

## Supporting Information

# **Validation of a New Measure of Quality of Life in Obesity Trials: IWQOL-Lite Clinical Trials Version**

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## Schedule of Assessments

**Table S1. Flow Chart of Key Assessments and Procedures for the IWQOL-Lite-CT Validation Analyses**

Study and Measures	Assessment Schedule				
<b>Study 1 (NCT02453711)</b>	<b>Screening</b>	<b>Randomization, Week 0</b>	<b>Week 28</b>	<b>Week 48</b>	<b>EOT, Week 52</b>
Informed consent and medical history	X				
Physical exam	X				X
IWQOL-Lite-CT		X	X	X	X
SF-36		X	X		X
PGI-C			X		X
<b>Study 2 (NCT02906930)</b>	<b>Screening</b>	<b>Randomization, Week 0</b>	<b>Week 8</b>	<b>EOT, Week 26</b>	
Informed consent and medical history	X				
Physical exam		X	X	X	
IWQOL-Lite-CT		X	X	X	
SF-36		X	X	X	
PGI-S items		X	X	X	
PGI-C items			X	X	

EOT = end of treatment; IWQOL-Lite-CT = Impact of Weight on Quality of Life-Lite Clinical Trials Version; PGI-C = Patient Global Impression of Change; PGI-S = Patient Global Impression of Status; SF-36 = Short Form Health Survey–36.

Note: The item “I get frustrated choosing what to wear” was removed from the IWQOL-Lite-CT based on qualitative results and the Study 1 analyses.

## Response Distributions and Frequencies

**Table S2. IWQOL-Lite-CT Item-Level Descriptive Statistics: Study 1 (NCT02453711)**

IWQOL-Lite-CT Item	n	IWQOL-Lite-CT Score			
		Mean (SD)	Median	Min-Max	Missing (%)
<b>Baseline</b>					
Trouble bending over	329	2.59 (1.23)	3.0	1-5	0 (0.0)
Tired or winded	329	2.59 (1.09)	3.0	1-5	0 (0.0)
Unable to stand comfortably	329	1.85 (1.06)	1.0	1-5	0 (0.0)
Uncomfortable in small seats	329	2.78 (1.40)	3.0	1-5	0 (0.0)
Bodily pain	329	3.04 (1.13)	3.0	1-5	0 (0.0)
Self-conscious eating in social settings	329	1.86 (1.03)	2.0	1-5	0 (0.0)
Less confident	329	3.05 (1.23)	3.0	1-5	0 (0.0)
Feel judged by others	329	2.68 (1.07)	3.0	1-5	0 (0.0)
Less important/worthy of respect	329	2.04 (1.01)	2.0	1-5	0 (0.0)
Frustrated shopping for clothes	329	3.50 (1.27)	4.0	1-5	0 (0.0)
Frustrated choosing what to wear	329	3.12 (1.23)	3.0	1-5	0 (0.0)
Feel bad or upset about pictures of self	329	3.21 (1.22)	3.0	1-5	0 (0.0)
Down or depressed about weight	329	2.57 (1.15)	3.0	1-5	0 (0.0)
Less interested in sexual activity	329	2.40 (1.22)	2.0	1-5	0 (0.0)
Avoid social gatherings	329	1.86 (0.98)	2.0	1-5	0 (0.0)
Less productive	329	2.19 (1.11)	2.0	1-5	0 (0.0)
Lack energy	329	2.75 (1.13)	3.0	1-5	0 (0.0)
Not physically active	329	3.59 (1.21)	4.0	1-5	0 (0.0)
Unable to walk far/quickly	329	2.81 (1.39)	3.0	1-5	0 (0.0)
Worried about health	329	3.33 (1.32)	3.0	1-5	0 (0.0)
Decreased self-esteem	329	2.84 (1.33)	3.0	1-5	0 (0.0)
Self-conscious about weight	329	3.25 (1.31)	3.0	1-5	0 (0.0)
Frustrated or upset about weight	329	3.15 (1.34)	3.0	1-5	0 (0.0)
<b>Week 28</b>					
Trouble bending over	311	1.72 (0.94)	1.0	1-5	18 (5.5)
Tired or winded	311	1.78 (0.94)	1.0	1-5	18 (5.5)
Unable to stand comfortably	311	1.47 (0.83)	1.0	1-5	18 (5.5)
Uncomfortable in small seats	311	2.00 (1.19)	2.0	1-5	18 (5.5)
Bodily pain	311	2.54 (1.18)	3.0	1-5	18 (5.5)

