**Supplemental Content 3. Correlations between appetite parameters and changes in body weight and composition during dietary energy intake restriction and aerobic exercise**

*Purcell et al. 2022; Diet versus Exercise in Obesity*

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| **Variable** | **Weight change, kg** | **FM change, kg** | **FFM change, kg** |
| **Baseline appetite** |
| Restraint  | -0.066 | -0.148 | 0.085 |
| Disinhibitiona | -0.023 | 0.106 | -0.128 |
| Hungera | -0.078 | 0.049 | -0.155 |
| Fasting hunger, mm | -0.026 | 0.123 | -0.197 |
| AUC hunger, mm x 180 min | 0.015 | 0.216 | -0.256 |
| Fasting satiety, mm | -0.220 | -0.231 | -0.055 |
| AUC satiety, mm x 180 min | -0.279 | **-0.392\*\*** | 0.054 |
| Fasting PFC, mm | -0.104 | -0.004 | -0.168 |
| AUC PFC, mm x 180 min | -0.068 | 0.059 | -0.186 |
| Fasting PYY, pg/mla | 0.036 | -0.033 | 0.015 |
| AUC PYY, pg/mL x 180 mina | -0.046 | -0.094 | -0.101 |
| Fasting ghrelin, pg/mLa | -0.071 | -0.023 | -0.066 |
| AUC ghrelin, pg/mL x 180 mina | -0.089 | -0.031 | -0.064 |
| Fasting GLP-1, pmol/La | 0.079 | -0.002 | 0.152 |
| AUC GLP-1, pmol/L x 180 mina | -0.022 | -0.072 | 0.066 |
| **Changes in appetite** |
| Restraint  | **-0.433\*\*** | -0.240 | **-0.383\*** |
| Disinhibition | 0.009 | 0.112 | -0.130 |
| Hunger | 0.292 | 0.285 | 0.097 |
| Fasting hunger, mm | 0.090 | 0.121 | -0.024 |
| AUC hunger, mm x 180 min | 0.079 | -0.023 | 0.149 |
| Fasting satiety, mma | 0.062 | 0.025 | 0.084 |
| AUC satiety, mm x 180 min | 0.005 | 0.021 | -0.011 |
| Fasting PFC, mm | 0.058 | 0.079 | -0.016 |
| AUC PFC, mm x 180 min | 0.111 | 0.082 | 0.060 |
| Fasting PYY, pg/mla | -0.116 | -0.114 | -0.165 |
| AUC PYY, pg/mL x 180 min | -0.058 | -0.076 | 0.009 |
| Fasting ghrelin, pg/mL | -0.162 | -0.025 | -0.219 |
| AUC ghrelin, pg/mL x 180 mina | -0.026 | -0.018 | -0.018 |
| Fasting GLP-1, pmol/La | -0.162 | -0.030 | -0.246 |
| AUC GLP-1, pmol/L x 180 mina | -0.006 | -0.015 | 0.065 |

Values are Pearson’s r for parametric variables or Spearman’s rho for non-parametric variables for the entire sample. Bolded values are significant. AUC: area under the curve; GLP-1: glucagon like peptide-1; PFC: prospective food consumption; PYY: peptide-YY.

anon-parametric.

\*p<0.05.

\*\*p<0.01.