DATA AND ANALYSES

Comparison 1.   Norethisterone 350 μg OC versus levonorgestrel 30 μg OC

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Mean weight change (kg) at 6 months	1	39	Mean Difference (IV, Fixed, 95% CI)	-0.6 [-1.76, 0.56]

Comparison 2.   Desogestrel (DSG) OC versus control (no hormonal method)

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Mean change in weight (kg) at 1 year	1	68	Mean Difference (IV, Fixed, 95% CI)	0.5 [-1.28, 2.28]
2 Mean change in BMI (kg/m^2) at 1 year	1	68	Mean Difference (IV, Fixed, 95% CI)	0.0 [-0.62, 0.62]
3 Mean change in fat mass (%) at 1 year	1	68	Mean Difference (IV, Fixed, 95% CI)	3.30 [2.08, 4.52]
4 Mean change in fat free mass (%) at 1 year	1	68	Mean Difference (IV, Fixed, 95% CI)	-3.30 [-4.52, -2.08]

Comparison 3.   DMPA 150 mg/mL versus COC

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Weight gain ≥ 1 kg at month 6	1	31	Odds Ratio (M-H, Fixed, 95% CI)	0.39 [0.09, 1.67]
2 Weight gain ≥ 1 kg at month 12	1	26	Odds Ratio (M-H, Fixed, 95% CI)	0.44 [0.08, 2.39]
3 Weight loss ≥ 1 kg at month 6	1	31	Odds Ratio (M-H, Fixed, 95% CI)	9.24 [0.44, 195.69]
4 Weight loss ≥ 1 kg at month 12	1	26	Odds Ratio (M-H, Fixed, 95% CI)	1.83 [0.15, 23.15]
5 Mean weight change (kg) at 6 months	1	142	Mean Difference (IV, Fixed, 95% CI)	-0.50 [-2.26, 1.26]
6 Mean weight change (kg) at 12 months	1	81	Mean Difference (IV, Fixed, 95% CI)	0.7 [-1.92, 3.32]
7 Mean percentage weight change at 6 months	1	142	Mean Difference (IV, Fixed, 95% CI)	-0.7 [-3.10, 1.70]
8 Mean percentage weight change at 12 months	1	81	Mean Difference (IV, Fixed, 95% CI)	0.0 [-3.79, 3.79]

Comparison 4.   DMPA 150 mg/mL versus MPA + E$_2$C

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Mean weight change (kg) at 6 months	1	70	Mean Difference (IV, Fixed, 95% CI)	-0.6 [-3.05, 1.85]
2 Mean weight change (kg) at 12 months	1	46	Mean Difference (IV, Fixed, 95% CI)	-1.3 [-6.37, 3.77]
3 Mean percentage weight change at 6 months	1	70	Mean Difference (IV, Fixed, 95% CI)	-0.60 [-4.04, 2.84]
4 Mean percentage weight change at 12 months	1	46	Mean Difference (IV, Fixed, 95% CI)	-0.70 [-7.58, 6.18]

Comparison 5.   DMPA 150 mg/mL + placebo versus DMPA 150 mg/mL + E$_2$C

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Mean change in total body fat (%) at 6 months	1	15	Mean Difference (IV, Fixed, 95% CI)	7.50 [-0.47, 15.47]
2 Mean change in lean body mass (%) at 6 months	1	15	Mean Difference (IV, Fixed, 95% CI)	-2.2 [-3.00, 0.60]

Comparison 6.   DMPA 150 mg/mL versus DMPA 450 mg/mL

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Mean weight change (kg) at 6 months	1	651	Mean Difference (IV, Fixed, 95% CI)	0.01 [-0.48, 0.50]

Comparison 7.   DMPA 150 mg/mL initiation after pregnancy: interval ($\geq$ 20 weeks) versus postpartum (5 to 8 weeks)

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Mean weight gain (lb) at 1 year	1	172	Mean Difference (IV, Fixed, 95% CI)	2.30 [-0.94, 5.54]
2 Mean weight gain (lb) at 2 years	1	64	Mean Difference (IV, Fixed, 95% CI)	1.60 [-4.79, 7.99]

Comparison 8.   DMPA-IM 150 mg versus DMPA-SC 104 mg

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Mean weight change (kg) at 36 months	1	121	Mean Difference (IV, Fixed, 95% CI)	1.30 [-1.78, 4.38]

Comparison 9.   DMPA 150 mg/mL versus NET-EN 200 mg (60-day intervals)

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Mean weight change (kg) at 12 months	1	1162	Mean Difference (IV, Fixed, 95% CI)	0.20 [-0.63, 1.03]
2 Mean weight change (kg) at 24 months	1	604	Mean Difference (IV, Fixed, 95% CI)	0.0 [-1.39, 1.39]
3 Mean weight change at 1 year	1	201	Mean Difference (IV, Fixed, 95% CI)	0.80 [-0.10, 1.70]

Comparison 10.   NET-EN 200 mg: 60-day intervals versus 3 intervals of 60 days then 84-day intervals

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Mean weight change (kg) at 12 months	1	822	Mean Difference (IV, Fixed, 95% CI)	0.0 [-0.71, 0.71]
2 Mean weight change (kg) at 24 months	1	453	Mean Difference (IV, Fixed, 95% CI)	-0.10 [-1.35, 1.15]

