

Additional file 3 – Median values of body composition at each point time and change to intervention start (D1, D2).

			T0	T1	T2	D1 (change T1–T0)	D2 (change T2–T0)
Waist circumference (cm)	PM	median (range)	95.0 (76 to 109)	95.5 (72 to 108)	94.8 (77 to 107)	-0.1 (-10 to 4)	2.5 (-12 to 6)
		n	15	17	16	14	14
	CON	median (range)	89.0 (74 to 114)	87.0 (70 to 108)	86.0 (67 to 113)	-5.5 (-10 to 8)	-3.5 (-14 to 10)
		n	12	11	11	11	10
		p-value ^a (group differences)	0.464	0.115	0.093	0.17	0.079
Waist-to-height ratio	PM	median (range)	0.578 (0.46 to 0.68)	0.565 (0.45 to 0.62)	0.563 (0.47 to 0.62)	-0.008 (-0.08 to 0.02)	-0.001 (-0.10 to 0.04)
		n	15	17	16	14	14
	CON	median (range)	0.538 (0.47 to 0.64)	0.506 (0.43 to 0.60)	0.510 (0.40 to 0.61)	-0.040* (-0.05 to 0.05)	-0.034 (-0.11 to 0.05)
		n	12	11	11	11	10
		p-value ^a (group differences)	0.399	0.059	0.121	0.183	0.064
Muscle mass (kg)	PM	median (range)	26.2 (20 to 35)	28.2 (21 to 36)	30.0 (22 to 44)	2.1** (0 to 6)	5.4** (1 to 13)
		n	18	18	13	18	13
	CON	median (range)	24.6 (20 to 47)	26.4 (20 to 50)	27.0 (21 to 50)	0.6 (-5 to 5)	3.0** (1 to 7)
		n	13	12	9	12	9
		p-value ^a (group differences)	0.984	0.626	0.242	0.034	0.442

Fat percentage	PM	median (range)	37.4 (31 to 48)	37.9 (26 to 44)	35.6 (24 to 48)	-2.5* (-8 to 3)	-3.7* (-9 to 4)
		n	18	18	13	18	13
	CON	median (range)	36.7 (30 to 44)	32.3 (15 to 51)	29.5 (10 to 48)	-3.3 (-15 to 10)	-8.3 (-20 to 7)
		n	13	12	9	12	9
		p-value ^a (group differences)	0.32	0.24	0.23	0.51	0.43

* p-values <0.05, ** p-values <0.001

^a p-values testing the significance of group differences at each time point, and of group differences in change. Null hypothesis: medians of both groups are equal.

PM: PathMate group, CON: Control group, T0: intervention start, T1 and T2: 5.5 and 12 months after intervention start, respectively