The tables below provide the results of all univariable regression models. Each variable was entered into the regression independently alongside the outcome variable. These tables should be used ancillary to the main results table (Table 4) in the paper.

Model One (Completers vs. Non-Completers)

Variable	β - value	OR	LBCI	UBCI	p-value
		Bivariate Results			
Gender†	-0.079	0.924	0.799	1.068	0.28
Age	-0.015	0.985	0.960	1.011	0.26
Ethnicity†	0.150	1.162	0.962	1.402	0.12
IMD Score	0.005	1.005	1.000	1.010	0.03
Medical Condition†	0.078	1.081	0.821	1.424	0.58
BMI SDS	0.073	1.076	0.990	1.170	0.09
WC SDS	0.101	1.107	1.018	1.203	0.02
Obese or Non-obese †	0.065	1.067	0.903	1.261	0.45
Self-esteem	-0.039	0.962	0.893	1.036	0.30
Sedentary Behaviour	0.039	1.040	0.990	1.092	0.12
Body Satisfaction	-0.002	0.998	0.994	1.002	0.38
Programme Length†	0.011	1.011	0.873	1.172	0.88
Programme Year	0.122	1.130	1.071	1.192	0.00
Group Size†	0.230	1.259	1.087	1.457	0.00
Age Groups†	-0.013	0.987	0.864	0.853	1.14
Day of Session Delivery†	0.052	1.054	0.908	1.223	0.49
Delivery Period†					
January Intake		*Reference Category*			
April Intake	0.218	1.244	1.046	1.479	0.01
September Intake	0.075	1.078	0.904	1.287	0.40

†Categorical variables (dummy coded [0 or 1])
LBCI: Lower Boundary of the 95% Confidence Interval
UBCI: Upper Boundary of the 95% Confidence Interval

Model Two (Continuers vs. Initiators)

Variable	β - value	OR	LBCI	UBCI	p-value
		Bivariate Results			
Gender†	0.001	1.001	0.831	1.206	0.99
Age	0.010	1.010	0.977	1.044	0.56
Ethnicity†	-0.245	0.783	0.617	0.992	0.04
IMD Score	0.004	1.004	0.998	1.010	0.21
Medical Condition†	0.123	1.130	0.804	1.591	0.48
BMI SDS	0.070	1.073	0.962	1.196	0.21
WC SDS	0.090	1.094	0.979	1.222	0.11
Obese or Non-obese†	0.102	1.108	0.887	1.383	0.37
Self-esteem	0.014	1.014	0.928	1.109	0.75
Sedentary Behaviour	0.040	1.041	0.973	1.114	0.24
Body Satisfaction	-0.001	0.999	0.994	1.005	0.80
Programme Length†	0.051	1.052	0.870	1.272	0.60

Variable	β - value	OR	LBCI	UBCI	p-value
Programme Year	0.133	1.143	1.065	1.226	0.00
Group Size†	0.282	1.326	1.101	1.598	0.00
Age Groups†	0.007	1.007	0.835	1.213	0.95
Day of Session Delivery†	0.043	1.044	0.863	1.264	0.66
Delivery Period†					
January Intake		*Reference Category*			
April Intake	0.216	1.242	0.996	1.548	0.05
September Intake	0.095	1.100	0.874	1.384	0.42

†Categorical variables (dummy coded [0 or 1])
LBCI: Lower Boundary of the 95% Confidence Interval
UBCI: Upper Boundary of the 95% Confidence Interval

Model Three (Completer vs. Late Dropout)

