**Supplementary Material 1:** Baseline characterization for the two sample groups matched by age, sex, initial BMI, and attitude towards bariatric surgery

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|  | **prePANMatch** (n = 141)mean (SD) [95 % KI] | **PANMatch** (n = 141)mean (SD) [95 % CI] | **Statistics for prePAN vs. PAN**Mann-Whitney U Test/χ2 |
| Age, years | 42.1 (12.2) [40.1–44.2] | 42.5 (12.8) [40.4-44.7] | *U* = 9812.000, *p* = 0.851 |
| BMI Range: min to max | 42.5 (5.3) [41.6–43.3]27.6-63.3  | 42.6 (5.5) [41.7-43.5]28.9-66.3 | *U* = 9885.500, *p* = 0.936 |
| Weight Range: min to max | 121.9 (19.5) [118.6–125.1]77.8-177.0 | 122.7 (19.0) [119.6-125.9]75.8-185.0 | *U* = 9635.500, *p* = 0.656 |
|  | *N* (%) | *N* (%) |  |
| Sex (female) | 112 (79) | 112 (79) | χ2 (1, *N* = 258) = 0.026, *p* = 0.872, φ = -0.010 |
| Nationality  German/foreigner | 115 (90) / 26 (10) | 116 (89) / 25 (11) |  |
| Smoker | 24 (19) | 24 (18) | χ2 (1, *N* = 260) = 0.056, *p* = 0.813, φ = -0.015 |
| Bariatric surgery desire No Yes Not clear | 86 (61)52 (37)3 (2) | 86 (61)52 (37)3 (2) |  |
| Personal Status Single Married Separated Divorced Widowed Others | 35 (28)69 (56)2 (2)13 (11)2 (2)3 (2) | 33 (25)83 (62)2 (2)13 (10)2 (2)1 (1) | χ2FFH (5, *N* = 258) = 1.964, *p* = 0.854, φ = 0.087 |
| Composition of household Alone With Partner Alone with child(ren) Partner and child(ren) With parents Others | 17 (14)39 (32)11 (9)41 (33)9 (7)7 (6) | 19 (14)39 (30)10 (8)48 (36)12 (9)4 (3) | χ2 (6, *N* = 256) = 3.002, *p* = 0.809, φ = 0.108 |
| Level of education Sec. mod. school Polytechnic Sec. techn. school High school University Others | 31 (25)0 (0)50 (40)16 (13)24 (19)2 (2) | 38 (29)050 (38)31 (23)12 (9)2 (2) | χ2 (6, *N* = 257) = 10.195, *p* = 0.070, φ = 0.199 |
|  | **prePAN**  |  | **PAN**  | **Statistics for prePAN vs. PAN**Mann Whitney U test |
| Mean (SD) [95% CI] | Median [IQR] | Mean (SD) [95% CI] | Median [IQR] |
| HRQoL (SF-12) MCS PCS | 43.2 (11.7) [41.2-45.2] 36.5 (11.4) [34.5-38.4] | 44.0 [35.1-53.3]36.0 [28.6-44.7] | 44.1 (11.8) [42.1-46.1]33.5 (10.7) [31.6-35.3] | 43.9 [35.1-55.3]32.2 [24.7-42.5] | *U* =8667.000, *FDR* = 0.604*U* = 7645.000, *FDR*= 0.113 |
| Anxiety (GAD-7) Score | 7.5 (4.8)[6.7-8.4] | 7 [4-11] | 6.7 (4.6)[5.9-7.5] | 6 [3-9] | *U* = 8062.500, *FDR* = 0.294 |
| Depression (PHQ-9) Score | 8.6 (5.1)[7.8-9.5] | 8 [5-11] | 8.1 (5.0)[7.3-9.0] | 7 [4-11] | *U* = 8384.000, *FDR* = 0.399 |
| Eating behavior (TFEQ) Scores TFEQ-subscale: cognitive restraint TFEQ-subscale: disinhibition TFEQ-subscale: feelings of hunger | 8.4 (3.7) [7.7-9.0]9.8 (3.6) [9.2-10.4]7.4 (3.5) [6.8-8.0] | 8 [6-11]10 [8-13]8 [5-10] | 8.1 (4.5) [7.3-8.8]8.7 (3.6) [8.1-9.3]6.3 (3.5) [5.7-6.9] | 7.5 [5-11]8 [6-11]6 [3-9] | *U* = 8350.000, *FDR* = 0.399*U* = 7314.500, *FDR* = 0.065,*r* = -0.17*U* = 7425.000, *FDR* = 0.065,*r* = -0.18 |
| Perceived Stress (PSQ20) Scores Sum Worries Tension Joy Demands | 49.6 (20.9) [45.8-53.3]46.0 (25.7) [41.4-50.6]52.3 (23.8) [48.0-56.6]47.9 (22.4) [43.9-51.9]47.9 (25.7) [43.3-52.4] | 52.5 [33.3-66.7]46.6 [20-66.7]53.3 [33.3-73.3]46.7 [31.7-73.3]46.7 [31.7-66.7] | 46.6 (20.2) [43.1-50.0] 43.1 (26.3) [38.6-47.6]49.9 (24.3) [45.8-54.1]49.0 (20.8) [45.5-52.6]42.3 (23.0) [38.4-46.2] | 43.3 [33.3-63.3]40 [26.7-61.7]46.7 [33.3-66.7]46.7 [33.3-60]40 [26.7-55] | *U =* 7401.000, *FDR* = 0.383*U =* 7566.500, *FDR* = 0.404*U =* 7654.500, *FDR* = 0.454*U* = 7883.000, *FDR* = 0.621*U =* 7044.500, *FDR* = 0.166 |
| **Abbreviations**: BMI, Body Mass Index; CI, Confidence Interval; FDR, False Discovery Rate; GAD, Generalized Anxiety Disorder Scale; IQR, Interquartile range; HRQoL, Health-related Quality of Life; MCS, Mental Component Score; n, sample size; PCS, Physical Component Score; PHQ, Patient Health Questionnaire; prePAN, Patients participating in the intervention prior to the COVID-19 pandemic; PAN, patients participating in the intervention since the COVID-19 pandemic; PSQ, Perceived Stress Questionnaire; SD, Standard derivation; SF, Short Form Health survey; TFEQ, Three factor Eating Questionnaire; T0, In the beginning of the Intervention; T1, At the end of the intervention. **Statistics**: U = Mann-Whitney U test; χ2 = χ2 test; φ = effect size (for χ2 test); p < .001 is considered statistically significant; FDR < .05 is considered statistically significant, FDR .05-.1 is considered as a trend, r = effect size (for Mann-Whitney U test). |