

Electronic supplementary material 6. Results from the sensitivity analyses assuming a within-groups correlation coefficient (r) of 0.5 and 0.9 (instead of 0.7) to estimate the change score standard deviation

	Pooled treatment effect (95% CI)	p -value	I^2
Correlation coefficient of 0.5			
Fibre intake (MD, arbitrary units)	4.1 (-2.9, 11.2)	0.25	87%
Physical activity (SMD)	0.27 (0.08, 0.47)	0.007	5%
Fruit/vegetable intake (SMD)	0.28 (0.04, 0.52)	0.025	29%
Correlation coefficient of 0.9			
Fibre intake (MD, arbitrary units)	4.4 (-3.0, 11.6)	0.24	97%
Physical activity (SMD)	0.46 (0.27, 0.64)	<0.001	0%
Fruit/vegetable intake (SMD)	0.49 (-0.04, 1.0)	0.072	89%
95% CI = 95% confidence interval; MD = mean difference; SMD = standardised mean difference			