IWQOL-Lite-CT Item	n	IWQOL-Lite-CT Score			
		Mean (SD)	Median	Min-Max	Missing (%)
Self-conscious eating in social settings	311	1.37 (0.66)	1.0	1-5	18 (5.5)
Less confident	311	2.07 (1.06)	2.0	1-5	18 (5.5)
Feel judged by others	311	2.04 (1.03)	2.0	1-5	18 (5.5)
Less important/worthy of respect	311	1.65 (0.87)	1.0	1-5	18 (5.5)
Frustrated shopping for clothes	311	2.48 (1.23)	3.0	1-5	18 (5.5)
Frustrated choosing what to wear	311	2.25 (1.08)	2.0	1-5	18 (5.5)
Feel bad or upset about pictures of self	311	2.46 (1.19)	2.0	1-5	18 (5.5)
Down or depressed about weight	311	1.99 (1.00)	2.0	1-5	18 (5.5)
Less interested in sexual activity	311	1.93 (1.09)	1.0	1-5	18 (5.5)
Avoid social gatherings	311	1.38 (0.71)	1.0	1-5	18 (5.5)
Less productive	311	1.55 (0.84)	1.0	1-5	18 (5.5)
Lack energy	311	1.91 (0.96)	2.0	1-5	18 (5.5)
Not physically active	311	2.58 (1.25)	2.0	1-5	18 (5.5)
Unable to walk far/quickly	311	2.06 (1.25)	2.0	1-5	18 (5.5)
Worried about health	311	2.22 (1.17)	2.0	1-5	18 (5.5)
Decreased self-esteem	311	2.00 (1.15)	2.0	1-5	18 (5.5)
Self-conscious about weight	311	2.37 (1.22)	2.0	1-5	18 (5.5)
Frustrated or upset about weight	311	2.22 (1.21)	2.0	1-5	18 (5.5)
<b>Week 48</b>					
Trouble bending over	262	1.53 (0.82)	1.0	1-4	67 (20.4)
Tired or winded	262	1.59 (0.82)	1.0	1-4	67 (20.4)
Unable to stand comfortably	262	1.36 (0.68)	1.0	1-4	67 (20.4)
Uncomfortable in small seats	262	1.78 (1.15)	1.0	1-5	67 (20.4)
Bodily pain	262	2.34 (1.20)	2.0	1-5	67 (20.4)
Self-conscious eating in social settings	262	1.33 (0.72)	1.0	1-5	67 (20.4)
Less confident	262	1.84 (1.05)	1.0	1-5	67 (20.4)
Feel judged by others	262	1.82 (0.99)	1.0	1-5	67 (20.4)
Less important/worthy of respect	262	1.53 (0.88)	1.0	1-5	67 (20.4)
Frustrated shopping for clothes	262	2.21 (1.19)	2.0	1-5	67 (20.4)
Frustrated choosing what to wear	262	1.98 (1.08)	2.0	1-5	67 (20.4)
Feel bad or upset about pictures of self	262	2.14 (1.13)	2.0	1-5	67 (20.4)
Down or depressed about weight	262	1.79 (0.96)	1.0	1-5	67 (20.4)
Less interested in sexual activity	262	1.74 (1.04)	1.0	1-5	67 (20.4)
Avoid social gatherings	262	1.32 (0.65)	1.0	1-5	67 (20.4)

