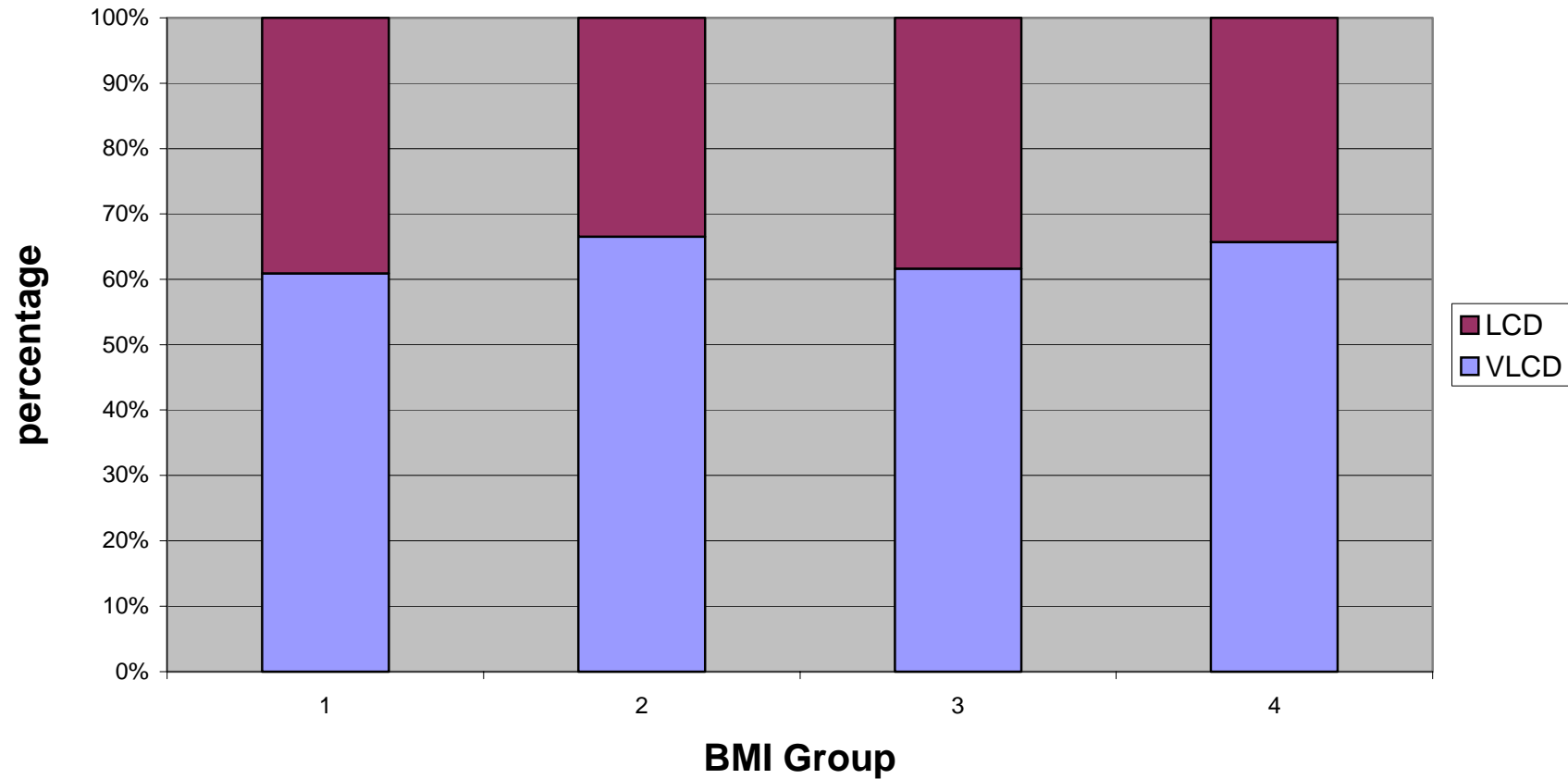


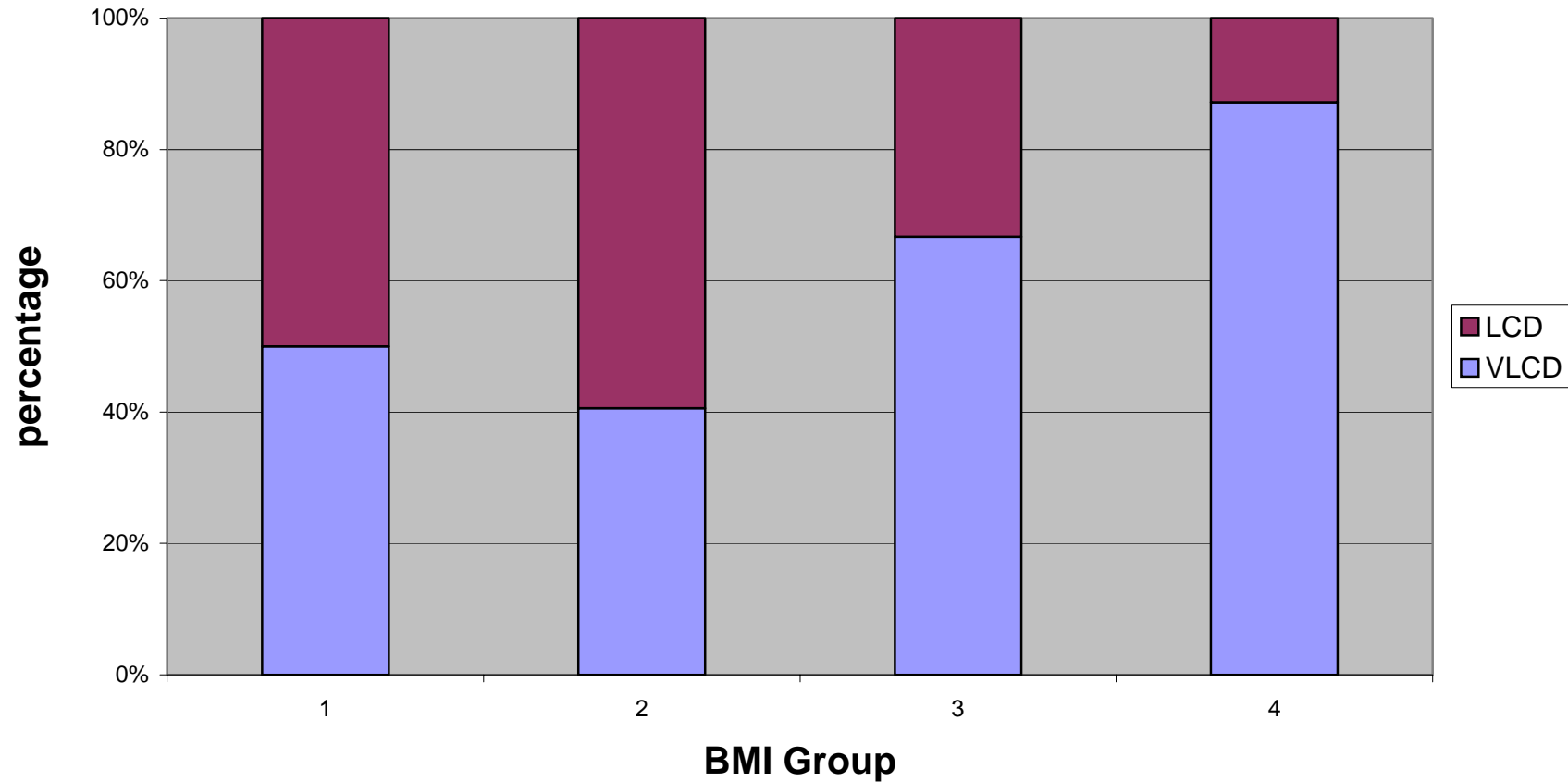
**Table 1: Very Low-Calorie and Low-Calorie Diet Options and Selection Frequencies for Females and Males**

