FFIT FOLLOW UP

Addendum Mediators Report

Version 3.2

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Executive Summary

Title
 FFIT FU: Football Fans in Training Follow Up - Potential Mediators For Change in Weight.

Description
  FFIT FU is a longitudinal, follow-up study of men who were aged 35-65 with BMI at least 28kg/m2 at the start of the FFIT randomised controlled trial. Follow up visit is approximately 3.5 years post randomisation in the RCT

Objective
  Additional mediator analyses for each mediator (if applicable):
  1.   Intervention group only.   The outcome is change in weight from baseline to 12 months and the mediator is change from baseline to 12 weeks mediator value.
  2.   Intervention group only.   The outcome is change in weight from baseline to 12 months and the mediator is change from baseline to 12 months mediator value (or the value at 12 months if not measured at baseline).
  3.   Whole analysis population. The outcome is change in weight from baseline to 3.5 years and the mediator is the value at 3.5 years.
  4.   Intervention group only.   The outcome is change in weight from baseline to 3.5 years and the mediator is change from baseline to 12 weeks mediator value.
  5.   Intervention group only.   The outcome is change in weight from baseline to 3.5 years and the mediator is change from baseline to 12 month mediator value (or the value at 12 months if not measured at baseline).

Note
  A few mediators were recorded at 3.5 years but asks about situations at 12 months. These mediators are analyzed using models 2,3 and 5 (above).

Table 1
Self-Reported Total Physical Activity as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=220)	**Change in Weight at 12 months, Change in MET TOTAL at 12 Weeks**		
	Change in MET TOTAL (min/week)	-0.0002 (-0.0004, 0.0001)	0.186
Intervention Group Only (N=228)	**Change in Weight at 12 months, Change in MET TOTAL at 12 Months**		
	Change in MET TOTAL (min/week)	-0.0003 (-0.0005, -0.0001)	0.002
Whole Analysis Population (N=445)	**Change in Weight at 3.5 Yrs, Change in MET TOTAL at 3.5 Yrs**		
	Change in MET TOTAL (min/week)	-0.0002 (-0.0004, -0.0001)	0.002
Intervention Group Only (N=220)	**Change in Weight at 3.5 Yrs, Change in MET TOTAL at 12 Weeks**		
	Change in MET TOTAL (min/week)	-0.0001 (-0.0003, 0.0002)	0.510
Intervention Group Only (N=228)	**Change in Weight at 3.5 Yrs, Change in MET TOTAL at 12 Months**		
	Change in MET TOTAL (min/week)	-0.0003 (-0.0005, -0.0001)	0.010

Note: Model also includes baseline weight as fixed effect.

Table 2
Self-Reported Vigorous Physical Activity as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=220)	**Change in Weight at 12 months, Change in MET Vigorous at 12 Weeks**		
	Change in MET Vigorous (min/week)	-0.0001 (-0.0004, 0.0002)	0.465
Intervention Group Only (N=228)	**Change in Weight at 12 months, Change in MET Vigorous at 12 Months**		
	Change in MET Vigorous (min/week)	-0.0005 (-0.0007, -0.0002)	0.002
Whole Analysis Population (N=445)	**Change in Weight at 3.5 Yrs, Change in MET Vigorous at 3.5 Yrs**		
	Change in MET Vigorous (min/week)	-0.0002 (-0.0004, 0.0000)	0.051
Intervention Group Only (N=220)	**Change in Weight at 3.5 Yrs, Change in MET Vigorous at 12 Weeks**		
	Change in MET Vigorous (min/week)	0.0000 (-0.0003, 0.0003)	0.965
Intervention Group Only (N=228)	**Change in Weight at 3.5 Yrs, Change in MET Vigorous at 12 Months**		
	Change in MET Vigorous (min/week)	-0.0004 (-0.0008, -0.0001)	0.007

Note: Model also includes baseline weight as fixed effect.

Table 3
Self-Reported Moderate Physical Activity as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=220)	**Change in Weight at 12 months, Change in MET Moderate at 12 Weeks**		
	Change in MET Moderate (min/week)	-0.0001 (-0.0007, 0.0005)	0.730
Intervention Group Only (N=228)	**Change in Weight at 12 months, Change in MET Moderate at 12 Months**		
	Change in MET Moderate (min/week)	-0.0004 (-0.0009, 0.0002)	0.185
Whole Analysis Population (N=445)	**Change in Weight at 3.5 Yrs, Change in MET Moderate at 3.5 Yrs**		
	Change in MET Moderate (min/week)	-0.0002 (-0.0005, 0.0002)	0.343
Intervention Group Only (N=220)	**Change in Weight at 3.5 Yrs, Change in MET Moderate at 12 Weeks**		
	Change in MET Moderate (min/week)	-0.0002 (-0.0008, 0.0005)	0.593
Intervention Group Only (N=228)	**Change in Weight at 3.5 Yrs, Change in MET Moderate at 12 Months**		
	Change in MET Moderate (min/week)	-0.0005 (-0.0011, 0.0001)	0.126

Note: Model also includes baseline weight as fixed effect.

Table 4
Self-Reported Walking as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=220)	**Change in Weight at 12 months, Change in MET Walking at 12 Weeks**		
	Change in MET Walking (min/week)	-0.0007 (-0.0014, 0.0000)	0.058
Intervention Group Only (N=228)	**Change in Weight at 12 months, Change in MET Walking at 12 Months**		
	Change in MET Walking (min/week)	-0.0004 (-0.0009, 0.0001)	0.145
Whole Analysis Population (N=445)	**Change in Weight at 3.5 Yrs, Change in MET Walking at 3.5 Yrs**		
	Change in MET Walking (min/week)	-0.0007 (-0.0011, -0.0003)	<0.001
Intervention Group Only (N=220)	**Change in Weight at 3.5 Yrs, Change in MET Walking at 12 Weeks**		
	Change in MET Walking (min/week)	-0.0006 (-0.0014, 0.0002)	0.132
Intervention Group Only (N=228)	**Change in Weight at 3.5 Yrs, Change in MET Walking at 12 Months**		
	Change in MET Walking (min/week)	-0.0002 (-0.0008, 0.0004)	0.540

Note: Model also includes baseline weight as fixed effect.

Table 5
Truncated Self-Reported Total Physical Activity as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=220)	**Change in Weight at 12 months, Change in Truncated MET TOTAL at 12 Weeks**		
	Change in Truncated MET TOTAL (min/week)	-0.0003 (-0.0006, 0.0001)	0.129
Intervention Group Only (N=228)	**Change in Weight at 12 months, Change in Truncated MET TOTAL at 12 Months**		
	Change in Truncated MET TOTAL (min/week)	-0.0006 (-0.0009, -0.0003)	<0.001
Whole Analysis Population (N=445)	**Change in Weight at 3.5 Yrs, Change in Truncated MET TOTAL at 3.5 Yrs**		
	Change in Truncated MET TOTAL (min/week)	-0.0005 (-0.0008, -0.0003)	<0.001
Intervention Group Only (N=220)	**Change in Weight at 3.5 Yrs, Change in Truncated MET TOTAL at 12 Weeks**		
	Change in Truncated MET TOTAL (min/week)	-0.0002 (-0.0006, 0.0002)	0.303
Intervention Group Only (N=228)	**Change in Weight at 3.5 Yrs, Change in Truncated MET TOTAL at 12 Months**		
	Change in Truncated MET TOTAL (min/week)	-0.0004 (-0.0008, -0.0001)	0.014

Note: Model also includes baseline weight as fixed effect.

