

Table S1. Coefficients of the multiple regression model examining the effect of frequency of booklet entry, controlling for sex, on weight change (kg) at 12 months.

| Variable | Point estimate | 95% CI ¹ | | <i>p</i> -value ¹ |
|--|----------------|---------------------|-------|------------------------------|
| | | Lower | Upper | |
| (Intercept) | 1.03 | | | |
| Sex (male vs female) | -5.7 | -11.18 | -0.14 | 0.045 |
| Frequency of booklet entry: 30–59 days ² | -2.4 | -10.9 | 6.1 | 0.562 |
| Frequency of booklet entry: 60–140 days ² | -6.8 | -12.6 | -1.0 | 0.024 |

Multiple R-squared: 0.295, adjusted R-squared: 0.203. ¹ Adjusted for multiple analysis using the Westfall method. ² Against the 0–30 days group.