TYPE OF DIET		FEMALE		MALE	
		N	%	N	%
VLCD	Diet 1 – 500 cal/day - women, 700 - men)	160	13.1	33	18.3
	Diet 2 – 600 cal/day – women, 800 cal/day – men	179	14.7	---	---
	Diet 3 – 700 cal/day – women, 900 cal/day – men	435	35.7	71	39.4
LCD	Diet 4 – 1000 cal/day	231	18.9	---	---
	Diet 5 – 1100 cal/day	139	11.4	20	11.1
	Diet 6 – 1200 cal/day – women, 1400 cal/day – men	76	6.2	56	31.1

**Figure 1: Choice of VLCD vs LCD by BMI Group  
Group  
FEMALES**



**Figure 2: Choice of VLCD vs LCD by BMI Group  
Group  
MALES**



**Table 2: Diets and Pretreatment Patient Characteristics – Mean (SD)**

FEMALES	DIETS						F	p
	1	2	3	4	5	6		
N	160	179	435	231	139	76		
Age	43.8 (11.8) <sup>a,b</sup>	40.8 (11.1) <sup>c</sup>	41.4 (11.3) <sup>b,c</sup>	44.0 (10.8) <sup>a,b</sup>	44.6 (12.9) <sup>a</sup>	42.6 (12.9) <sup>a,b,c</sup>	2.99	*
Time 1 BMI	34.9 (6.9) <sup>a</sup>	33.4 (6.0) <sup>b</sup>	32.7 (6.3) <sup>b</sup>	32.9 (6.6) <sup>b</sup>	33.3 (6.5) <sup>b</sup>	33.4 (6.7) <sup>b</sup>	3.56	**
Uncontrolled Eating	34.0 (5.9)	33.4 (5.4)	33.3 (5.0)	32.7 (5.2)	33.1 (5.3)	33.1 (5.1)	1.33	
Depression	12.3 (3.7)	11.8 (3.4)	12.0 (3.3)	12.2 (3.4)	12.0 (3.5)	12.4 (4.2)	0.68	
Stress	12.4 (3.3)	12.4 (3.4)	12.4 (3.5)	12.6 (3.4)	12.2 (3.5)	12.2 (3.3)	0.27	
Weight Loss Goal (kg)	29.8 (16.9) <sup>a</sup>	24.7 (13.2) <sup>b</sup>	23.7 (14.3) <sup>b</sup>	23.5 (15.0) <sup>b</sup>	23.2 (15.3) <sup>b</sup>	24.5 (16.0) <sup>b</sup>	5.71	***
Weight Loss Goal (%)	29.9 (10.5) <sup>a</sup>	26.5 (9.6) <sup>b</sup>	24.4 (10.2) <sup>b</sup>	25.3 (10.2) <sup>b</sup>	24.1 (10.4) <sup>b</sup>	25.2 (11.9) <sup>b</sup>	7.60	***

MALES	DIETS						F	p
	1	2	3	4	5	6		
N	33		71		20	56		
Age	44.3 (10.4)		46.0 (11.5)		41.3 (10.8)	43.6 (12.2)	1.03	
Time 1 BMI	40.8 (8.3) <sup>a</sup>		35.7 (7.8) <sup>b</sup>		31.6 (4.0) <sup>c</sup>	33.3 (5.3) <sup>b,c</sup>	10.6	***
Uncontrolled Eating	34.4 (4.9)		32.7 (4.5)		34.8 (4.7)	32.1 (4.8)	2.7	
Depression	11.2 (3.6)		10.8 (2.7)		11.7 (3.6)	11.1 (3.5)	.49	
Stress	11.8 (3.6)		12.3 (3.7)		12.8 (4.0)	11.1 (3.5)	1.72	
Weight Loss Goal (kg)	41.3 (24.9) <sup>*</sup>		27.5 (21.1) <sup>b</sup>		17.0 (11.1) <sup>c</sup>	19.9 (13.0) <sup>b,c</sup>	10.8	***
Weight Loss Goal (%)	29.7 (12.4) <sup>*</sup>		22.3 (10.9) <sup>b</sup>		16.8 (8.7) <sup>c</sup>	17.8 (7.4) <sup>b,c</sup>	11.6	***