Table 6
Truncated Self-Reported Vigorous Physical Activity as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=220)	**Change in Weight at 12 months, Change in Truncated MET Vigorous at 12 Weeks**		
	Change in Truncated MET Vigorous (min/week)	-0.0002 (-0.0008, 0.0003)	0.369
Intervention Group Only (N=228)	**Change in Weight at 12 months, Change in Truncated MET Vigorous at 12 Months**		
	Change in Truncated MET Vigorous (min/week)	-0.0009 (-0.0014, -0.0004)	<0.001
Whole Analysis Population (N=445)	**Change in Weight at 3.5 Yrs, Change in Truncated MET Vigorous at 3.5 Yrs**		
	Change in Truncated MET Vigorous (min/week)	-0.0005 (-0.0009, -0.0001)	0.011
Intervention Group Only (N=220)	**Change in Weight at 3.5 Yrs, Change in Truncated MET Vigorous at 12 Weeks**		
	Change in Truncated MET Vigorous (min/week)	-0.0001 (-0.0007, 0.0004)	0.682
Intervention Group Only (N=228)	**Change in Weight at 3.5 Yrs, Change in Truncated MET Vigorous at 12 Months**		
	Change in Truncated MET Vigorous (min/week)	-0.0006 (-0.0012, -0.0001)	0.024

Note: Model also includes baseline weight as fixed effect.

Table 7
Truncated Self-Reported Moderate Physical Activity as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=220)	**Change in Weight at 12 months, Change in Truncated MET Moderate at 12 Weeks**		
	Change in Truncated MET Moderate (min/week)	-0.0001 (-0.0010, 0.0008)	0.811
Intervention Group Only (N=228)	**Change in Weight at 12 months, Change in Truncated MET Moderate at 12 Months**		
	Change in Truncated MET Moderate (min/week)	-0.0006 (-0.0014, 0.0002)	0.150
Whole Analysis Population (N=445)	**Change in Weight at 3.5 Yrs, Change in Truncated MET Moderate at 3.5 Yrs**		
	Change in Truncated MET Moderate (min/week)	-0.0006 (-0.0012, 0.0000)	0.069
Intervention Group Only (N=220)	**Change in Weight at 3.5 Yrs, Change in Truncated MET Moderate at 12 Weeks**		
	Change in Truncated MET Moderate (min/week)	-0.0001 (-0.0010, 0.0009)	0.885
Intervention Group Only (N=228)	**Change in Weight at 3.5 Yrs, Change in Truncated MET Moderate at 12 Months**		
	Change in Truncated MET Moderate (min/week)	-0.0006 (-0.0015, 0.0003)	0.183

Note: Model also includes baseline weight as fixed effect.

Table 8
Truncated Self-Reported Walking as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=220)	**Change in Weight at 12 months, Change in Truncated MET Walking at 12 Weeks**		
	Change in Truncated MET Walking (min/week)	-0.0010 (-0.0019, -0.0001)	0.029
Intervention Group Only (N=228)	**Change in Weight at 12 months, Change in Truncated MET Walking at 12 Months**		
	Change in Truncated MET Walking (min/week)	-0.0009 (-0.0017, -0.0001)	0.037
Whole Analysis Population (N=445)	**Change in Weight at 3.5 Yrs, Change in Truncated MET Walking at 3.5 Yrs**		
	Change in Truncated MET Walking (min/week)	-0.0013 (-0.0019, -0.0007)	<0.001
Intervention Group Only (N=220)	**Change in Weight at 3.5 Yrs, Change in Truncated MET Walking at 12 Weeks**		
	Change in Truncated MET Walking (min/week)	-0.0009 (-0.0019, 0.0001)	0.065
Intervention Group Only (N=228)	**Change in Weight at 3.5 Yrs, Change in Truncated MET Walking at 12 Months**		
	Change in Truncated MET Walking (min/week)	-0.0005 (-0.0015, 0.0004)	0.254

Note: Model also includes baseline weight as fixed effect.

Table 9
Self reported Sitting Time as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=167)	**Change in Weight at 12 months, Change in Sit Time at 12 Weeks**		
	Change in Sitting Time (min/day)	0.0030 (-0.0029, 0.0089)	0.315
Intervention Group Only (N=177)	**Change in Weight at 12 months, Change in Sit Time at 12 Months**		
	Change in Sitting Time (min/day)	0.0071 (0.0017, 0.0125)	0.010
Whole Analysis Population (N=360)	**Change in Weight at 3.5 Yrs, Change in Sit Time at 3.5 Yrs**		
	Change in Sitting Time (min/day)	0.0037 (0.0001, 0.0073)	0.043
Intervention Group Only (N=167)	**Change in Weight at 3.5 Yrs, Change in Sit Time at 12 Weeks**		
	Change in Sitting Time (min/day)	0.0015 (-0.0042, 0.0072)	0.602
Intervention Group Only (N=177)	**Change in Weight at 3.5 Yrs, Change in Sit Time at 12 Months**		
	Change in Sitting Time (min/day)	0.0008 (-0.0054, 0.0070)	0.800

Note: Model also includes baseline weight as fixed effect.

Table 10
DINE Fatty Food Score as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=223)	**Change in Weight at 12 months, Change in Fatty Food Score at 12 Weeks**		
	Change in DINE Fatty Food Score	0.1450 (0.0059, 0.2840)	0.041
Intervention Group Only (N=233)	**Change in Weight at 12 months, Change in Fatty Food Score at 12 Months**		
	Change in DINE Fatty Food Score	0.1127 (-0.0254, 0.2507)	0.109
Whole Analysis Population (N=450)	**Change in Weight at 3.5 Yrs, Change in Fatty Food Score at 3.5 Yrs**		
	Change in DINE Fatty Food Score	0.2247 (0.1121, 0.3373)	<0.001
Intervention Group Only (N=223)	**Change in Weight at 3.5 Yrs, Change in Fatty Food Score at 12 Weeks**		
	Change in DINE Fatty Food Score	0.0092 (-0.1419, 0.1602)	0.905
Intervention Group Only (N=233)	**Change in Weight at 3.5 Yrs, Change in Fatty Food Score at 12 Months**		
	Change in DINE Fatty Food Score	0.0999 (-0.0533, 0.2530)	0.200

Note: Model also includes baseline weight as fixed effect.

Table 11
DINE Sugary Food Score as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=223)	**Change in Weight at 12 months, Change in Sugary Food Score at 12 Weeks**		
	Change in DINE Sugary Food Score	0.4107 (0.0496, 0.7718)	0.026
Intervention Group Only (N=233)	**Change in Weight at 12 months, Change in Sugary Food Score at 12 Months**		
	Change in DINE Sugary Food Score	0.5394 (0.2184, 0.8604)	0.001
Whole Analysis Population (N=450)	**Change in Weight at 3.5 Yrs, Change in Sugary Food Score at 3.5 Yrs**		
	Change in DINE Sugary Food Score	0.4351 (0.1465, 0.7237)	0.003
Intervention Group Only (N=223)	**Change in Weight at 3.5 Yrs, Change in Sugary Food Score at 12 Weeks**		
	Change in DINE Sugary Food Score	0.2242 (-0.1677, 0.6160)	0.261
Intervention Group Only (N=233)	**Change in Weight at 3.5 Yrs, Change in Sugary Food Score at 12 Months**		
	Change in DINE Sugary Food Score	0.1376 (-0.2246, 0.4998)	0.455

Note: Model also includes baseline weight as fixed effect.

Table 12
DINE Fruits and Vegetable Score as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=223)	**Change in Weight at 12 months, Change in Fruits and Vegetable Score at 12 Weeks**		
	Change in DINE Fruits and Vegetable Score	-0.8996 (-1.4163, -0.3830)	<0.001
Intervention Group Only (N=233)	**Change in Weight at 12 months, Change in Fruits and Vegetable Score at 12 Months**		
	Change in DINE Fruits and Vegetable Score	-0.9800 (-1.4467, -0.5133)	<0.001
Whole Analysis Population (N=450)	**Change in Weight at 3.5 Yrs, Change in Fruits and Vegetable Score at 3.5 Yrs**		
	Change in DINE Fruits and Vegetable Score	-0.7273 (-1.1165, -0.3382)	<0.001
Intervention Group Only (N=223)	**Change in Weight at 3.5 Yrs, Change in Fruits and Vegetable Score at 12 Weeks**		
	Change in DINE Fruits and Vegetable Score	-0.2113 (-0.7803, 0.3577)	0.465
Intervention Group Only (N=233)	**Change in Weight at 3.5 Yrs, Change in Fruits and Vegetable Score at 12 Months**		
	Change in DINE Fruits and Vegetable Score	-0.3467 (-0.8792, 0.1858)	0.201

Note: Model also includes baseline weight as fixed effect.