IWQOL-Lite-CT Item	n	IWQOL-Lite-CT Score			
		Mean (SD)	Median	Min-Max	Missing (%)
Less productive	262	1.44 (0.79)	1.0	1-4	67 (20.4)
Lack energy	262	1.73 (0.90)	1.0	1-5	67 (20.4)
Not physically active	262	2.30 (1.26)	2.0	1-5	67 (20.4)
Unable to walk far/quickly	262	1.83 (1.14)	1.0	1-5	67 (20.4)
Worried about health	262	1.95 (1.07)	2.0	1-5	67 (20.4)
Decreased self-esteem	262	1.76 (1.10)	1.0	1-5	67 (20.4)
Self-conscious about weight	262	2.02 (1.20)	2.0	1-5	67 (20.4)
Frustrated or upset about weight	262	1.93 (1.14)	2.0	1-5	67 (20.4)
<b>Week 52</b>					
Trouble bending over	259	1.67 (0.92)	1.0	1-5	70 (21.3)
Tired or winded	259	1.63 (0.81)	1.0	1-4	70 (21.3)
Unable to stand comfortably	259	1.42 (0.78)	1.0	1-4	70 (21.3)
Uncomfortable in small seats	259	1.83 (1.09)	1.0	1-5	70 (21.3)
Bodily pain	259	2.35 (1.13)	2.0	1-5	70 (21.3)
Self-conscious eating in social settings	259	1.37 (0.68)	1.0	1-4	70 (21.3)
Less confident	259	1.83 (1.03)	1.0	1-5	70 (21.3)
Feel judged by others	259	1.85 (0.96)	2.0	1-5	70 (21.3)
Less important/worthy of respect	259	1.54 (0.79)	1.0	1-5	70 (21.3)
Frustrated shopping for clothes	259	2.15 (1.17)	2.0	1-5	70 (21.3)
Frustrated choosing what to wear	259	2.02 (1.05)	2.0	1-5	70 (21.3)
Feel bad or upset about pictures of self	259	2.18 (1.12)	2.0	1-5	70 (21.3)
Down or depressed about weight	259	1.76 (0.96)	1.0	1-5	70 (21.3)
Less interested in sexual activity	259	1.81 (1.06)	1.0	1-5	70 (21.3)
Avoid social gatherings	259	1.32 (0.63)	1.0	1-4	70 (21.3)
Less productive	259	1.46 (0.74)	1.0	1-4	70 (21.3)
Lack energy	259	1.78 (0.92)	1.0	1-5	70 (21.3)
Not physically active	259	2.36 (1.23)	2.0	1-5	70 (21.3)
Unable to walk far/quickly	259	1.84 (1.13)	1.0	1-5	70 (21.3)
Worried about health	259	1.96 (1.08)	2.0	1-5	70 (21.3)
Decreased self-esteem	259	1.76 (1.04)	1.0	1-5	70 (21.3)
Self-conscious about weight	259	1.98 (1.12)	2.0	1-5	70 (21.3)
Frustrated or upset about weight	259	1.92 (1.11)	2.0	1-5	70 (21.3)

IWQOL-Lite-CT Item	n	IWQOL-Lite-CT Score			
		Mean (SD)	Median	Min-Max	Missing (%)
<b>Change from baseline to Week 52</b>					
Trouble bending over	259	-0.95 (1.17)	-1.0	-4 to 3	70 (21.3)
Tired or winded	259	-0.97 (1.05)	-1.0	-4 to 2	70 (21.3)
Unable to stand comfortably	259	-0.46 (0.89)	0.0	-4 to 2	70 (21.3)
Uncomfortable in small seats	259	-0.93 (1.21)	-1.0	-4 to 2	70 (21.3)
Bodily pain	259	-0.73 (1.10)	-1.0	-4 to 2	70 (21.3)
Self-conscious eating in social settings	259	-0.46 (0.88)	0.0	-4 to 1	70 (21.3)
Less confident	259	-1.19 (1.21)	-1.0	-4 to 2	70 (21.3)
Feel judged by others	259	-0.78 (1.03)	-1.0	-4 to 2	70 (21.3)
Less important/worthy of respect	259	-0.47 (0.92)	0.0	-4 to 2	70 (21.3)
Frustrated shopping for clothes	259	-1.33 (1.33)	-1.0	-4 to 3	70 (21.3)
Frustrated choosing what to wear	259	-1.06 (1.25)	-1.0	-4 to 3	70 (21.3)
Feel bad or upset about pictures of self	259	-0.96 (1.15)	-1.0	-4 to 2	70 (21.3)
Down or depressed about weight	259	-0.78 (1.04)	-1.0	-4 to 2	70 (21.3)
Less interested in sexual activity	259	-0.58 (1.08)	0.0	-4 to 2	70 (21.3)
Avoid social gatherings	259	-0.48 (0.89)	0.0	-4 to 3	70 (21.3)
Less productive	259	-0.69 (1.07)	-1.0	-4 to 3	70 (21.3)
Lack energy	259	-0.95 (1.20)	-1.0	-4 to 2	70 (21.3)
Not physically active	259	-1.16 (1.36)	-1.0	-4 to 3	70 (21.3)
Unable to walk far/quickly	259	-0.97 (1.29)	-1.0	-4 to 3	70 (21.3)
Worried about health	259	-1.37 (1.22)	-1.0	-4 to 2	70 (21.3)
Decreased self-esteem	259	-1.06 (1.27)	-1.0	-4 to 2	70 (21.3)
Self-conscious about weight	259	-1.23 (1.21)	-1.0	-4 to 2	70 (21.3)
Frustrated or upset about weight	259	-1.20 (1.32)	-1.0	-4 to 2	70 (21.3)