**Table 3: Diets and Dropout Rates**

<b>TYPE OF DIET</b>	<b>FEMALE</b>	<b>MALE</b>
	Drop out %	Drop out %
Diet 1	18.1	27.3
Diet 2	19.0	---
Diet 3	21.1	16.9
Diet 4	16.9	---
Diet 5	20.1	30.0
Diet 6	28.9	32.1

## Table 4: Diets & Weight Change – Mean (SD)

FEMALES	DIETS						F	p
	1	2	3	4	5	6		
N	41	37	91	68	28	19		
<b>Weight Loss – Time 1 to Time 2</b>								
Weight loss T1 – T2 (kg)	7.1 (4.6) <sup>a</sup>	6.2 (2.8) <sup>a</sup>	6.4 (3.1) <sup>a</sup>	4.5 (2.9) <sup>b</sup>	3.5 (2.6) <sup>b, c</sup>	2.8 (3.0) <sup>c</sup>	10.4	***
Weight loss T1 – T2 (%)	7.1 (3.9)	6.9 (2.6)	7.0 (2.9)	5.2 (3.2)	3.8 (2.7)	3.1 (2.9)	10.7	***
Weight loss T1 – T2 (kg/day)	.195 (.107) <sup>a</sup>	.168 (.075) <sup>a, b</sup>	.173 (.090) <sup>a, b</sup>	.133 (.084) <sup>b, c</sup>	.095 (.063) <sup>c, d</sup>	.074 (.079) <sup>d</sup>	9.4	***
<b>Weight Loss – Time 2 to Time 3</b>								
Weight loss T2 – T3 (kg)	3.3 (2.9) <sup>a</sup>	2.2 (2.4) <sup>a, b, c</sup>	2.9 (2.5) <sup>a, b</sup>	1.8 (2.3) <sup>b, c</sup>	.94 (1.6) <sup>d</sup>	1.3 (1.4) <sup>c</sup>	5.6	***
Weight loss T2 – T3 (%)	3.3 (3.0) <sup>a</sup>	2.2 (2.4) <sup>a, b</sup>	3.1 (2.6) <sup>a</sup>	2.0 (2.4) <sup>b, c</sup>	.98 (1.8) <sup>c</sup>	1.4 (1.5) <sup>b, c</sup>	5.2	***
Weight loss T2 – T3 (kg/day)	.093 (.074) <sup>a</sup>	.062 (.064) <sup>b, c</sup>	.078 (.066) <sup>a, b</sup>	.051 (.052) <sup>b, c</sup>	.025 (.048) <sup>d</sup>	.040 (.050) <sup>c</sup>	6.2	***
<b>Weight Loss – Time 1 to Time 3</b>								
Weight loss T1 – T3 (kg)	10.4 (6.8) <sup>a</sup>	8.4 (4.2) <sup>a, b</sup>	9.3 (5.0) <sup>a</sup>	6.3 (4.2) <sup>b, c</sup>	4.4 (3.6) <sup>c</sup>	4.1 (3.7) <sup>c</sup>	10.7	***
Weight loss T1 – T3 (%)	10.4 (5.9) <sup>a</sup>	9.4 (4.0) <sup>a</sup>	10.1 (4.9) <sup>a</sup>	7.2 (4.3) <sup>b</sup>	4.8 (3.6) <sup>c</sup>	4.4 (3.6) <sup>c</sup>	11.3	***
Weight loss T1 – T3 (kg/day)	.143 (.089) <sup>a</sup>	.113 (.059) <sup>a, b</sup>	.125 (.066) <sup>a</sup>	.091 (.056) <sup>b</sup>	.060 (.049) <sup>c</sup>	.060 (.055) <sup>c</sup>	9.9	***

