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Supplementary Material

## LIST OF SUPPLEMENTARY MATERIAL FOR THE ARTICLE

DISCLAIMER

This Supplementary Material has been provided by the authors as an enhancement to the published article. It has been approved by peer review; however, it has undergone neither editing nor formatting by in-house editorial staff. The material is presented in the manner supplied by the author.

Supplementary Materials

Supplementary Table 1. Baseline characteristics of not obese vs obese groups.

Variables	Not obese	obese	p-value
BMI Median (IQR)	22.4 (20.45, 23.65)	33.5 (31.5, 37.9)	<.0001
Age Mean (SD)	28.8 (4.3)	29.5 (4.6)	0.2713
Current Income Median (IQR) in thousands	40 (22, 60)	45 (23.5, 55.5)	0.6531
BDI scores Mean (SD)	7.6 (4.8)	8.7 (5.6)	0.1561
STAI State Median (IQR)	25 (21, 31)	26 (22, 32)	0.3670
STAI Total Median (IQR)	29 (24, 37)	30.5 (25, 38)	0.3671
Total HEI Mean (SD)	64.1 (9.6)	60.6 (8.1)	0.0062
Energy Expenditure (kcal) Mean (SD)	1491.7 (434.9)	2536.3 (778.5)	<.0001
Light Activity Time Mean (SD)	1113.7 (81.5)	1106.6 (88.1)	0.5539
Moderate Activity Time Mean (SD)	315.2 (79.0)	308.2 (78.6))	0.5311
Metabolic Equivalent Mean (SD)	1.357 (0.121)	1.566 (0.183)	<.0001
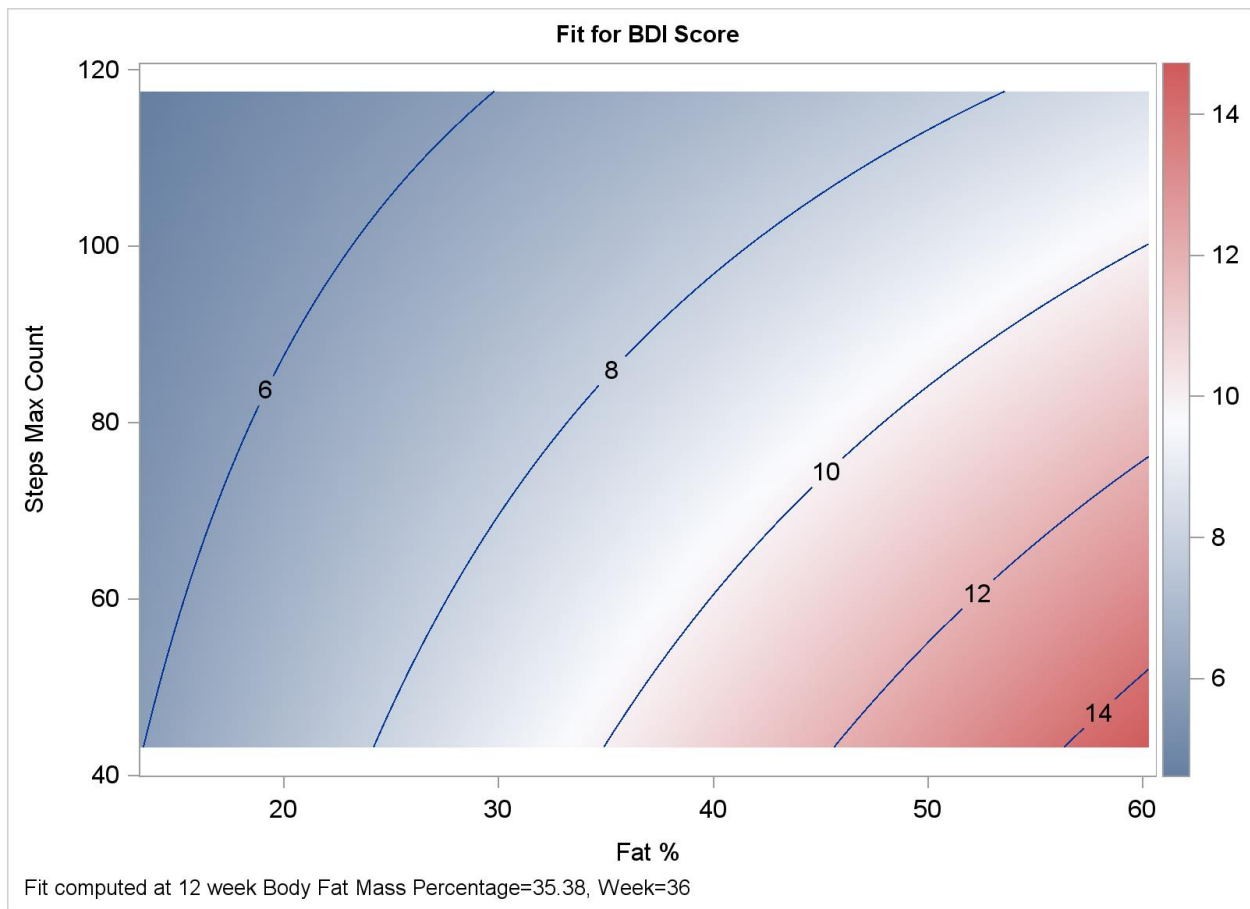
Supplementary Figure 1. Interaction plot of Fat % and Steps Max Count on the BDI Score gradients. This is the interaction plot of body fat percentage and steps max computed at week 12th Fat percentage of 35.38, Week36. The gradient lines show the BDI Scores. As physical activity (y axis) increases the effect of body fat percent on BDI reduces.
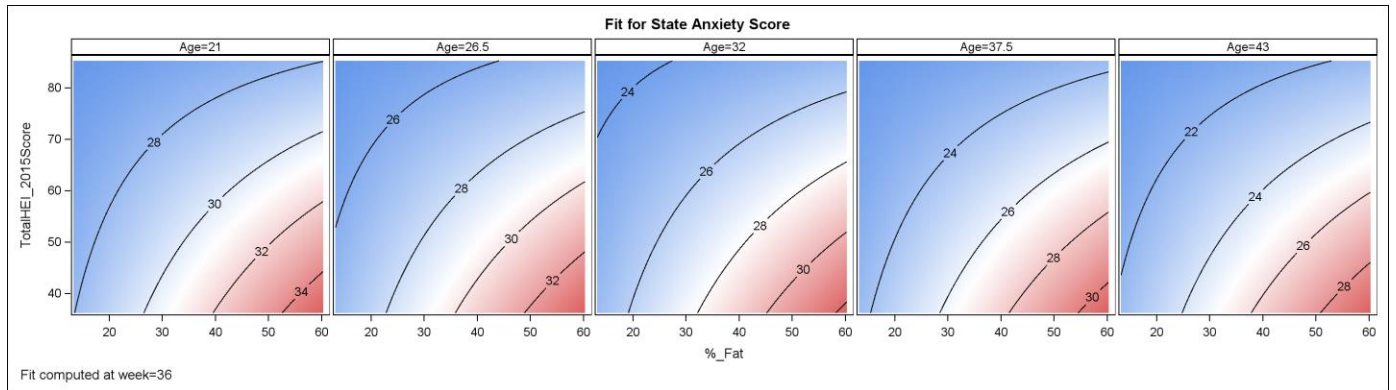
Supplementary Figure 2. Interaction plot of Fat % and Total HEI on State Anxiety Score, sliced by ages. As total HEI increases the effect of fat percentage reduces its effect on Anxiety scores (gradient lines). Overall anxiety score reduces as age increases.