Table, Supplemental Digital Content 2. Interaction tests for moderators (sex, SES and initial weight status)

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| --- | --- | --- | --- | --- | --- | --- |
| Measure | Sex | | SES | | Weight status | |
| 6M\* a  *p* | 12M a  *p* | 6M\* a  *p* | 12M a  *p* | 6M\* a  *p* | 12M a  *p* |
| Push-ups  (reps) | 0.302 | 0.125 | 0.254 | 0.070 | 0.348 | 0.437 |
| Standing long jump  (cm) | 0.804 | 0.780 | 0.226 | 0.100 | 0.354 | 0.497 |
| BMI  (kg/m2) | 0.461 | 0.619 | 0.828 | 0.882 | 0.226 | 0.024 |
| BMI z-score  (units) | 0.354 | 0.550 | 0.826 | 0.671 | 0.329 | 0.279 |
| MVPA  (%e MVPA) | 0.300 | 0.400 | 0.239 | 0.338 | 0.065 | 0.134 |
| VO2 max  (mL/[kg·min]) | 0.339 | 0.439 | 0.219 | 0.018 | 0.134 | 0.004 |
| Flexibility  (cm) | 0.936 | 0.631 | 0.346 | 0.406 | 0.690 | 0.299 |
| RTSQ  (units) | 0.007 | 0.018 | 0.554 | 0.011 | 0.090 | 0.096 |
| PA autonomous motivation  (units) | 0.774 | 0.786 | 0.530 | 0.737 | 0.621 | 0.674 |
| Motivation for RT  (units) | 0.955 | 0.988 | 0.864 | 0.952 | 0.973 | 0.113 |
| RT self-efficacy  (units) | 0.853 | 0.359 | 0.261 | 0.144 | 0.648 | 0.350 |

Abbreviations: 6M, 6-month; 12M, 12-month; BMI, body mass index; MVPA, moderate-to-vigorous physical activity; VO2 max, maximal aerobic capacity; RTSQ, resistance training skill quotient; PA, physical activity; RT, resistance training

\* For MVPA, accelerometer data was collected at 3-months rather than 6-months, to capture objective data during the intervention period.

a Group x Time x Moderator interaction; further sub-group analyses performed when this was <0.100