Variable	Bivariate Results				
	β - value	OR	LBCI	UBCI	p-value
Gender†	-0.066	0.936	0.745	1.175	0.57
Age	-0.016	0.985	0.944	1.026	0.47
Ethnicity†	-0.124	0.883	0.661	1.181	0.40
IMD Score	0.002	1.002	0.994	1.009	0.65
Medical Condition†	0.235	1.265	0.842	1.900	0.26
BMI SDS	0.155	1.168	1.017	1.341	0.03
WC SDS	0.196	1.216	1.060	1.395	0.01
Obese or Non-obese†	-0.018	0.982	0.756	1.276	0.89
Self-esteem	-0.061	0.941	0.840	1.053	0.29
Sedentary Behaviour	0.060	1.062	0.988	1.141	0.10
Body Satisfaction	0.001	1.001	0.994	1.008	0.77
Programme Length†	0.060	1.061	0.841	1.339	0.62
Programme Year	0.116	1.123	1.033	1.222	0.01
Group Size†	-0.032	0.969	0.768	1.222	0.79
Age Groups†	-0.042	0.959	0.762	1.205	0.72
Day of Session Delivery†	0.085	1.089	0.863	1.374	0.47
Delivery Period†					
January Intake		*Reference Category*			
April Intake	0.290	1.336	1.022	1.746	0.03
September Intake	0.039	1.040	0.784	1.380	0.79

†Categorical variables (dummy coded [0 or 1])
LBCI: Lower Boundary of the 95% Confidence Interval
UBCI: Upper Boundary of the 95% Confidence Interval

Model Four (Completer vs. Sporadic Attender)

Variable	Bivariate Results				
	β - value	OR	LBCI	UBCI	p-value
Gender†	-0.120	0.887	0.734	1.071	0.21
Age	-0.029	0.971	0.939	1.005	0.10
Ethnicity†	0.505	1.656	1.264	2.171	0.00
IMD Score	0.007	1.007	1.001	1.013	0.03
Medical Condition†	-0.089	0.915	0.630	1.329	0.64
BMI SDS	0.012	1.012	0.906	1.130	0.84

Variable	β - value	OR	LBCI	UBCI	p-value
WC SDS	0.031	1.031	0.923	1.152	0.59
Obese or Non-obese†	0.067	1.069	0.859	1.330	0.55
Self-esteem	-0.049	0.952	0.868	1.044	0.29
Sedentary Behaviour	0.013	1.013	0.953	1.078	0.67
Body Satisfaction	-0.004	0.996	0.991	1.002	0.17
Programme Length†	-0.049	0.953	0.787	1.153	0.62
Programme Year	0.082	1.085	1.012	1.163	0.02
Group Size†	0.279	1.322	1.094	1.597	0.00
Age Groups†	-0.005	0.995	0.823	1.203	0.96
Day of Session Delivery†	0.024	1.024	0.843	1.243	0.81
Delivery Period†					
January Intake		*Reference Category*			
April Intake	0.109	1.115	0.890	1.398	0.35
September Intake	0.061	1.063	0.846	1.336	0.60

†Categorical variables (dummy coded [0 or 1])
LBCI: Lower Boundary of the 95% Confidence Interval
UBCI: Upper Boundary of the 95% Confidence Interval

Model Five (High vs. Low Sporadic Attender)

Variable		Bivariate Results			
	β - value	OR	LBCI	UBCI	p-value
Gender†	0.026	1.026	0.750	1.404	0.87
Age	-0.063	0.939	0.888	0.993	0.02
Ethnicity†	0.649	1.914	1.304	2.811	0.00
IMD Score	0.010	1.010	1.000	1.021	0.05
Medical Condition†	-0.004	0.996	0.531	1.867	0.99
BMI SDS	-0.226	0.789	0.668	0.952	0.01
WC SDS	-0.120	0.887	0.745	1.056	0.18
Obese or Non-obese†	0.550	1.733	1.212	2.479	0.00
Self-esteem	0.028	1.029	0.884	1.197	0.71
Sedentary Behaviour	0.062	1.064	0.962	1.178	0.23
Body Satisfaction	-0.002	0.998	0.990	1.007	0.70
Programme Length†	-1.089	0.336	0.242	0.467	0.00
Programme Year	0.207	1.230	1.089	1.389	0.00
Group Size†	0.537	1.711	1.247	2.346	0.00
Age Groups†	0.194	1.214	0.886	1.664	0.23
Day of Session Delivery†	-0.421	0.657	0.474	0.910	0.01
Delivery Period†					
January Intake		*Reference Category*			
April Intake	-0.313	0.731	0.502	1.066	0.10
September Intake	-0.286	0.751	0.513	1.100	0.14

†Categorical variables (dummy coded [0 or 1])
LBCI: Lower Boundary of the 95% Confidence Interval
UBCI: Upper Boundary of the 95% Confidence Interval