IWQOL-Lite-CT = Impact of Weight on Quality of Life-Lite Clinical Trials Version; SD = standard deviation.

**Table S3. IWQOL-Lite-CT Item-Level Descriptive Statistics: Study 2 (NCT02906930)**

IWQOL-Lite-CT Item	IWQOL-Lite-CT Score				
	n	Mean (SD)	Median	Min-Max	Missing (%)
<b>Baseline</b>					
Trouble bending over	145	2.52 (1.24)	3.0	1-5	0 (0.0)
Tired or winded	145	2.40 (1.21)	2.0	1-5	0 (0.0)
Unable to stand comfortably	145	2.51 (1.37)	2.0	1-5	0 (0.0)
Uncomfortable in small seats	145	2.46 (1.40)	2.0	1-5	0 (0.0)
Bodily pain	145	3.17 (1.24)	3.0	1-5	0 (0.0)
Self-conscious eating in social settings	144	1.77 (1.06)	1.0	1-5	1 (0.7)
Less confident	144	2.40 (1.32)	2.0	1-5	1 (0.7)
Feel judged by others	145	1.97 (1.06)	2.0	1-5	0 (0.0)
Less important/worthy of respect	145	1.74 (0.97)	1.0	1-5	0 (0.0)
Frustrated shopping for clothes	144	2.31 (1.37)	2.0	1-5	1 (0.7)
Feel bad or upset about pictures of self	145	2.39 (1.35)	2.0	1-5	0 (0.0)
Down or depressed about weight	145	2.14 (1.23)	2.0	1-5	0 (0.0)
Less interested in sexual activity	145	2.41 (1.28)	2.0	1-5	0 (0.0)
Avoid social gatherings	144	1.55 (0.91)	1.0	1-5	1 (0.7)
Less productive	145	1.90 (1.13)	1.0	1-5	0 (0.0)
Lack energy	145	2.62 (1.29)	3.0	1-5	0 (0.0)
Not physically active	145	3.13 (1.33)	3.0	1-5	0 (0.0)
Unable to walk far/quickly	145	2.60 (1.37)	2.0	1-5	0 (0.0)
Worried about health	145	3.33 (1.43)	3.0	1-5	0 (0.0)
Decreased self-esteem	145	1.98 (1.31)	1.0	1-5	0 (0.0)
Self-conscious about weight	145	2.30 (1.46)	2.0	1-5	0 (0.0)
Frustrated or upset about weight	145	2.19 (1.40)	2.0	1-5	0 (0.0)
<b>Week 8</b>					
Trouble bending over	136	2.40 (1.25)	2.0	1-5	9 (6.2)
Tired or winded	136	2.29 (1.18)	2.0	1-5	9 (6.2)
Unable to stand comfortably	136	2.38 (1.34)	2.0	1-5	9 (6.2)
Uncomfortable in small seats	136	2.35 (1.31)	2.0	1-5	9 (6.2)
Bodily pain	136	2.99 (1.30)	3.0	1-5	9 (6.2)
Self-conscious eating in social settings	136	1.74 (1.06)	1.0	1-5	9 (6.2)
Less confident	136	2.24 (1.31)	2.0	1-5	9 (6.2)
Feel judged by others	136	1.96 (1.12)	2.0	1-5	9 (6.2)
Less important/worthy of respect	136	1.64 (0.98)	1.0	1-5	9 (6.2)