Table 13
Cheese Portion Size as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=190)	**Change in Weight at 12 months, Change in Cheese Portion Size at 12 Weeks**		
	Change in Cheese Portion Size	0.3552 (-0.1525, 0.8629)	0.169
Intervention Group Only (N=201)	**Change in Weight at 12 months, Change in Cheese Portion Size at 12 Months**		
	Change in Cheese Portion Size	0.3575 (-0.1463, 0.8613)	0.163
Whole Analysis Population (N=424)	**Change in Weight at 3.5 Yrs, Change in Cheese Portion Size at 3.5 Yrs**		
	Change in Cheese Portion Size	0.4595 (0.0805, 0.8384)	0.018
Intervention Group Only (N=190)	**Change in Weight at 3.5 Yrs, Change in Cheese Portion Size at 12 Weeks**		
	Change in Cheese Portion Size	0.3314 (-0.2053, 0.8681)	0.225
Intervention Group Only (N=201)	**Change in Weight at 3.5 Yrs, Change in Cheese Portion Size at 12 Months**		
	Change in Cheese Portion Size	0.0500 (-0.5452, 0.6452)	0.868

Note: Model also includes baseline weight as fixed effect.

Table 14
Meat Portion Size as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=203)	**Change in Weight at 12 months, Change in Meat Portion Size at 12 Weeks**		
	Change in Meat Portion Size	0.9984 (0.3108, 1.6860)	0.005
Intervention Group Only (N=225)	**Change in Weight at 12 months, Change in Meat Portion Size at 12 Months**		
	Change in Meat Portion Size	1.1913 (0.5243, 1.8583)	<0.001
Whole Analysis Population (N=442)	**Change in Weight at 3.5 Yrs, Change in Meat Portion Size at 3.5 Yrs**		
	Change in Meat Portion Size	0.7169 (0.2101, 1.2236)	0.006
Intervention Group Only (N=203)	**Change in Weight at 3.5 Yrs, Change in Meat Portion Size at 12 Weeks**		
	Change in Meat Portion Size	0.1799 (-0.5079, 0.8677)	0.606
Intervention Group Only (N=225)	**Change in Weight at 3.5 Yrs, Change in Meat Portion Size at 12 Months**		
	Change in Meat Portion Size	0.3842 (-0.3697, 1.1380)	0.316

Note: Model also includes baseline weight as fixed effect.

Table 15
Pasta Portion Size as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=204)	**Change in Weight at 12 months, Change in Pasta Portion Size at 12 Weeks**		
	Change in Pasta Portion Size	0.7320 (0.0928, 1.3712)	0.025
Intervention Group Only (N=213)	**Change in Weight at 12 months, Change in Pasta Portion Size at 12 Months**		
	Change in Pasta Portion Size	0.7345 (0.1425, 1.3266)	0.015
Whole Analysis Population (N=433)	**Change in Weight at 3.5 Yrs, Change in Pasta Portion Size at 3.5 Yrs**		
	Change in Pasta Portion Size	0.8602 (0.4014, 1.3191)	<0.001
Intervention Group Only (N=204)	**Change in Weight at 3.5 Yrs, Change in Pasta Portion Size at 12 Weeks**		
	Change in Pasta Portion Size	-0.0445 (-0.6734, 0.5845)	0.889
Intervention Group Only (N=213)	**Change in Weight at 3.5 Yrs, Change in Pasta Portion Size at 12 Months**		
	Change in Pasta Portion Size	0.1045 (-0.5402, 0.7492)	0.750

Note: Model also includes baseline weight as fixed effect.

Table 16
Chips Portion Size as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=165)	**Change in Weight at 12 months, Change in Chips Portion Size at 12 Weeks**		
	Change in Chips Portion Size	0.6031 (-0.0001, 1.2062)	0.050
Intervention Group Only (N=194)	**Change in Weight at 12 months, Change in Chips Portion Size at 12 Months**		
	Change in Chips Portion Size	0.8143 (0.2142, 1.4143)	0.008
Whole Analysis Population (N=423)	**Change in Weight at 3.5 Yrs, Change in Chips Portion Size at 3.5 Yrs**		
	Change in Chips Portion Size	0.7275 (0.2783, 1.1768)	0.002
Intervention Group Only (N=165)	**Change in Weight at 3.5 Yrs, Change in Chips Portion Size at 12 Weeks**		
	Change in Chips Portion Size	0.0211 (-0.5775, 0.6198)	0.944
Intervention Group Only (N=194)	**Change in Weight at 3.5 Yrs, Change in Chips Portion Size at 12 Months**		
	Change in Chips Portion Size	0.3203 (-0.3445, 0.9851)	0.343

Note: Model also includes baseline weight as fixed effect.

Table 17
Eating breakfast as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=223)	**Change in Weight at 12 months, Change in Eating breakfast at 12 Weeks**		
	Change in Eating breakfast (1 category up)	-0.3445 (-1.4869, 0.7978)	0.553
Intervention Group Only (N=232)	**Change in Weight at 12 months, Change in Eating breakfast at 12 Months**		
	Change in Eating breakfast (1 category up)	-1.3071 (-2.4456, -0.1686)	0.025
Whole Analysis Population (N=450)	**Change in Weight at 3.5 Yrs, Change in Eating breakfast at 3.5 Yrs**		
	Change in Eating breakfast (1 category up)	-0.8563 (-1.7564, 0.0437)	0.062
Intervention Group Only (N=223)	**Change in Weight at 3.5 Yrs, Change in Eating breakfast at 12 Weeks**		
	Change in Eating breakfast (1 category up)	-0.7115 (-1.9387, 0.5158)	0.254
Intervention Group Only (N=232)	**Change in Weight at 3.5 Yrs, Change in Eating breakfast at 12 Months**		
	Change in Eating breakfast (1 category up)	-0.6803 (-1.9428, 0.5821)	0.289

Note: Model also includes baseline weight as fixed effect.

Note: Analysed as continuous, categories are 1=no times, 2=1-2 times, 3=3-5 times 4=>6 times.

Table 18
Alcohol consumption as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=223)	**Change in Weight at 12 months, Change in Alcohol consumption at 12 Weeks**		
	Change in Total alcohol consumption (units/week)	0.0470 (-0.0316, 0.1256)	0.239
Intervention Group Only (N=233)	**Change in Weight at 12 months, Change in Alcohol consumption at 12 Months**		
	Change in Total alcohol consumption (units/week)	0.0016 (-0.0789, 0.0820)	0.969
Whole Analysis Population (N=440)	**Change in Weight at 3.5 Yrs, Change in Alcohol consumption at 3.5 Yrs**		
	Change in Total alcohol consumption (units/week)	0.0066 (-0.0518, 0.0650)	0.824
Intervention Group Only (N=223)	**Change in Weight at 3.5 Yrs, Change in Alcohol consumption at 12 Weeks**		
	Change in Total alcohol consumption (units/week)	0.0795 (-0.0045, 0.1636)	0.064
Intervention Group Only (N=233)	**Change in Weight at 3.5 Yrs, Change in Alcohol consumption at 12 Months**		
	Change in Total alcohol consumption (units/week)	0.0126 (-0.0761, 0.1013)	0.780

Note: Model also includes baseline weight as fixed effect.

Table 19
Negative affect PANAS as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=222)	**Change in Weight at 12 months, Change in Negative PANAS at 12 Weeks**		
	Change in Negative affect PANAS [normalized]	1.3977 (-0.8005, 3.5959)	0.211
Intervention Group Only (N=231)	**Change in Weight at 12 months, Change in Negative PANAS at 12 Months**		
	Change in Negative affect PANAS [normalized]	0.3383 (-1.6525, 2.3291)	0.738
Whole Analysis Population (N=451)	**Change in Weight at 3.5 Yrs, Change in Negative PANAS at 3.5 Yrs**		
	Change in Negative affect PANAS [normalized]	0.2247 (-1.3820, 1.8313)	0.784
Intervention Group Only (N=222)	**Change in Weight at 3.5 Yrs, Change in Negative PANAS at 12 Weeks**		
	Change in Negative affect PANAS [normalized]	1.3114 (-1.0251, 3.6478)	0.270
Intervention Group Only (N=231)	**Change in Weight at 3.5 Yrs, Change in Negative PANAS at 12 Months**		
	Change in Negative affect PANAS [normalized]	0.5440 (-1.6401, 2.7281)	0.624

Note: Model also includes baseline weight as fixed effect.