Comparison 11.   DMPA 150 mg/mL versus Cu IUC

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Mean weight change (kg) at 10 years	1	100	Mean Difference (IV, Fixed, 95% CI)	-0.30 [-0.83, 0.23]
2 Mean weight change (kg) at 1 year by baseline BMI	1	758	Mean Difference (IV, Fixed, 95% CI)	2.28 [1.79, 2.77]
2.1 BMI < 25 kg/m^2	1	452	Mean Difference (IV, Fixed, 95% CI)	2.5 [1.90, 3.10]
2.2 BMI 25 to 29.9 kg/m^2	1	218	Mean Difference (IV, Fixed, 95% CI)	2.10 [1.16, 3.04]
2.3 BMI ≥ 30 kg/m^2	1	88	Mean Difference (IV, Fixed, 95% CI)	0.7 [-1.26, 2.66]
3 Mean weight change (kg) at 2 years by baseline BMI	1	758	Mean Difference (IV, Fixed, 95% CI)	2.71 [2.12, 3.30]

3.1 BMI < 25 kg/m^2	1	452	Mean Difference (IV, Fixed, 95% CI)	2.7 [2.02, 3.38]
3.2 BMI 25 to 29.9 kg/m^2	1	218	Mean Difference (IV, Fixed, 95% CI)	3.0 [1.73, 4.27]
3.3 BMI ≥ 30 kg/m^2	1	88	Mean Difference (IV, Fixed, 95% CI)	1.5 [-1.33, 4.33]
4 Mean weight change (kg) at 3 years by baseline BMI	1	758	Mean Difference (IV, Fixed, 95% CI)	3.17 [2.51, 3.83]
4.1 BMI < 25 kg/m^2	1	452	Mean Difference (IV, Fixed, 95% CI)	3.3 [2.52, 4.08]
4.2 BMI 25 to 29.9 kg/m^2	1	218	Mean Difference (IV, Fixed, 95% CI)	3.20 [1.82, 4.58]
4.3 BMI ≥ 30 kg/m^2	1	88	Mean Difference (IV, Fixed, 95% CI)	1.30 [-1.56, 4.16]
5 Mean weight change (kg) by year			Other data	No numeric data
6 Mean changes in body composition by 12 months			Other data	No numeric data

Comparison 12. DMPA, ENG implant, or LNG-IUC versus Cu IUC

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Mean weight change (kg) at 1 year			Other data	No numeric data
2 Mean weight change (kg) at 4 years			Other data	No numeric data
3 Mean weight change (kg) at 10 years			Other data	No numeric data
4 Weight change (kg) at 12 months			Other data	No numeric data

Comparison 13. DMPA 150 mg/mL versus no hormonal method

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Mean change in total body fat (%) at 6 months	1	26	Mean Difference (IV, Fixed, 95% CI)	11.0 [2.64, 19.36]
2 Mean change in lean body mass (%) at 6 months	1	26	Mean Difference (IV, Fixed, 95% CI)	-4.0 [-6.93, -1.07]
3 Mean change in weight (lb) at 12 months postpartum	1	47	Mean Difference (IV, Fixed, 95% CI)	1.54 [-8.39, 11.47]
4 Mean change in BMI (kg/m^2) at 12 months postpartum	1	47	Mean Difference (IV, Fixed, 95% CI)	0.32 [-1.40, 2.04]
5 Mean change in body fat (%) at 12 months postpartum	1	47	Mean Difference (IV, Fixed, 95% CI)	0.98 [-2.39, 4.35]

Comparison 14.   Norplant versus non-hormonal IUC

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Mean weight change (kg) at 6 months	1	99	Mean Difference (IV, Fixed, 95% CI)	0.47 [0.29, 0.65]
2 Mean weight change (kg) at 1 year	1	324	Mean Difference (IV, Fixed, 95% CI)	1.1 [0.36, 1.84]
3 Mean weight change (kg) at 3 years	1	190	Mean Difference (IV, Fixed, 95% CI)	0.90 [-0.39, 2.19]

Comparison 15.   Norplant versus barrier, 'local', or no contraceptive method

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Mean weight change (kg) at 6 months	1	97	Mean Difference (IV, Fixed, 95% CI)	0.74 [0.52, 0.96]

Comparison 16.   Norplant versus DMPA 150 mg/mL

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Mean weight change (kg) at 1 year	1	100	Mean Difference (IV, Fixed, 95% CI)	-0.87 [-1.86, 0.12]

Comparison 17.   Norplant versus 2-rod LNG

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Mean weight change (kg) at 1 year	1	1196	Mean Difference (IV, Fixed, 95% CI)	0.09 [-0.33, 0.51]
2 Mean weight change (kg) at 3 years	1	922	Mean Difference (IV, Fixed, 95% CI)	0.0 [-0.60, 0.60]
3 Mean weight change (kg) at 5 years	1	614	Mean Difference (IV, Fixed, 95% CI)	0.60 [-0.13, 1.33]

Comparison 18.   Norplant versus COC

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Mean weight change (kg) at 1 year	1	226	Mean Difference (IV, Fixed, 95% CI)	1.1 [-0.13, 2.33]

Comparison 19.   LNG-IUC versus no hormonal contraceptive

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Mean changes in body composition by 12 months			Other data	No numeric data
2 Mean change in weight (kg) at 1 year	1	60	Mean Difference (IV, Fixed, 95% CI)	0.8 [-0.75, 2.35]
3 Mean change in BMI (kg/m^2) at 1 year	1	60	Mean Difference (IV, Fixed, 95% CI)	-0.3 [-0.75, 0.15]
4 Mean change in fat mass (%) at 1 year	1	60	Mean Difference (IV, Fixed, 95% CI)	1.6 [0.45, 2.75]
5 Mean change in fat free mass (%) at 1 year	1	60	Mean Difference (IV, Fixed, 95% CI)	-1.6 [-2.75, -0.45]