

Supplement A: Protocol amendments during lockdown periods in Melbourne, Victoria and Adelaide, South Australia as part of the COVID-19 restrictions issued by each State.

Impact of COVID-19 on the SWIFt study.

Due to Coronavirus (COVID-19), Australian Government rules and restrictions, and the need for social distancing, a number of changes were made to the SWIFt protocol. These changes were staged, based on Government and University guidance at the time and outlined below.

Stage 1: Cessation of recruitment and on-site data collection (both sites)

Last enrolled participant prior to the first lockdown was 18th March, 2020. From March 2020, all dietetic consults across both sites were moved to tele-health and conducted via Zoom. No on-site data collection was possible, and recruitment ceased. To meet the study's protocol of providing study-foods, supermarket vouchers were issued to Melbourne participants to purchase meals. For the Adelaide site, funds were transferred into participants' accounts. Instructions on how to use the supermarket vouchers and a shopping list of required foods were provided via email and discussed during dietetic review consultations on Zoom. Participants were required to send photographs of the purchased meals and corresponding receipts to researchers as an indication of compliance.

Data collection was continued off-site with participants using the Bluetooth weighing scales issued to them at the start of the study to report weight as per study protocol timelines. Receipt of the weight data was either a recorded weight via email, a photograph of the weight, or the online log from the weighing scales depending on the preference of the participant. Checklists (indicator of compliance to the dietary interventions) were also scanned and emailed to researchers. Between March and June 2020, collection of biological samples was not possible.

Stage 2: Recruitment and on-site data collection recommenced

In June 2020, the SWIFt study was designated as essential research and participants were able to come to the clinical trial facility in Melbourne for data collection. A permanent change to on-site visits and dietetic consults was introduced, after approval from our ethics Committees, with the number of face-to-face visits reducing. Participants now attend the clinical trial facilities for the following – screening, baseline, visit 7 (3 months), visit 10 (24-weeks), visit 12 (6-months into maintenance phase) and visit 13 (12-months into maintenance phase and completion of study). Interim dietetic consults are conducted via Zoom. During this time, collection of food was allowed but we retained the online shopping option for participants who preferred not to attend the clinical trials facilities in Melbourne or Adelaide solely for the collection of food items. Recruitment also

recommended with the next participant randomised on 25th June 2020 in Melbourne and 3rd August 2020 in Adelaide.

Stage 3: Melbourne lock-down, Adelaide recruitment ongoing

In August 2020 Melbourne entered a 112-day lockdown which included a curfew (5 km radius) and the end to all non-essential movement. We continued to run the intervention and have participants on-site for data collection. Whilst recruitment was still active, participant uptake was negligible, with recruitment paused again between the beginning of September 2021 to the beginning of November 2021. Adelaide, who did not have the 112-day lockdown was able to continue to recruit across this period.

Stage 4: Ongoing lockdowns

Overall, to date Melbourne (state of Victoria) has endured six lockdowns varying in length from five days to 112 days (275 days in total), whilst Adelaide (South Australia) has had three lockdowns. Since March 2020 (approximately six months into recruitment), there has seldom been an extended period of time where recruitment has not been impacted by COVID-19 restrictions. The latest restrictions in Melbourne eased on the 22nd October 2021 – 18 months after the first set of restrictions were introduced.