Table 20
Positive affect PANAS as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=222)	**Change in Weight at 12 months, Change in Positive PANAS at 12 Weeks**		
	Change in Positive affect PANAS [normalized]	-2.4574 (-3.8774, -1.0373)	<0.001
Intervention Group Only (N=231)	**Change in Weight at 12 months, Change in Positive PANAS at 12 Months**		
	Change in Positive affect PANAS [normalized]	-3.9208 (-5.3610, -2.4805)	<0.001
Whole Analysis Population (N=451)	**Change in Weight at 3.5 Yrs, Change in Positive PANAS at 3.5 Yrs**		
	Change in Positive affect PANAS [normalized]	-2.0961 (-3.2084, -0.9838)	<0.001
Intervention Group Only (N=222)	**Change in Weight at 3.5 Yrs, Change in Positive PANAS at 12 Weeks**		
	Change in Positive affect PANAS [normalized]	-0.7604 (-2.3048, 0.7840)	0.333
Intervention Group Only (N=231)	**Change in Weight at 3.5 Yrs, Change in Positive PANAS at 12 Months**		
	Change in Positive affect PANAS [normalized]	-2.2114 (-3.8693, -0.5536)	0.009

Note: Model also includes baseline weight as fixed effect.

Table 21
Rosenberg Self-Esteem Scale as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=223)	**Change in Weight at 12 months, Change in Rosenberg Score at 12 Weeks**		
	Change in Rosenberg Self-Esteem Scale [normalized]	-3.3820 (-5.9909, -0.7731)	0.011
Intervention Group Only (N=231)	**Change in Weight at 12 months, Change in Rosenberg Score at 12 Months**		
	Change in Rosenberg Self-Esteem Scale [normalized]	-4.2664 (-6.9012, -1.6316)	0.002
Whole Analysis Population (N=451)	**Change in Weight at 3.5 Yrs, Change in Rosenberg Score at 3.5 Yrs**		
	Change in Rosenberg Self-Esteem Scale [normalized]	-4.7790 (-6.6510, -2.9070)	<0.001
Intervention Group Only (N=223)	**Change in Weight at 3.5 Yrs, Change in Rosenberg Score at 12 Weeks**		
	Change in Rosenberg Self-Esteem Scale [normalized]	-2.5157 (-5.3448, 0.3133)	0.081
Intervention Group Only (N=231)	**Change in Weight at 3.5 Yrs, Change in Rosenberg Score at 12 Months**		
	Change in Rosenberg Self-Esteem Scale [normalized]	-2.9028 (-5.8447, 0.0391)	0.053

Note: Model also includes baseline weight as fixed effect.

Table 22
SF12 physical HRQoL as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=221)	**Change in Weight at 12 months, Change in SF12 Physical at 12 Weeks**		
	Change in SF12 physical HRQoL	-0.1518 (-0.3074, 0.0037)	0.056
Intervention Group Only (N=230)	**Change in Weight at 12 months, Change in SF12 Physical at 12 Months**		
	Change in SF12 physical HRQoL	-0.2327 (-0.3620, -0.1034)	<0.001
Whole Analysis Population (N=448)	**Change in Weight at 3.5 Yrs, Change in SF12 Physical at 3.5 Yrs**		
	Change in SF12 physical HRQoL	-0.2343 (-0.3192, -0.1495)	<0.001
Intervention Group Only (N=221)	**Change in Weight at 3.5 Yrs, Change in SF12 Physical at 12 Weeks**		
	Change in SF12 physical HRQoL	-0.0891 (-0.2550, 0.0769)	0.291
Intervention Group Only (N=230)	**Change in Weight at 3.5 Yrs, Change in SF12 Physical at 12 Months**		
	Change in SF12 physical HRQoL	-0.1842 (-0.3284, -0.0400)	0.013

Note: Model also includes baseline weight as fixed effect.

Table 23
SF12 mental HRQoL as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=221)	**Change in Weight at 12 months, Change in SF12 Mental at 12 Weeks**		
	Change in SF12 mental HRQoL	-0.0590 (-0.1829, 0.0648)	0.348
Intervention Group Only (N=230)	**Change in Weight at 12 months, Change in SF12 Mental at 12 Months**		
	Change in SF12 mental HRQoL	-0.0637 (-0.1843, 0.0570)	0.299
Whole Analysis Population (N=448)	**Change in Weight at 3.5 Yrs, Change in SF12 Mental at 3.5 Yrs**		
	Change in SF12 mental HRQoL	-0.0072 (-0.0941, 0.0798)	0.871
Intervention Group Only (N=221)	**Change in Weight at 3.5 Yrs, Change in SF12 Mental at 12 Weeks**		
	Change in SF12 mental HRQoL	-0.0466 (-0.1781, 0.0848)	0.485
Intervention Group Only (N=230)	**Change in Weight at 3.5 Yrs, Change in SF12 Mental at 12 Months**		
	Change in SF12 mental HRQoL	-0.0381 (-0.1711, 0.0950)	0.573

Note: Model also includes baseline weight as fixed effect.

Table 24
Diet Relative Autonomous Motivation Index as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=446)	**Change in Weight at 3.5 Yrs, TSRQ Diet Index at 3.5 Yrs**		
	TSRQ diet relative autonomous motivation index	-0.7705 (-1.3612, -0.1798)	0.011

Note: Model also includes baseline weight as fixed effect.

Table 25
Diet Autonmous as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=446)	**Change in Weight at 3.5 Yrs, TSRQ Diet Autonmous at 3.5 Yrs**		
	TSRQ diet autonmous scale	-1.8112 (-2.4987, -1.1237)	<0.001

Note: Model also includes baseline weight as fixed effect.

Table 26
Diet Control as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=446)	**Change in Weight at 3.5 Yrs, TSRQ Diet Control at 3.5 Yrs**		
	TSRQ diet controlled scale	-0.5777 (-1.2094, 0.0539)	0.073

Note: Model also includes baseline weight as fixed effect.

Table 27
Diet Amotivation as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=446)	**Change in Weight at 3.5 Yrs, TSRQ Diet Amotivation at 3.5 Yrs**		
	TSRQ diet amotivation scale	0.7791 (0.0802, 1.4779)	0.029

Note: Model also includes baseline weight as fixed effect.

Table 28
Physical Activity Index as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	**P-Value**
Whole Analysis Population (N=446)	**Change in Weight at 3.5 Yrs, TSRQ PA Index at 3.5 Yrs**		
	TSRQ physical activity relative autonomous motivation index	-0.7390 (-1.2710, -0.2071)	0.007

Note: Model also includes baseline weight as fixed effect.

Table 29
Physical Activity Autonmous as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=446)	**Change in Weight at 3.5 Yrs, TSRQ PA Autonmous at 3.5 Yrs**		
	TSRQ physical activity autonmous scale	-1.4370 (-2.1208, -0.7531)	<0.001

Note: Model also includes baseline weight as fixed effect.

Table 30
Physical Activity Control as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=446)	**Change in Weight at 3.5 Yrs, TSRQ PA Control at 3.5 Yrs**		
	TSRQ physical activity controlled scale	-0.1521 (-0.7762, 0.4719)	0.632

Note: Model also includes baseline weight as fixed effect.

Table 31

Physical Activity Amotivation as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=446)	**Change in Weight at 3.5 Yrs, TSRQ PA Amotivation at 3.5 Yrs**		
	TSRQ physical activity amotivation scale	0.7412 (0.0109, 1.4715)	0.047

Note: Model also includes baseline weight as fixed effect.

Table 32
LoC Diet as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=446)	**Change in Weight at 3.5 Yrs, LoC Diet at 3.5 Yrs**		
	Locus of causality for diet	-1.4314 (-2.0081, -0.8546)	<0.001

Note: Model also includes baseline weight as fixed effect.

