baecke_leisure	2.6	2.3-2.9	2.9*	2.6-3.3	2.9*	2.6-3.3	2.9*	2.5-3.2	2.9*	2.5-3.3
Accelerometers Counts (Cpm)	298	238-357	348*	293-402	332*	280-385	325*	272-378	318*	267-368
TFEQ-F1	6.9	6.6-7.2	13.4*	13.1-13.7	12.8*	12.4-13.1	11.9*	11.6-12.4	11.9*	11.6-12.4
TFEQ-F2	8.0	6.8-9.2	6.5*	5.3-7.6	6.7*	5.5-7.7	6.8*	5.7-7.9	6.7*	5.6-7.8
TFEQ-F3	6.6	5.7-7.6	4.7*	3.7-5.5	4.9*	4.1-5.7	4.9*	4.2-5.7	5.0*	4.2-5.8
PSQI	6.1	5.3-6.7	5.3*	4.5-6.0	5.5*	4.8-6.2	5.8*	5.1-6.4	5.6*	4.9-6.2
ESS	8.1	5.8-10.5	7.2*	4.9-9.6	7.4*	5.1-9.7	7.3*	5.0-9.5	7.5*	5.3-9.8
Sleep duration (min)	475.3	432-517	472	431-512	484	446-522	511*	474-549	500*	464-537
PSS	12.4	8.4-16.3	12.3	8.4-16.2	12.6*	8.7-16.5	14.1*	10.4-17.8	13.0*	9.2-16.8
POMS tmd	14.1	5.3-22.9	11.9*	3.3-20.5	14.3	6.7-21.9	13.3	5.5-21.1	14.4	6.8-21.9

BMI (Body Mass Index); HOMA-IR (Homeostatic Model Assessment for Insulin resistance); BAECKE Sport (Baecke Physical Activity Questionnaire Sport); BAECKE Leisure ((Baecke Physical Activity Questionnaire Leisure); TFEQ-F1 (Three Factor Eating Questionnaire cognitive restraint); TFEQ-F2 (Three Factor Eating Questionnaire disinhibition); TFEQ-F3 (Three Factor Eating Questionnaire hunger); PSQI (Pittsburgh sleep quality index); ESS (Epworth sleepiness scale); Cpm (Counts per minute activity assessed with accelerometry); PSS (Perceived Stress Scale); POMS tmd (Profile of Mood Scores Total Mood Disturbance). *significantly different from baseline at p<0.05.