

**Appendix 2 (as supplied by authors): Secondary outcomes after one-year treatment**

Outcomes	Visit	NC+EUC Mean or % (SE)	EUC Mean or % (SE)	Estimated difference (95%CI), p-value
BMI (kg/m <sup>2</sup> )	26wk	28.94 (0.3)	28.62 (0.31)	-0.32 (-1.17, 0.54), 0.47
	52wk	28.03 (0.52)	28.3 (0.53)	0.27 (-1.21, 1.74), 0.72
Group p-value =0.96				
Hip circumference (cm)	26wk	106.6 (0.28)	107.41 (0.29)	0.81 (0.01, 1.61), 0.048
	52wk	105.76 (0.45)	106.44 (0.46)	0.68 (-0.6, 1.96), 0.29
Group p-value =0.10				
Waist to hip ratio	26wk	0.93 (0)	0.93 (0)	0 (-0.01, 0.01), 0.72
	52wk	0.92 (0.02)	0.98 (0.03)	0.06 (0, 0.13), 0.07
Group p-value =0.06				
Waist circumference (cm)	26wk	99.06 (0.37)	100.06 (0.38)	1 (-0.05, 2.04), 0.06
	52wk	98.25 (0.52)	100.36 (0.53)	2.1 (0.63, 3.58), 0.01
Group p-value =0.01				
Alcohol: drinks/wk	26wk	2.56 (0.29)	2.86 (0.3)	0.3 (-0.52, 1.12), 0.47
	52wk	2.66 (0.33)	2.84 (0.34)	0.18 (-0.76, 1.11), 0.71
Group p-value =0.54				
Smoke: pks/wk	26wk	2.44 (0.45)	1.97 (0.37)	-0.47 (-1.63, 0.69), 0.42
	52wk	1.68 (0.18)	1.89 (0.19)	0.21 (-0.3, 0.73), 0.42
Group p-value=0.71				
Caffeine: cups/wk	26wk	12.42 (0.63)	13.37 (0.64)	0.95 (-0.83, 2.73), 0.29
	52wk	8.84 (0.84)	12.79 (0.86)	3.94 (1.57, 6.32), 0.001
Group p-value =0.01				
Exercise (mins/wk): low	26wk	84.47 (17.75)	51.65 (18.22)	-32.82 (-82.97, 17.33), 0.20
	52wk	227.37 (47.84)	185.83 (50.72)	-41.54 (-179.04, 95.95), 0.55
Group p-value=0.30				

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Outcomes	Visit	NC+EUC Mean or % (SE)	EUC Mean or % (SE)	Estimated difference (95%CI), p-value
Exercise (mins/wk): med	26wk	34.74 (6.44)	22.7 (6.63)	-12.04 (-30.37, 6.29), 0.20
	52wk	25.66 (6.69)	25.18 (6.82)	-0.48 (-19.42, 18.45), 0.96
Group p-value =0.43				
Exercise (mins/wk): high	26wk	12.86 (2.19)	6.92 (2.26)	-5.94 (-12.15, 0.27), 0.06
	52wk	17.5 (4.45)	7.49 (4.63)	-10.01 (-22.68, 2.66), 0.12
Group p-value =0.04				
MYMOP score: symptom 1	26wk	2.87 (0.15)	3.15 (0.15)	0.28 (-0.14, 0.71), 0.19
	52wk	2.25 (0.22)	3.24 (0.21)	0.99 (0.38, 1.6), 0.001
Group p-value =0.002				
MYMOP score: symptom 2	26wk	2.93 (0.21)	3.78 (0.21)	0.84 (0.26, 1.43), 0.01
	52wk	1.67 (0.24)	3.68 (0.22)	2.01 (1.36, 2.67), < 0.0001
Group p-value < 0.0001				
MYMOP score: activity	26wk	2.52 (0.2)	3.29 (0.24)	0.78 (0.16, 1.39), 0.01
	52wk	1.91 (0.25)	2.98 (0.28)	1.07 (0.33, 1.81), 0.01
Group p-value =0.001				
MYMOP score: general wellbeing	26wk	2.11 (0.13)	2.46 (0.13)	0.35 (-0.01, 0.71), 0.06
	52wk	1.58 (0.14)	2.91 (0.14)	1.33 (0.93, 1.73), < 0.0001
Group p-value < 0.0001				
MYMOP score: Meds Y/N	26wk	0.12 (0.04)	0.19 (0.04)	0.07 (-0.03, 0.17), 0.16
	52wk	0 (0.03)	0.15 (0.03)	0.15 (0.07, 0.23), 0.0004
Group p-value=0.001				
SF36: General Health	26wk	55.32 (0.74)	55.95 (0.75)	0.62 (-1.46, 2.71), 0.56
	52wk	54.76 (0.94)	53.36 (0.92)	-1.4 (-4, 1.2), 0.30
Group p-value =0.67				
SF36: Physical function	26wk	79.27 (1.91)	77.25 (1.93)	-2.02 (-7.37, 3.34), 0.46

Outcomes	Visit	NC+EUC Mean or % (SE)	EUC Mean or % (SE)	Estimated difference (95%CI), p-value
	52wk	79.26 (2.35)	79.03 (2.28)	-0.23 (-6.68, 6.22), 0.94
Group p-value =0.66				
SF36: Role physical	26wk	79.07 (2.04)	77.86 (2.05)	-1.21 (-6.94, 4.51), 0.68
	52wk	81.15 (2.41)	75.22 (2.34)	-5.93 (-12.57, 0.72), 0.08
Group p-value =0.19				
SF36: Role emotional	26wk	81.79 (2.08)	83.72 (2.1)	1.93 (-3.9, 7.76), 0.51
	52wk	83.81 (2.58)	82.61 (2.52)	-1.21 (-8.32, 5.9), 0.74
Group p-value =0.89				
SF36: Social function	26wk	77.86 (2.17)	76.83 (2.19)	-1.03 (-7.11, 5.05), 0.74
	52wk	80.52 (2.41)	77.86 (2.35)	-2.66 (-9.31, 3.99), 0.43
Group p-value =0.50				
SF36: Bodily pain	26wk	62.75 (1.79)	61.14 (1.8)	-1.61 (-6.62, 3.39), 0.53
	52wk	62.52 (2.32)	61.51 (2.22)	-1.01 (-7.34, 5.32), 0.75
Group p-value =0.58				
SF36: Vitality	26wk	57.96 (1.58)	58.07 (1.61)	0.11 (-4.33, 4.56), 0.96
	52wk	57.17 (1.82)	56.91 (1.8)	-0.26 (-5.31, 4.78), 0.92
Group p-value =0.97				
SF36: Mental health	26wk	70.94 (1.53)	73.66 (1.57)	2.71 (-1.61, 7.04), 0.22
	52wk	72.52 (1.78)	73.66 (1.76)	1.14 (-3.8, 6.09), 0.65
Group p-value =0.33				
SF36: Aggregate physic	26wk	46.92 (0.66)	45.66 (0.67)	-1.26 (-3.11, 0.6), 0.18
	52wk	46.98 (0.76)	45.49 (0.75)	-1.49 (-3.6, 0.62), 0.17
Group p-value =0.11				
SF36: Aggregate mental	26wk	48.1 (0.85)	49.32 (0.88)	1.21 (-1.2, 3.62), 0.32
	52wk	48.86 (1.11)	48.47 (1.09)	-0.4 (-3.46, 2.67), 0.80
Group p-value =0.72				

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