Table 33
LoC Physical Activity as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=446)	**Change in Weight at 3.5 Yrs, LoC PA at 3.5 Yrs**		
	Locus of causality for exercise	-1.0946 (-1.6524, -0.5369)	<0.001

Note: Model also includes baseline weight as fixed effect.

Table 34
PC Diet as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=446)	**Change in Weight at 3.5 Yrs, PC Diet at 3.5 Yrs**		
	Perceived competence - maintaining a healthy diet	-2.3575 (-2.8583, -1.8568)	<0.001

Note: Model also includes baseline weight as fixed effect.

Table 35
PC Physical Activity as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=446)	**Change in Weight at 3.5 Yrs, PC PA at 3.5 Yrs**		
	Perceived competence - exercising regularly	-1.6292 (-2.1489, -1.1094)	<0.001

Note: Model also includes baseline weight as fixed effect.

Table 36
Peers Intimacy as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=403)	**Change in Weight at 3.5 Yrs, Peers Intimacy at 3.5 Yrs**		
	Need for relatedness scale - peers intimacy	-0.4523 (-0.9032, -0.0015)	0.049

Note: Model also includes baseline weight as fixed effect.

Table 37
Family Intimacy as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=442)	**Change in Weight at 3.5 Yrs, Family Intimacy at 3.5 Yrs**		
	Need for relatedness scale - family intimacy	-0.1502 (-0.9414, 0.6409)	0.709

Note: Model also includes baseline weight as fixed effect.

Table 38
Peers Acceptance as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=404)	**Change in Weight at 3.5 Yrs, Peers Acceptance at 3.5 Yrs**		
	Need for relatedness scale - peers acceptance	-0.3581 (-0.7921, 0.0759)	0.106

Note: Model also includes baseline weight as fixed effect.

Table 39
Family Acceptance as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=442)	**Change in Weight at 3.5 Yrs, Family Acceptance at 3.5 Yrs**		
	Need for relatedness scale - family acceptance	-0.7703 (-1.5313, -0.0093)	0.047

Note: Model also includes baseline weight as fixed effect.

Table 40
Change in Diet Immediate Satisfaction as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=205)	**Change in Weight at 12 months, Diet Change Immediate Satisfaction at 12 Months**		
	Satisfaction following changes to diet just after FFIT programme	-2.6836 (-5.6452, 0.2779)	0.075
Whole Analysis Population (N=413)	**Change in Weight at 3.5 Yrs, Diet Change Immediate Satisfaction at 12 months measured at FU**		
	Satisfaction following changes to diet just after FFIT programme	-0.6110 (-2.7349, 1.5129)	0.572
Intervention Group Only (N=205)	**Change in Weight at 3.5 Yrs, Diet Change Immediate Satisfaction at 12 Months**		
	Satisfaction following changes to diet just after FFIT programme	0.8740 (-2.3058, 4.0538)	0.588

Note: Model also includes baseline weight as fixed effect.

Table 41
Change in PA Immediate Satisfaction as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=205)	**Change in Weight at 12 months, PA Change Immediate Satisfaction at 12 Months**		
	Satisfaction following changes to physical activity just after FFIT programme	-4.2467 (-7.2953, -1.1980)	0.007
Whole Analysis Population (N=413)	**Change in Weight at 3.5 Yrs, PA Change Immediate Satisfaction at 12 months measured at FU**		
	Satisfaction following changes to physical activity just after FFIT programme	-1.0815 (-3.2598, 1.0968)	0.330
Intervention Group Only (N=205)	**Change in Weight at 3.5 Yrs, PA Change Immediate Satisfaction at 12 Months**		
	Satisfaction following changes to physical activity just after FFIT programme	0.1384 (-3.1719, 3.4487)	0.934

Note: Model also includes baseline weight as fixed effect.

Table 42
Change in Weight Immediate Satisfaction as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=205)	**Change in Weight at 12 months, Weight Change Immediate Satisfaction at 12 Months**		
	Satisfaction following changes to weight just after FFIT programme	-4.3169 (-6.9471, -1.6867)	0.001
Whole Analysis Population (N=412)	**Change in Weight at 3.5 Yrs, Weight Change Immediate Satisfaction at 12 months measured at FU**		
	Satisfaction following changes to weight just after FFIT programme	-1.9550 (-3.9185, 0.0084)	0.051
Intervention Group Only (N=205)	**Change in Weight at 3.5 Yrs, Weight Change Immediate Satisfaction at 12 Months**		
	Satisfaction following changes to weight just after FFIT programme	-0.7573 (-3.6312, 2.1166)	0.604

Note: Model also includes baseline weight as fixed effect.

Table 43
Change in Diet FU Satisfaction as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=414)	**Change in Weight at 3.5 Yrs, Diet Change FU Satisfaction at 3.5 Yrs**		
	Satisfaction following changes to diet at fu	-6.8142 (-8.2984, -5.3300)	<0.001

Note: Model also includes baseline weight as fixed effect.

Table 44
Change in PA FU Satisfaction as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=414)	**Change in Weight at 3.5 Yrs, PA Change FU Satisfaction at 3.5 Yrs**		
	Satisfaction following changes to physical activity at fu	-6.0913 (-7.6058, -4.5767)	<0.001

Note: Model also includes baseline weight as fixed effect.

Table 45
Routinisation of Walking as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=416)	**Change in Weight at 3.5 Yrs, Routinisation of Walking at 3.5 Yrs**		
	Routinisation of PA - walking	-2.9259 (-4.6822, -1.1697)	0.001

Note: Model also includes baseline weight as fixed effect.

Table 46
Routinisation of Attending Gym as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=414)	**Change in Weight at 3.5 Yrs, Routinisation of Attending Gym at 3.5 Yrs**		
	Routinisation of PA - attending gym	-2.5801 (-4.7629, -0.3972)	0.021

Note: Model also includes baseline weight as fixed effect.

Table 47
Routinisation of Indp Exercise as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=415)	**Change in Weight at 3.5 Yrs, Routinisation of Indp Exercise at 3.5 Yrs**		
	Routinisation of PA - other forms of exercise	-2.9279 (-4.6076, -1.2481)	<0.001

Note: Model also includes baseline weight as fixed effect.

Table 48
Routinisation of Exercise Programme as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=412)	**Change in Weight at 3.5 Yrs, Routinisation of Exercise Programme at 3.5 Yrs**		
	Routinisation of PA - group exercise programme	-1.9587 (-4.2534, 0.3361)	0.094

Note: Model also includes baseline weight as fixed effect.

Table 49
Regular Meals as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=415)	**Change in Weight at 3.5 Yrs, Regular Meals at 3.5 Yrs**		
	Routinisation of diet - regular meals	-2.4796 (-4.4964, -0.4628)	0.016

Note: Model also includes baseline weight as fixed effect.

Table 50
Limit Portion Size as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=415)	**Change in Weight at 3.5 Yrs, Limit Portion Size at 3.5 Yrs**		
	Routinisation of diet - limit portion size	-4.8929 (-6.4454, -3.3404)	<0.001

Note: Model also includes baseline weight as fixed effect.

Table 51
Limit Food as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=416)	**Change in Weight at 3.5 Yrs, Limit Food at 3.5 Yrs**		
	Routinisation of diet - limit fatty/ sugary food	-4.2559 (-5.8299, -2.6818)	<0.001

Note: Model also includes baseline weight as fixed effect.

Table 52
Limit Calories as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=416)	**Change in Weight at 3.5 Yrs, Limit Calories at 3.5 Yrs**		
	Routinisation of diet - limit calories	-7.0225 (-8.7634, -5.2816)	<0.001

Note: Model also includes baseline weight as fixed effect.

Table 53
Limit Sugary Drinks as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=416)	**Change in Weight at 3.5 Yrs, Limit Sugary Drinks at 3.5 Yrs**		
	Routinisation of diet - limit sugary drinks	-2.8362 (-4.5989, -1.0735)	0.002

Note: Model also includes baseline weight as fixed effect.

Table 54
Limit Alcohol as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=416)	**Change in Weight at 3.5 Yrs, Limit Alcohol at 3.5 Yrs**		
	Routinisation of diet - limit alcohol	-0.3591 (-1.9955, 1.2773)	0.666

Note: Model also includes baseline weight as fixed effect.

