

Supplementary Table S2. Weight loss of 10 kg or more and self-esteem

Losing 10 kg or more	Basic descriptive statistics							
	n	Medium	Median	Min.	Max.	Quartile I	Quartile III	Standard deviation
Yes	53	25,02	26,00	15,00	32,00	22,00	28,00	3,92
No	180	23,53	24,00	13,00	33,00	21,00	26,00	3,82
Total	233	23,87	24,00	13,00	33,00	22,00	27,00	3,89
Z=2,55 p=0,010								

Z- Mann-Whitney U test result; red color indicate significant values (p < 0.05)