S4 Table. Sensitivity analysis: Effects of lifestyle change at 6 months on resolving lifestyle factors (intervention effects on secondary outcomes; baseline-adjusted odds ratio for PPS [Models 2 & 3]).

Lifestyle factors	PPS (n = 1,420)							
	Model 2				Model 3			
	OR	95% CI		P-value	OR	95% CI		P-value
		Lower	Upper			Lower	Upper	
Enjoying school life (very much)	0.49	0.28	0.86	0.013	0.47	0.28	0.81	0.006
Taking exercise and stretching	1.01	0.73	1.39	0.936	1.01	0.74	1.38	0.970
Fast sleep at 12 AM (midnight)	0.94	0.61	1.46	0.799	0.94	0.66	1.33	0.708
More than 6 hours sleep	0.88	0.68	1.13	0.293	0.85	0.66	1.08	0.187
Health condition (very good)	0.87	0.64	1.17	0.359	0.82	0.60	1.13	0.221
Staple food[1] consumed per breakfast	0.66	0.47	0.91	0.014	0.60	0.43	0.86	0.005
Main dishes[2] consumed per breakfast	0.73	0.53	0.99	0.043	0.70	0.53	0.93	0.015
Vegetables consumed per breakfast	0.66	0.45	0.96	0.031	0.64	0.46	0.89	0.008
Main dishes consumed per lunch	0.95	0.59	1.52	0.835	0.96	0.61	1.53	0.872
Vegetables consumed per lunch	1.19	0.85	1.65	0.306	1.19	0.86	1.64	0.298
Dairy products consumed per day	0.80	0.55	1.17	0.261	0.81	0.60	1.11	0.192
Not consumed fatty foods	0.94	0.64	1.36	0.734	0.91	0.64	1.32	0.628
Not consumed snacks after 10 PM	1.12	0.82	1.52	0.484	1.08	0.79	1.49	0.621

PPS, Analysis by per protocol set with the complete data set; OR (odds ratio) < 1 indicates favourable for resolving lifestyle factors; Model 2, mixed model adjusted for baseline; Model 3, mixed model adjusted for baseline, sex, age, and BMI; 1) Staple food: rice, bread, etc.; 2) Main dishes: fish, soy, eggs, meat, etc.