Table 55
Eat Slowly as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=414)	**Change in Weight at 3.5 Yrs, Eat Slowly at 3.5 Yrs**		
	Routinisation of diet - eat slowly	0.3471 (-1.8722, 2.5664)	0.759

Note: Model also includes baseline weight as fixed effect.

Table 56
Read Food Labels as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=415)	**Change in Weight at 3.5 Yrs, Read Food Labels at 3.5 Yrs**		
	Routinisation of diet - read food labels	-2.2992 (-3.9196, -0.6788)	0.006

Note: Model also includes baseline weight as fixed effect.

Table 57
Pedometer as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=414)	**Change in Weight at 3.5 Yrs, Pedometer at 3.5 Yrs**		
	Ongoing use of BCT - pedometer	-0.3509 (-1.9760, 1.2742)	0.671

Note: Model also includes baseline weight as fixed effect.

Table 58
Monitor Weight as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=413)	**Change in Weight at 3.5 Yrs, Monitor Weight at 3.5 Yrs**		
	Ongoing use of BCT - monitor weight	-3.6533 (-5.5013, -1.8053)	<0.001

Note: Model also includes baseline weight as fixed effect.

Table 59
SMART Foals as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=414)	**Change in Weight at 3.5 Yrs, SMART Foals at 3.5 Yrs**		
	Ongoing use of BCT - SMART goals	-0.9235 (-2.5555, 0.7084)	0.267

Note: Model also includes baseline weight as fixed effect.

Table 60
Tips to Overcome Setbacks as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	**P-Value**
Whole Analysis Population (N=411)	**Change in Weight at 3.5 Yrs, Tips at 3.5 Yrs**		
	Ongoing use of BCT - tips	-1.3916 (-3.0310, 0.2479)	0.096

Note: Model also includes baseline weight as fixed effect.

Table 61
Exercise Support as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=414)	**Change in Weight at 3.5 Yrs, Exercise Support at 3.5 Yrs**		
	Ongoing use of BCT - support in more exercise	-1.1335 (-2.8389, 0.5719)	0.192

Note: Model also includes baseline weight as fixed effect.

Table 62
Healthy Diet Support as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=414)	**Change in Weight at 3.5 Yrs, Healthy Diet Support at 3.5 Yrs**		
	Ongoing use of BCT - support for eating healthier	-1.8629 (-3.7639, 0.0381)	0.055

Note: Model also includes baseline weight as fixed effect.

Table 63
Ongoing Contact with Other FFIT Participants as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=420)	**Change in Weight at 3.5 Yrs, Contact w/ Participants at 3.5 Yrs**		
	Ongoing contact with other FFIT participants	-1.7609 (-3.4622, -0.0595)	0.043

Note: Model also includes baseline weight as fixed effect.

Table 64

Ongoing Contact with FFIT Coaches as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=421)	**Change in Weight at 3.5 Yrs, Contact w/ Coaches at 3.5 Yrs**		
	Ongoing contact with FFIT coaches	-1.6798 (-3.2921, -0.0675)	0.041

Note: Model also includes baseline weight as fixed effect.

Table 65
Ongoing Contact with Other Weight Management Initiatives as Mediator - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=421)	**Change in Weight at 3.5 Yrs, Contact w/ Clubs at 3.5 Yrs**		
	Ongoing contact with club-based and other health promotion/weight management initiatives	-0.3607 (-2.1090, 1.3875)	0.685

Note: Model also includes baseline weight as fixed effect.

Table 66
Number of Major Changes to Own Health as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=447)	**Change in Weight at 3.5 Yrs, Own Health at 3.5 Yrs**		
	Number of major changes in life circumstances - own health	1.4837 (-0.3920, 3.3593)	0.121

Note: Model also includes baseline weight as fixed effect.

Table 67
Number of Major Changes to Personal Circumstances as Mediator - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=446)	**Change in Weight at 3.5 Yrs, Personal Circumstances at 3.5 Yrs**		
	Number of major changes in life circumstances - personal circumstances	0.3065 (-0.9013, 1.5143)	0.618

Note: Model also includes baseline weight as fixed effect.

Table 68
Number of Major Changes to Family Health as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	**P-Value**
Whole Analysis Population (N=448)	**Change in Weight at 3.5 Yrs, Family Health at 3.5 Yrs**		
	Number of major changes in life circumstances - family health	0.2451 (-0.7186, 1.2089)	0.617

Note: Model also includes baseline weight as fixed effect.

Table 69

Number of Major Changes to Work as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=447)	**Change in Weight at 3.5 Yrs, Work at 3.5 Yrs**		
	Number of major changes in life circumstances -work	0.6868 (-0.2819, 1.6554)	0.164

Note: Model also includes baseline weight as fixed effect.

Table 70
Total Number of Major Changes in life circumstances as Mediator   - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=450)	**Change in Weight at 3.5 Yrs, Total Changes at 3.5 Yrs**		
	Number of major changes in life circumstances - total	0.4065 (-0.1127, 0.9258)	0.125

Note: Model also includes baseline weight as fixed effect.

Table 71
12 month Upper Limb Joint Pain Frequency as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=233)	**Change in Weight at 12 months, Upper Limb Frequency at 12 Months**		
	12 month Upper Limb Joint Pain Frequency (All the time)	-1.6546 (-6.3443, 3.0351)	0.488
Whole Analysis Population (N=488)	**Change in Weight at 3.5 Yrs, Upper Limb Frequency at 12 months measured at FU**		
	12 month Upper Limb Joint Pain Frequency (All the time)	-1.5886 (-5.0767, 1.8995)	0.371
Intervention Group Only (N=233)	**Change in Weight at 3.5 Yrs, Upper Limb Frequency at 12 Months**		
	12 month Upper Limb Joint Pain Frequency (All the time)	-1.0245 (-6.2218, 4.1728)	0.698

Note: Model also includes baseline weight as fixed effect.

Table 72
12 month Lower Limb Joint Pain Frequency as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=233)	**Change in Weight at 12 months, Lower Limb Frequency at 12 Months**		
	12 month Lower Limb Joint Pain Frequency (All the time)	0.6912 (-2.7804, 4.1628)	0.695
Whole Analysis Population (N=488)	**Change in Weight at 3.5 Yrs, Lower Limb Frequency at 12 months measured at FU**		
	12 month Lower Limb Joint Pain Frequency (All the time)	2.3389 (-0.4824, 5.1602)	0.104
Intervention Group Only (N=233)	**Change in Weight at 3.5 Yrs, Lower Limb Frequency at 12 Months**		
	12 month Lower Limb Joint Pain Frequency (All the time)	0.3535 (-3.4948, 4.2017)	0.857

Note: Model also includes baseline weight as fixed effect.

Table 73
12 month Upper Limb Limiting JP as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=233)	**Change in Weight at 12 months, Upper Limb Limiting JP at 12 Months**		
	12 month Upper Limb Limiting JP (To a moderate degree and above)	0.6034 (-4.8959, 6.1026)	0.829
Whole Analysis Population (N=488)	**Change in Weight at 3.5 Yrs, Upper Limb Limiting JP at 12 months measured at FU**		
	12 month Upper Limb Limiting JP (To a moderate degree and above)	-0.2559 (-4.7801, 4.2683)	0.912
Intervention Group Only (N=233)	**Change in Weight at 3.5 Yrs, Upper Limb Limiting JP at 12 Months**		
	12 month Upper Limb Limiting JP (To a moderate degree and above)	1.8905 (-4.1858, 7.9668)	0.540

Note: Model also includes baseline weight as fixed effect.

Table 74
12 month Lower Limb Limiting JP as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	**P-Value**
Intervention Group Only (N=233)	**Change in Weight at 12 months, Lower Limb Limiting JP at 12 Months**		
	12 month Lower Limb Limiting JP (To a moderate degree and above)	2.0147 (-1.8136, 5.8430)	0.301
Whole Analysis Population (N=488)	**Change in Weight at 3.5 Yrs, Lower Limb Limiting JP at 12 months measured at FU**		
	12 month Lower Limb Limiting JP (To a moderate degree and above)	1.5148 (-1.5783, 4.6079)	0.336
Intervention Group Only (N=233)	**Change in Weight at 3.5 Yrs, Lower Limb Limiting JP at 12 Months**		
	12 month Lower Limb Limiting JP (To a moderate degree and above)	1.3269 (-2.9052, 5.5589)	0.537

Note: Model also includes baseline weight as fixed effect.