MALES	DIETS						F	p
	1	2	3	4	5	6		
N	7		23			12		
<b>Weight Loss – Time 1 to Time 2</b>								
Weight loss T1 – T2 (kg)	11.9 (5.6) <sup>a</sup>		10.9 (7.2) <sup>a</sup>			5.0 (4.1) <sup>b</sup>	4.3	*
Weight loss T1 – T2 (%)	7.3 (2.6) <sup>a, b</sup>		8.4 (3.4) <sup>a</sup>			4.7 (3.5) <sup>b</sup>	4.8	*
Weight loss T1 – T2 (kg/day)	.366 (.157) <sup>a</sup>		.299 (.230) <sup>a</sup>			.131 (.118) <sup>b</sup>	4.2	*
<b>Weight Loss – Time 2 to Time 3</b>								
Weight loss T2 – T3 (kg)	8.3 (9.2) <sup>a</sup>		6.1 (9.9) <sup>a, b</sup>			.43 (3.1) <sup>b</sup>	2.5	*
Weight loss T2 – T3 (%)	5.0 (4.7)		5.0 (8.3)			.22 (3.0)	2.2	
Weight loss T2 – T3 (kg/day)	.213 (.177) <sup>a</sup>		.139 (.188) <sup>a, b</sup>			.019 (.072) <sup>b</sup>	3.7	*
<b>Weight Loss – Time 1 to Time 3</b>								
Weight loss T1 – T3 (kg)	20.2 (13.4) <sup>a</sup>		17.0 (12.2) <sup>a</sup>			5.4 (5.9) <sup>b</sup>	5.6	**
Weight loss T1 – T3 (%)	12.3 (6.4) <sup>a</sup>		13.3 (8.6) <sup>a</sup>			4.9 (5.1) <sup>b</sup>	5.3	**
Weight loss T1 – T3 (kg/day)	.287 (.142) <sup>a</sup>		.214 (.143) <sup>a</sup>			.072 (.087) <sup>b</sup>	7.3	**

## Table 5: Diets & Psychological Change – Mean (SD)

FEMALES	DIETS						Group	Time	Group x Time
	1	2	3	4	5	6			
	26	25	61	43	20	15			
<b>Uncontrolled Eating</b>									
Time 1	34.3 (6.1)	34.1 (6.4)	33.8 (4.9)	33.4 (5.2)	31.6 (5.6)	32.1 (5.4)	2.8	26.4 ***	2.9
Time 2	28.7 (4.4)	29.1 (6.4)	28.0 (4.9)	28.6 (4.5)	28.9 (6.1)	28.9 (5.2)			
Time 3	28.9 (4.9)	29.4 (4.9)	27.9 (4.1)	29.6 (4.9)	26.7 (5.0)	27.5 (4.9)			
<b>Stress</b>									
Time 1	11.5 (2.9)	12.6 (3.4)	12.5 (3.7)	11.4 (2.4)	11.4 (3.0)	11.9 (3.2)	0.04	15.2 ***	2.1
Time 2	9.3 (2.8)	10.8 (3.1)	10.0 (3.1)	9.5 (2.8)	10.1 (4.2)	9.9 (4.1)			
Time 3	8.8 (2.6)	9.1 (2.0)	9.5 (2.1)	10.3 (3.5)	9.3 (3.4)	9.3 (2.3)			
<b>Depression</b>									
Time 1	12.2 (4.4)	12.1 (4.0)	12.3 (3.1)	12.6 (3.3)	10.9 (2.2)	12.1 (4.2)	3.8	11.3 ***	1.1
Time 2	10.3 (2.5)	10.9 (2.2)	10.4 (2.7)	11.1 (2.8)	10.1 (2.1)	10.7 (4.2)			
Time 3	10.8 (2.9)	10.1 (2.0)	10.1 (2.3)	10.5 (2.9)	9.1 (2.1)	9.6 (2.2)			