

Appendix 1: Differences in weight-loss at programme end and one year follow-up between intervention groups and comparator arm (exercise-only) with imputation of missing data using last recorded value carried forwards

	Programme end				One year			
	Mean difference (95% CI)	p value	Adjusted mean difference ¹ (95% CI)	p value	Mean difference (95% CI)	p value	Adjusted mean difference ¹ (95% CI)	p value
Weight Watchers	-2.84 (-4.05 to -1.62)	<0.001	-2.78 (-4.03 to -1.54)	<0.001	-3.02 (-4.73 to -1.32)	<0.001	-3.21 (-4.98 to -1.45)	0.003
Slimming World	-1.88 (-3.10 to -0.67)	0.017	-1.57 (-2.83 to -0.32)	0.098	-1.94 (-3.65 to -0.24)	0.025	-2.06 (-3.84 to -0.28)	0.165
Rosemary Conley	-2.49 (-3.71 to -1.28)	<0.001	-2.67 (-3.93 to -1.41)	<0.001	-1.84 (-3.54 to -0.13)	0.035	-2.28 (-4.06 to -0.50)	0.087
NHS Size Down	-0.50 (-1.72 to 0.72)	1.000	-0.20 (-1.46 to 1.06)	1.000	-1.77 (-3.48 to -0.07)	0.042	-1.95 (-3.74 to -0.16)	0.228
General Practice	0.74 (-0.60 to 2.08)	1.000	0.70 (-0.68 to 2.08)	1.000	0.20 (-1.68 to 2.08)	0.838	-0.30 (-2.26 to 1.66)	1.000
Pharmacy	-0.27 (-1.60 to 1.07)	1.000	-0.28 (-1.70 to 1.41)	1.000	-0.52 (-2.40 to 1.36)	0.589	-0.94 (-2.96 to 1.08)	1.000
Choice	-1.69 (-2.90 to -0.47)	0.046	-1.71 (-2.96 to -0.46)	0.052	-1.63 (-3.34 to 0.07)	0.050	-2.08 (-3.85 to -0.30)	0.152

¹ adjusted for weight at baseline, physical activity at baseline, age, gender and ethnic group

Negative difference favours the intervention arm

The P-values have been adjusted to maintain an overall 5% Type 1 error rate across the seven comparisons, but the 95% confidence intervals are not adjusted