Table 75
FU Upper Limb Joint Pain Frequency as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=450)	**Change in Weight at 3.5 Yrs, Upper Limb Frequency at 3.5 Yrs**		
	FU Upper Limb Joint Pain Frequency (All the time vs Others)	2.2412 (-0.2610, 4.7434)	0.079

Note: Model also includes baseline weight as fixed effect.

Table 76
FU Lower Limb Joint Pain Frequency as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=450)	**Change in Weight at 3.5 Yrs, Lower Limb Frequency at 3.5 Yrs**		
	FU Lower Limb Joint Pain Frequency (All the time vs Others)	3.0023 (0.4521, 5.5525)	0.021

Note: Model also includes baseline weight as fixed effect.

Table 77
FU Upper Limb Limiting JP as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=450)	**Change in Weight at 3.5 Yrs, Upper Limb Limiting JP at 3.5 Yrs**		
	FU Upper Limb Limiting JP (To a moderate degree and above)	3.3012 (0.8079, 5.7946)	0.010

Note: Model also includes baseline weight as fixed effect.

Table 78
FU Lower Limb Limiting JP as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=450)	**Change in Weight at 3.5 Yrs, Lower Limb Limiting JP at 3.5 Yrs**		
	FU Lower Limb Limiting JP (To a moderate degree and above)	2.9302 (0.4032, 5.4572)	0.023

Note: Model also includes baseline weight as fixed effect.

Table 79
Any Upper Limb Pain at 12 Months as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=233)	**Change in Weight at 12 months, Upper Limb Pain at 12 Months**		
	Any Upper Limb Pain at 12 Months	-0.9203 (-2.9923, 1.1517)	0.382
Whole Analysis Population (N=488)	**Change in Weight at 3.5 Yrs, Upper Limb Pain at 12 months measured at FU**		
	Any Upper Limb Pain at 12 Months	-0.2839 (-1.8312, 1.2633)	0.719
Intervention Group Only (N=233)	**Change in Weight at 3.5 Yrs, Upper Limb Pain at 12 Months**		
	Any Upper Limb Pain at 12 Months	0.2574 (-2.0301, 2.5449)	0.825

Note: Model also includes baseline weight as fixed effect.

Table 80
Any Lower Limb Pain at 12 Months as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=233)	**Change in Weight at 12 months, Lower Limb Pain at 12 Months**		
	Any Lower Limb Pain at 12 Months	-0.7219 (-2.7981, 1.3542)	0.494
Whole Analysis Population (N=488)	**Change in Weight at 3.5 Yrs, Lower Limb Pain at 12 months measured at FU**		
	Any Lower Limb Pain at 12 Months	0.0383 (-1.5530, 1.6295)	0.962
Intervention Group Only (N=233)	**Change in Weight at 3.5 Yrs, Lower Limb Pain at 12 Months**		
	Any Lower Limb Pain at 12 Months	0.3102 (-1.9788, 2.5992)	0.790

Note: Model also includes baseline weight as fixed effect.

Table 81
Any Joint Pain at 12 Months as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	**P-Value**
Intervention Group Only (N=233)	**Change in Weight at 12 months, Any Joint Pain at 12 Months**		
	Any Joint Pain at 12 Months	-1.3199 (-3.3367, 0.6970)	0.198
Whole Analysis Population (N=488)	**Change in Weight at 3.5 Yrs, Any Joint Pain at 12 months measured at FU**		
	Any Joint Pain at 12 Months	-0.5755 (-2.1033, 0.9523)	0.460
Intervention Group Only (N=233)	**Change in Weight at 3.5 Yrs, Any Joint Pain at 12 Months**		
	Any Joint Pain at 12 Months	0.1808 (-2.0495, 2.4111)	0.873

Note: Model also includes baseline weight as fixed effect.

Table 82
Any Upper Limb Pain at FU as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=450)	**Change in Weight at 3.5 Yrs, Upper Limb Pain at 3.5 Yrs**		
	Any Upper Limb Pain at FU	0.4831 (-1.0888, 2.0550)	0.546

Note: Model also includes baseline weight as fixed effect.

Table 83
Any Lower Limb Pain at FU as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=450)	**Change in Weight at 3.5 Yrs, Lower Limb Pain at 3.5 Yrs**		
	Any Lower Limb Pain at FU	1.0797 (-0.5109, 2.6702)	0.183

Note: Model also includes baseline weight as fixed effect.

Table 84
Any Joint Pain at FU as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=450)	**Change in Weight at 3.5 Yrs, Any Joint Pain at 3.5 Yrs**		
	Any Joint Pain at FU	1.2503 (-0.3838, 2.8844)	0.133

Note: Model also includes baseline weight as fixed effect.

Table 85
Number of Lower Limb Injuries at 12 Months as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=232)	**Change in Weight at 12 months, Number of Lower Limb Injuries at 12 Months**		
	Number of Lower Limb Injuries at 12 Months	0.9615 (-1.1004, 3.0234)	0.359
Whole Analysis Population (N=487)	**Change in Weight at 3.5 Yrs, Number of Lower Limb Injuries at 12 months measured at FU**		
	Number of Lower Limb Injuries at 12 Months	-0.3860 (-2.2723, 1.5003)	0.688
Intervention Group Only (N=232)	**Change in Weight at 3.5 Yrs, Number of Lower Limb Injuries at 12 Months**		
	Number of Lower Limb Injuries at 12 Months	0.4952 (-1.7933, 2.7837)	0.670

Note: Model also includes baseline weight as fixed effect.

Table 86
Number of Torso/Upper Body Injuries at 12 Months as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=232)	**Change in Weight at 12 months, Number of Torso/Upper Body Injuries at 12 Months**		
	Number of Torso/Upper Body Injuries at 12 Months	0.5035 (-2.6938, 3.7008)	0.757
Whole Analysis Population (N=487)	**Change in Weight at 3.5 Yrs, Number of Torso/Upper Body Injuries at 12 months measured at FU**		
	Number of Torso/Upper Body Injuries at 12 Months	1.3426 (-1.5706, 4.2557)	0.366
Intervention Group Only (N=232)	**Change in Weight at 3.5 Yrs, Number of Torso/Upper Body Injuries at 12 Months**		
	Number of Torso/Upper Body Injuries at 12 Months	1.1673 (-2.3595, 4.6941)	0.515

Note: Model also includes baseline weight as fixed effect.

Table 87
Any Injuries at 12 Months that Limit Walking as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=232)	**Change in Weight at 12 months, Injuries that Limit Walking at 12 Months**		
	Any Injuries at 12 Months that Limit Walking	3.7122 (0.0051, 7.4193)	0.050
Whole Analysis Population (N=487)	**Change in Weight at 3.5 Yrs, Injuries that Limit Walking at 12 months measured at FU**		
	Any Injuries at 12 Months that Limit Walking	3.7833 (0.3032, 7.2634)	0.033
Intervention Group Only (N=232)	**Change in Weight at 3.5 Yrs, Injuries that Limit Walking at 12 Months**		
	Any Injuries at 12 Months that Limit Walking	4.7782 (0.6840, 8.8724)	0.022

Note: Model also includes baseline weight as fixed effect.

Table 88
Any Injuries at 12 Months that Limit Using Stairs as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=232)	**Change in Weight at 12 months, Injuries that Limit Using Stairs at 12 Months**		
	Any Injuries at 12 Months that Limit Using Stairs	3.3528 (-0.5846, 7.2902)	0.095
Whole Analysis Population (N=487)	**Change in Weight at 3.5 Yrs, Injuries that Limit Using Stairs at 12 months measured at FU**		
	Any Injuries at 12 Months that Limit Using Stairs	1.8679 (-1.5600, 5.2957)	0.285
Intervention Group Only (N=232)	**Change in Weight at 3.5 Yrs, Injuries that Limit Using Stairs at 12 Months**		
	Any Injuries at 12 Months that Limit Using Stairs	3.5013 (-0.8543, 7.8569)	0.115

Note: Model also includes baseline weight as fixed effect.

