Appendix 1

Additional contribution

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PREMIT behaviour modification intervention: Daniela Kahlert and Annelie Unyi-Reicherz (University of Stuttgart, Germany).

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Appendix 2

Table A2

Participant characteristics for infrequent, frequent, and very frequent PREMIT attenders with group differences

Variables	*PREMIT infrequent attenders (n =228)*	*PREMIT frequent attenders (n =449)*	*PREMIT very frequent attenders (n = 285)*	**Significant differences**
Age (*M ± SD*)*	52.6 ± 10.3	54.8 ± 9.6	56.6 ± 10.3	Overall significant differences $(F_{\text{Welch}}(2, 527) = 9.6, p < .008, \omega^{2} = .02$, small effect) Very frequent attenders significantly older than others $(M_{\text{Diff}} = -4.0, p \le .008, d_{\text{Cohen}} = .2$, small effect)
BMI (*M ± SD*)				
Week 26 Start of maintenance stage	29.7 ± 4.9 (n = 225)	29.6 ±4.9 (n = 447)	29.0 ± 5.0 (n = 285)	
Week 52 End of early maintenance stage	30.6 ± 5.3 (n =215)	30.5 ± 5.2 (n = 439)	29.6 ± 5.5 (n = 284)	No significant differences
Week 104 End of middle maintenance stage	31.2 ± 5.4 (n = 207)	31.6 ± 5.5 (n = 433)	30.5 ± 5.5 (n = 278)	
Week 156 End of late maintenance stage	32.0 ± 5. (n = 228)	32.3 ± 5.6 (n = 440)	31.1 ± 5.8 (n = 285)	
Sex Female (%)	147 (64.5)	295 (65.7)	177 (62.1)	NS

Male (%)	81 (35.5)	154 (34.3)	108 (37.9)	
Ethnicity				
Caucasian (%)	203 (89.0)	417 (92.9)	271 (95.1)	NS
Other (%)	25 (11.0)	32 (7.1)	14 (4.9)	
Employment *				Overall significant differences $(\chi^2(6) = 48.3, p \leq .008,$ Cramer's $V = .16$, medium effect)
In Study / Employment (%)	156 (68.4)	284 (63.3)	150 (52.6)	
Economically not active (%)	23 (10.1)	47 (10.5)	13 (4.6)	
Retired (%)	30 (13.2)	79 (17.6)	100 (35.1)	Very frequent attenders were significantly more likely to be retired (Residual$_{standardised}$ 4.8)
Other (%) **	19 (8.3)	39 (8.7)	22 (7.7)	Infrequent attenders were significantly more likely to be employed (Residual$_{standardised}$ − 2.8)
Marital status				
Married / Civil Partnership (%)	173 (75.9)	337 (75.1)	204 (71.6)	
Divorced / widowed / separated (%)	30 (13.2)	62 (13.8)	42 (14.7)	No significant differences
Single / other (%) **	25 (11.0)	50 (11.1)	39 (137)	
Household size*				
One adult (%)	36 (15.8)	84 (18.7)	57 (20.0)	
Two adults (%)	104 (45.6)	220 (49.0)	129 (45.3)	No significant differences
Three or more adults (%)	31 (13.6)	63 (14.0)	55 (19.3)	

One adult, one or more children (%)	1 (0.4)	4 (0.9)	--	
Two adults, one or more children (%)	52 (22.8)	71 (15.8)	35 (12.3)	
Three or more adults, one or more children (%)	4 (1.8)	7 (1.6)	9 (3.2)	

Note. *At the start of the trial, ** Includes missing values, ***Adult ≤ 18 years old, Cell values with < 5 values not shown