

Supplementary Table 3. Mean value of participant characteristics per intervention

Program	Gender m/f	Age, years (SD)	Education level	% Weight change during program (SD)
TTT	4/3	53 (10.6)	1 Did not complete school 2 Completed school 4 University degree	-5.3% (4.8%)
DSD	4/4	53.5 (9.9)	0 Did not complete school 5 Completed school 3 University degree	-4.1% (2.9%)

Abbreviations: TTT = Ten Top Tips; DSD = Do Something Different; m/f = male / female