Table 89
Any Injuries at 12 Months that Limit PA as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=232)	**Change in Weight at 12 months, Any Injuries that Limit PA at 12 Months**		
	Any Injuries at 12 Months that Limit PA	2.5715 (-0.3452, 5.4882)	0.084
Whole Analysis Population (N=487)	**Change in Weight at 3.5 Yrs, Any Injuries that Limit PA at 12 months measured at FU**		
	Any Injuries at 12 Months that Limit PA	2.4829 (-0.1712, 5.1369)	0.067
Intervention Group Only (N=232)	**Change in Weight at 3.5 Yrs, Any Injuries that Limit PA at 12 Months**		
	Any Injuries at 12 Months that Limit PA	2.9925 (-0.2276, 6.2126)	0.068

Note: Model also includes baseline weight as fixed effect.

Table 90
Total Types of Limitations due to Injury at 12 Months as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=232)	**Change in Weight at 12 months, Total Types of Limitations at 12 Months**		
	Total Types of Limitations due to Injury at 12 Months	1.2782 (0.0064, 2.5500)	0.049
Whole Analysis Population (N=487)	**Change in Weight at 3.5 Yrs, Total Types of Limitations at 12 months measured at FU**		
	Total Types of Limitations due to Injury at 12 Months	1.1594 (-0.0265, 2.3454)	0.055
Intervention Group Only (N=232)	**Change in Weight at 3.5 Yrs, Total Types of Limitations at 12 Months**		
	Total Types of Limitations due to Injury at 12 Months	1.5041 (0.0974, 2.9109)	0.036

Note: Model also includes baseline weight as fixed effect.

Table 91
Number of Lower Limb Injuries at FU as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=450)	**Change in Weight at 3.5 Yrs, Number of Lower Limb Injuries at 3.5 Yrs**		
	Number of Lower Limb Injuries at FU	0.8428 (-0.8787, 2.5643)	0.336

Note: Model also includes baseline weight as fixed effect.

Table 92

Number of Torso/Upper Body Injuries at FU as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=450)	**Change in Weight at 3.5 Yrs, Number of Torso/Upper Body Injuries at 3.5 Yrs**		
	Number of Torso/Upper Body Injuries at FU	0.6856 (-2.2100, 3.5812)	0.642

Note: Model also includes baseline weight as fixed effect.

Table 93
Any Injuries at FU that Limit Walking as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=450)	**Change in Weight at 3.5 Yrs, Injuries that Limit Walking at 3.5 Yrs**		
	Any Injuries at FU that Limit Walking	5.0147 (1.6238, 8.4055)	0.004

Note: Model also includes baseline weight as fixed effect.

Table 94
Any Injuries at FU that Limit Using Stairs as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=450)	**Change in Weight at 3.5 Yrs, Injuries that Limit Using Stairs at 3.5 Yrs**		
	Any Injuries at FU that Limit Using Stairs	4.5278 (1.0739, 7.9818)	0.010

Note: Model also includes baseline weight as fixed effect.

Table 95
Any Injuries at FU that Limit PA as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=450)	**Change in Weight at 3.5 Yrs, Any Injuries that Limit PA at 3.5 Yrs**		
	Any Injuries at FU that Limit PA	2.1206 (-0.4055, 4.6466)	0.100

Note: Model also includes baseline weight as fixed effect.

Table 96
Total Types of Limitations due to Injury at FU as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=450)	**Change in Weight at 3.5 Yrs, Total Types of Limitations at 3.5 Yrs**		
	Total Types of Limitations due to Injury at FU	1.5523 (0.3929, 2.7117)	0.009

Note: Model also includes baseline weight as fixed effect.

Table 97
Attendance at FFIT sessions for Intervention Group as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Intervention Group Only (N=221)	**Change in Weight at 12 months, Attendence at FFIT at 12 Months**		
	Number of sessions attended>=6	-5.1722 (-8.0428, -2.3016)	<0.001
Intervention Group Only (N=221)	**Change in Weight at 3.5 Yrs, Attendence at FFIT at 12 Months**		
	Number of sessions attended>=6	-2.7726 (-6.0056, 0.4605)	0.092

Note: Model also includes baseline weight as fixed effect.

Note: Attendence of FFIT sessions only available for Intervention Group.

Table 98
Post Intervention Weight Change as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=426)	**Change in Weight at 3.5 Yrs, Post Intervention Weight Change at 3.5 Yrs**		
	Post Intervention Weight Change (1 category up)	-3.0682 (-3.9867, -2.1497)	<0.001
Intervention Group Only (N=223)	**Change in Weight at 3.5 Yrs, Post Intervention Weight Change at 3.5 Yrs**		
	Post Intervention Weight Change (1 category up)	-3.4385 (-4.6934, -2.1837)	<0.001
Comparison Group Only (N=203)	**Change in Weight at 3.5 Yrs, Post Intervention Weight Change at 3.5 Yrs**		
	Post Intervention Weight Change (1 category up)	-2.6105 (-3.9803, -1.2408)	<0.001

Note: Model also includes baseline weight as fixed effect.

Note: Analysed as continuous, categories are 1=did not lose weight, 2= lost up to 5%, 3=lost 5-10%, 4= lost more than 10%.

Table 99
Pre-Intervention Weight Change in Control Group as Mediator of Change in Weight - Mixed Effects Linear Regression Model

		Estimate (95% C.I.)	P-Value
Whole Analysis Population (N=251)	**Change in Weight at 3.5 Yrs, Pre-Intervention Weight Change at 3.5 Yrs**		
	Pre-Intervention Weight Change (1 kg)	0.9425 (0.5813, 1.3038)	<0.001

Note: Model also includes baseline weight as fixed effect.

Note: Pre-intervention weight change is only available in comparison group.

Table 100
Backwards Selection - Independent Mediators of Change in Weight

		Estimate (95% C.I.)	P-Value
Intervention Group - Change in Weight at 12 months, Mediator at 12 weeks			
	Change in DINE Fruits and Veg Score	-0.8141 (-1.3550, -0.2731)	0.003
	Change in DINE Meat Score	0.8824 (0.2047, 1.5602)	0.011
Intervention Group - Change in Weight at 12 months, Mediator at 12 months			
	Change in Walking MET-min/week (modified)	-0.0011 (-0.0020, -0.0001)	0.024
	Change in Chips Portion Size	0.9838 (0.3644, 1.6032)	0.002
	Change in Having Breakfast	-1.8319 (-3.1610, -0.5028)	0.007
	Satisfaction following changes to weight just after FFIT programme	-4.1158 (-6.9149, -1.3167)	0.004
Whole Analysis - Change in Weight at 3.5 years, Mediator at 3.5 years			
	Change in Walking MET-min/week (modified)	-0.0009 (-0.0015, -0.0003)	0.004
	Change in DINE Fatty Food Score	0.1414 (0.0319, 0.2509)	0.012
	Change in DINE Fruits and Veg Score	-0.4810 (-0.8597, -0.1022)	0.013
	Satisfaction following changes to physical activity at FU	-4.6739 (-6.2468, -3.1010)	<0.001
	Routinisation of diet - limit portion size	-2.8654 (-4.4336, -1.2972)	<0.001
Intervention Group - Change in Weight at 3.5 years, Mediator at 12 weeks			
Intervention Group - Change in Weight at 3.5 years, Mediator at 12 months			

Note backwards selection was performed in GLM, the selected variables were then entered in the Mixed Model

All models also adjusted for baseline weight as fixed effects and club as random effect

For model#3, the following were selected out from the GLM, but were no longer significant in the Mixed Model: Any Joint Pain at 12 Months, Any Lower Limb Pain at 12 Months, Number of Torso/Upper Body Injuries at 12 Months, TSRQ diet relative autonomous motivation index, Need for relatedness scale - family intimacy,   Portion size of chips,   routinisation of diet - regular meals, Any Injuries at FU that Limit Using Stairs, TSRQ exercise amotivation scale, Satisfaction following changes to physical activity just after FFIT programme, Satisfaction following changes to weight just after FFIT programme.

No independent mediators selected for models 4 or 5.