

Cardiovascular Endurance and Psychosocial Health Predict Short- and Long-term BMI-SDS

Reduction – Results from the CHILT III Program

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Table S2. Overview on included Predictors in Multiple Linear Regression Analysis

Variable	Type	Definition
Sex	Dichotomous	Participant's sex; 0 = boy, 1 = girl
Migration Background	Dichotomous	Participant's nationality; 0 = Non-German, 1 = German [1]
Parental Education	Metric	Parental educational level; 1 = low, 2= medium, 3= high [2]
Data at Baseline (t1) and at Program completion (t2)		
t1, t2 Age	Metric	Participant's age in years
t1, t2 BMI SDS	Metric	Participant's body mass index standard deviation score[3]
t1, t2 RCE	Metric	Maximum power output in watts related to weight (W/kg)
t1, t2 Media Use	Metric	Parent-reported media use (hours/day)

t1, t2 Adolescence Stage	Dichotomous	Participant's adolescence stage in years; 0 = child (<12 years), 1 = adolescent (≥ 12 years)[4]
t1, t2 Physical Self Concept and Self-Worth	Metric	Participants' psychosocial health [5, 6]
Mean changes from baseline (t1) to program end (t2) and from program end (t2) to one year later (t3)		
$\Delta t1t2$ BMI SDS	Metric	Mean changes in BMI SDS
$\Delta t1t2, \Delta t2t3$ RCE	Metric	Mean changes in relative cardiovascular endurance (W/kg)
$\Delta t1t2, \Delta t2t3$ Media use	Metric	Mean changes in media use (hours/day)
$\Delta t1t2, \Delta t2t3$ Physical Self-Concept	Metric	Mean changes in Physical SC
$\Delta t1t2, \Delta t2t3$ Self-Worth	Metric	Mean changes in Self-Worth

BMI SDS, body mass index standard deviation score; RCE, Relative Cardiovascular Endurance; Parental education based on highest school degree; $\Delta t1t2$, difference in data after 11-month intervention (t2) from baseline data (t1); $\Delta t2t3$, difference in data from program end (t2) to one year later (t3); Physical Self-Concept and Self-Worth are based on scores ranging from 0 (lowest) to 100 (highest); t1 and $\Delta t1t2$ data were included in regression analysis explaining effects from program start to end ($n=237$); t2 and $\Delta t2t3$ data and $\Delta t1t2$ BMI SDS were included in regression analysis explaining effects from program end to one-year follow-up ($n=83$)

References

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