nature portfolio

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Reporting Summary

Nature Portfolio wishes to improve the reproducibility of the work that we publish. This form provides structure for consistency and transparency in reporting. For further information on Nature Portfolio policies, see our Editorial Policies and the Editorial Policy Checklist.

Please do not complete any field with "not applicable" or n/a. Refer to the help text for what text to use if an item is not relevant to your study.
For final submission: please carefully check your responses for accuracy; you will not be able to make changes later.

Statistics

For all statistical analyses, confirm that the following items are present in the figure legend, table legend, main text, or Methods section.

n/a	Confirmed	
☐	☑	The exact sample size (*n*) for each experimental group/condition, given as a discrete number and unit of measurement
☑	☐	A statement on whether measurements were taken from distinct samples or whether the same sample was measured repeatedly
☐	☑	The statistical test(s) used AND whether they are one- or two-sided *Only common tests should be described solely by name; describe more complex techniques in the Methods section.*
☐	☑	A description of all covariates tested
☐	☑	A description of any assumptions or corrections, such as tests of normality and adjustment for multiple comparisons
☐	☑	A full description of the statistical parameters including central tendency (e.g. means) or other basic estimates (e.g. regression coefficient) AND variation (e.g. standard deviation) or associated estimates of uncertainty (e.g. confidence intervals)
☐	☑	For null hypothesis testing, the test statistic (e.g. *F*, *t*, *r*) with confidence intervals, effect sizes, degrees of freedom and *P* value noted *Give P values as exact values whenever suitable.*
☑	☐	For Bayesian analysis, information on the choice of priors and Markov chain Monte Carlo settings
☐	☑	For hierarchical and complex designs, identification of the appropriate level for tests and full reporting of outcomes
☐	☑	Estimates of effect sizes (e.g. Cohen's *d*, Pearson's *r*), indicating how they were calculated

Our web collection on statistics for biologists contains articles on many of the points above.

Software and code

Policy information about availability of computer code

Data collection	eCRF (Inform version 7.0.0.1.41); the system for randomization was Calyx Interactive Response Technology (IRT).
Data analysis	Statistics software - SAS V9.4 and R

For manuscripts utilizing custom algorithms or software that are central to the research but not yet described in published literature, software must be made available to editors and reviewers. We strongly encourage code deposition in a community repository (e.g. GitHub). See the Nature Portfolio guidelines for submitting code & software for further information.

Data

Policy information about availability of data

All manuscripts must include a data availability statement. This statement should provide the following information, where applicable:

- Accession codes, unique identifiers, or web links for publicly available datasets
- A description of any restrictions on data availability
- For clinical datasets or third party data, please ensure that the statement adheres to our policy

Data will be shared with bona fide researchers submitting a research proposal approved by the independent review board. Access request proposals can be found at novonordisk-trials.com.
Data will be made available after research completion, and approval of the product and product use in the European Union and the USA.
Individual participant data will be shared in data sets in a de-identified/anonymized format.

Research involving human participants, their data, or biological material

Policy information about studies with human participants or human data. See also policy information about sex, gender (identity/presentation), and sexual orientation and race, ethnicity and racism.

Reporting on sex and gender	Biologic sex was reported for trial participants; information on gender was not collected.
Reporting on race, ethnicity, or other socially relevant groupings	Race and ethnicity were reported for trial participants.
Population characteristics	Reported in Table 1.
Recruitment	The trial was conducted at 96 sites in 13 countries (Asia, Europe, North and South America). All potentially eligible patients were invited to take part, thereby minimizing any potential self-selection bias.
Ethics oversight	Institutional Review Boards/ethics committees approved the study at all sites. The list of participating sites is in the Supplementary Appendix.

Note that full information on the approval of the study protocol must also be provided in the manuscript.

Field-specific reporting

Please select the one below that is the best fit for your research. If you are not sure, read the appropriate sections before making your selection.

☑ Life sciences ☐ Behavioural & social sciences ☐ Ecological, evolutionary & environmental sciences

For a reference copy of the document with all sections, see nature.com/documents/nr-reporting-summary-flat.pdf

Life sciences study design

All studies must disclose on these points even when the disclosure is negative.

Sample size	We estimated that a sample size of 516 participants will provide 90% power for the first dual primary endpoint of change in KCCQ-CSS, and more than 99% power for the second dual primary endpoint of change in body weight, assuming a mean difference of approx. 4.1 points in KCCQ-CSS and approx. 9.9% in body weight between the two treatment groups. final sample size was 529 participants.
Data exclusions	Per the statistical analysis plan, in the on-treatment analyses, data from patients who discontinued study medication prematurely were censored at the time of discontinuation.
Replication	This is an international, randomized, double-blind placebo-controlled trial; thus, replication is not applicable.
Randomization	1:1
Blinding	Participants, care providers, investigators and study staff, and outcomes assessors were blinded to group allocation during data collection and analysis.

Behavioural & social sciences study design

All studies must disclose on these points even when the disclosure is negative.

Study description	
Research sample	
Sampling strategy	
Data collection	
Timing	
Data exclusions	
Non-participation	
Randomization	

Ecological, evolutionary & environmental sciences study design

All studies must disclose on these points even when the disclosure is negative.

