

Supplementary Information

Potential predictors included in the stepwise linear and logistic regression models are listed below (unit or range).

Variables included in the model predicting % weight loss in women

BMI (kg/m²)
Waist circumference (cm)
Hip circumference (cm)
Number of prescribed drugs (n)
Prescribed drugs ≥ 2 (yes/no)
Number of children (n)
Cohabiting with partner/child (yes/no)
University education (yes/no)
Physical Functioning SF-36 (0–100)
Role-Physical SF-36 (0–100)
Body pain SF-36 (0–100)
General health SF-36 (0–100)
Physical health SF-36, sum score (0–100)
Psychosocial functioning OP (0–100)
Self-esteem RSE (0–100)
Cravings for peanuts, chips, etc. (1–5)
Movement capacity OF (0–100)
Ambulation capacity OF (0–100)
Home management OF (0–100)

Variables Included in the Model Predicting % Weight Loss in Men

BMI (kg/m²)
Waist circumference (cm)
Hip circumference (cm)
Body weight at baseline (kg)
VLED energy level (470–560 kcal vs. 820 kcal)
Number of prescribed drugs (n)
Medication for diabetes (yes/no)
Cohabiting with partner/child (yes/no)
Long term sick leave (yes/no)
Physical Functioning SF-36 (0–100)
Role-Physical SF-36 (0–100)
Role-Emotional SF-36 (0–100)
Physical health SF-36, sum score (0–100)
Mental health SF-36, sum score (0–100)
Frequency of eating sweets (1–5)
Frequency of eating chocolate, nougat, etc. (1–5)
Frequency of eating ice-cream (1–5)
Frequency of eating snack foods, sum score (0–100)
Ambulation capacity OF (0–100)
Home management OF (0–100)
Overall functional health index OF (0–100)

Variables Included in the Model Predicting Success ($\geq 10\%$ Weight Loss) in Women

Age (years)
BMI (kg/m²)
Hip circumference (cm)
Body weight at baseline (kg)
Medication for hyperlipidemia/hypertension (yes/no)
Role-Physical SF-36 (0–100)
Psychosocial functioning OP (0–100)
Cravings for sweets (1–5)
Cravings for peanuts, chips, etc. (1–5)
Removed: Frequency of eating buns, cakes, etc. (1–5)

Variables Included in the Model Predicting Success ($\geq 10\%$ Weight Loss) in Men

Long term sick leave (yes/no)
Physical Functioning SF-36 (0–100)
General health SF-36 (0–100)
Role-Emotional SF-36 (0–100)
Mental health SF-36 (0–100)
Physical health SF-36, sum score (0–100)
Pleasantness/unpleasantness MACL (1–4)
Psychosocial functioning OP (0–100)
Self-esteem RSE (0–100)
Emotional eating TFEQ-R21 (0–100)
Hunger between meals (1–5)
Hunger in the evening (1–5)
Hunger (0–100)
Binge eating problems (0–100)
Ambulation capacity OF (0–100)
Social interaction OF (0–100)
Prognosis for life style changes (1–6)
Weight loss self-efficacy (1–6)
Removed: Overall functional health index OF (0–100)

Variables Included in the Model Predicting Attrition in Women

Age (years)
BMI (kg/m²)
Hip circumference (cm)
Body weight at baseline (kg)
Medication for hyperlipidemia/hypertension (yes/no)
Cohabiting with partner/child (yes/no)
Physical Functioning SF-36 (0–100)
Psychosocial functioning OP (0–100)
Uncontrolled eating TFEQ-R21 (0–100)

Hunger in the morning (1–5)
Life style changes (1–5)
Openness about weight loss (1–4)
Social support/orientation (0–100)

**Variables Included in the Model Predicting
Attrition in Men**

Waist circumference (cm)
Additional diagnoses (yes/no)
Body pain SF-36 (0–100)
General health SF-36 (0–100)
Physical health SF-36, sum score (0–100)
Pleasantness/unpleasantness MACL (1–4)
Self-esteem RSE (0–100)
Emotional eating TFEQ-R21 (0–100)
Hunger between meals (1–5)
Hunger in the evening (1–5)
Frequency of eating peanuts, chips, etc. (1–5)
Binge eating problems (0–100)
Aches and pain OF (0–100)