Study description	
Research sample	
Sampling strategy	
Data collection	
Timing and spatial scale	
Data exclusions	
Reproducibility	
Randomization	
Blinding	

Did the study involve field work? ☐ Yes ☐ No

Field work, collection and transport

Field conditions	
Location	
Access & import/export	
Disturbance	

Reporting for specific materials, systems and methods

We require information from authors about some types of materials, experimental systems and methods used in many studies. Here, indicate whether each material, system or method listed is relevant to your study. If you are not sure if a list item applies to your research, read the appropriate section before selecting a response.

Materials & experimental systems

n/a	Involved in the study
☑	☐ Antibodies
☑	☐ Eukaryotic cell lines
☑	☐ Palaeontology and archaeology
☑	☐ Animals and other organisms
☐	☑ Clinical data
☑	☐ Dual use research of concern
☑	☐ Plants

Methods

n/a	Involved in the study
☑	☐ ChIP-seq
☑	☐ Flow cytometry
☑	☐ MRI-based neuroimaging

Antibodies

Antibodies used	
Validation	

Eukaryotic cell lines

Policy information about cell lines and Sex and Gender in Research

Cell line source(s)	
Authentication	
Mycoplasma contamination	
Commonly misidentified lines (See ICLAC register)	

Palaeontology and Archaeology

Specimen provenance	
Specimen deposition	
Dating methods	

☐ Tick this box to confirm that the raw and calibrated dates are available in the paper or in Supplementary Information.

Ethics oversight	

Note that full information on the approval of the study protocol must also be provided in the manuscript.

Animals and other research organisms

Policy information about studies involving animals; ARRIVE guidelines recommended for reporting animal research, and Sex and Gender in Research

Laboratory animals	
Wild animals	
Reporting on sex	
Field-collected samples	
Ethics oversight	

Note that full information on the approval of the study protocol must also be provided in the manuscript.

Clinical data

Policy information about clinical studies

All manuscripts should comply with the ICMJE guidelines for publication of clinical research and a completed CONSORT checklist must be included with all submissions.

Clinical trial registration	NCT04788511
Study protocol	Included with submission
Data collection	The trial was conducated at 96 sites in 13 countries (Asia, Europe, North and South America) between March 19, 2021, and March 9, 2022. All potentially eligible patients were invited to take part, thereby minimizing any potential self-selection bias.
Outcomes	All of the primary and secondary outcomes, and the statistical methodologies used to analyze them, were prespecified in the Statistical Analysis Plan. All statistical analyses performed for all outcomes measures were thus predefined.

Dual use research of concern

Policy information about dual use research of concern

Hazards

Could the accidental, deliberate or reckless misuse of agents or technologies generated in the work, or the application of information presented in the manuscript, pose a threat to:

No	Yes	
☑	☐	Public health
☑	☐	National security
☑	☐	Crops and/or livestock
☑	☐	Ecosystems
☑	☐	Any other significant area

Experiments of concern

Does the work involve any of these experiments of concern:

No	Yes	
☑	☐	Demonstrate how to render a vaccine ineffective
☑	☐	Confer resistance to therapeutically useful antibiotics or antiviral agents
☑	☐	Enhance the virulence of a pathogen or render a nonpathogen virulent
☑	☐	Increase transmissibility of a pathogen
☑	☐	Alter the host range of a pathogen
☑	☐	Enable evasion of diagnostic/detection modalities
☑	☐	Enable the weaponization of a biological agent or toxin
☑	☐	Any other potentially harmful combination of experiments and agents

Plants

Seed stocks	
Novel plant genotypes	
Authentication	

ChIP-seq

Data deposition

☐ Confirm that both raw and final processed data have been deposited in a public database such as GEO.

☐ Confirm that you have deposited or provided access to graph files (e.g. BED files) for the called peaks.

Data access links *May remain private before publication.*	
Files in database submission	
Genome browser session (e.g. UCSC)	

Methodology

Replicates	
Sequencing depth	
Antibodies	
Peak calling parameters	
Data quality	
Software	

Flow Cytometry

Plots

Confirm that:

☐ The axis labels state the marker and fluorochrome used (e.g. CD4-FITC).

☐ The axis scales are clearly visible. Include numbers along axes only for bottom left plot of group (a 'group' is an analysis of identical markers).

☐ All plots are contour plots with outliers or pseudocolor plots.

☐ A numerical value for number of cells or percentage (with statistics) is provided.

Methodology

Sample preparation	
Instrument	
Software	
Cell population abundance	
Gating strategy	

☐ Tick this box to confirm that a figure exemplifying the gating strategy is provided in the Supplementary Information.

Magnetic resonance imaging

Experimental design

Design type	
Design specifications	
Behavioral performance measures	

Imaging type(s)	
Field strength	
Sequence & imaging parameters	
Area of acquisition	

Diffusion MRI ☐ Used ☐ Not used

Preprocessing

Preprocessing software	
Normalization	
Normalization template	
Noise and artifact removal	
Volume censoring	

Statistical modeling & inference

Model type and settings	
Effect(s) tested	

Specify type of analysis: ☐ Whole brain ☐ ROI-based ☐ Both

Statistic type for inference

(See Eklund et al. 2016)

Correction

Models & analysis

n/a	Involved in the study
☑	☐ Functional and/or effective connectivity
☑	☐ Graph analysis
☐	☑ Multivariate modeling or predictive analysis

Functional and/or effective connectivity

Graph analysis

Multivariate modeling and predictive analysis

Multivariable regression and multivariable linear regression analyses were performed to determine independent relationships between baseline BMI and baseline outcome measures prior to treatment, and between change in body weight and changes in study outcomes (please see Methods section for further details).