IWQOL-Lite-CT Item	IWQOL-Lite-CT Score				
	n	Mean (SD)	Median	Min-Max	Missing (%)
Frustrated shopping for clothes	135	2.24 (1.32)	2.0	1-5	10 (6.9)
Feel bad or upset about pictures of self	136	2.43 (1.33)	2.0	1-5	9 (6.2)
Down or depressed about weight	135	2.10 (1.19)	2.0	1-5	10 (6.9)
Less interested in sexual activity	135	2.43 (1.26)	2.0	1-5	10 (6.9)
Avoid social gatherings	135	1.50 (0.90)	1.0	1-5	10 (6.9)
Less productive	135	1.76 (1.12)	1.0	1-5	10 (6.9)
Lack energy	135	2.55 (1.23)	2.0	1-5	10 (6.9)
Not physically active	135	2.99 (1.38)	3.0	1-5	10 (6.9)
Unable to walk far/quickly	135	2.59 (1.44)	2.0	1-5	10 (6.9)
Worried about health	135	2.97 (1.42)	3.0	1-5	10 (6.9)
Decreased self-esteem	135	1.87 (1.18)	1.0	1-5	10 (6.9)
Self-conscious about weight	135	2.16 (1.31)	2.0	1-5	10 (6.9)
Frustrated or upset about weight	135	2.04 (1.31)	2.0	1-5	10 (6.9)
<b>Week 26</b>					
Trouble bending over	132	2.49 (1.23)	2.0	1-5	13 (9.0)
Tired or winded	132	2.30 (1.24)	2.0	1-5	13 (9.0)
Unable to stand comfortably	132	2.43 (1.39)	2.0	1-5	13 (9.0)
Uncomfortable in small seats	131	2.43 (1.41)	2.0	1-5	14 (9.7)
Bodily pain	132	3.10 (1.30)	3.0	1-5	13 (9.0)
Self-conscious eating in social settings	132	1.70 (1.02)	1.0	1-5	13 (9.0)
Less confident	131	2.04 (1.24)	2.0	1-5	14 (9.7)
Feel judged by others	132	1.93 (1.13)	1.0	1-5	13 (9.0)
Less important/worthy of respect	132	1.54 (0.88)	1.0	1-5	13 (9.0)
Frustrated shopping for clothes	132	2.28 (1.34)	2.0	1-5	13 (9.0)
Feel bad or upset about pictures of self	132	2.31 (1.29)	2.0	1-5	13 (9.0)
Down or depressed about weight	132	1.96 (1.23)	1.0	1-5	13 (9.0)
Less interested in sexual activity	131	2.34 (1.36)	2.0	1-5	14 (9.7)
Avoid social gatherings	132	1.49 (0.89)	1.0	1-5	13 (9.0)
Less productive	132	1.81 (1.19)	1.0	1-5	13 (9.0)
Lack energy	131	2.43 (1.21)	2.0	1-5	14 (9.7)
Not physically active	132	2.99 (1.36)	3.0	1-5	13 (9.0)
Unable to walk far/quickly	132	2.39 (1.40)	2.0	1-5	13 (9.0)
Worried about health	132	2.95 (1.41)	3.0	1-5	13 (9.0)
Decreased self-esteem	132	1.92 (1.30)	1.0	1-5	13 (9.0)



IWQOL-Lite-CT Item	IWQOL-Lite-CT Score				
	n	Mean (SD)	Median	Min-Max	Missing (%)
Self-conscious about weight	132	2.08 (1.35)	2.0	1-5	13 (9.0)
Frustrated or upset about weight	132	2.00 (1.33)	1.0	1-5	13 (9.0)
<b>Change from baseline to Week 26</b>					
Trouble bending over	132	-0.02 (1.07)	0.0	-4 to 4	13 (9.0)
Tired or winded	132	-0.06 (1.03)	0.0	-2 to 3	13 (9.0)
Unable to stand comfortably	132	-0.04 (1.56)	0.0	-4 to 4	13 (9.0)
Uncomfortable in small seats	131	-0.05 (1.46)	0.0	-4 to 4	14 (9.7)
Bodily pain	132	-0.01 (0.94)	0.0	-2 to 3	13 (9.0)
Self-conscious eating in social settings	131	-0.06 (1.09)	0.0	-4 to 4	14 (9.7)
Less confident	130	-0.35 (1.06)	0.0	-4 to 2	15 (10.3)
Feel judged by others	132	-0.06 (0.97)	0.0	-3 to 3	13 (9.0)
Less important/worthy of respect	132	-0.23 (0.83)	0.0	-4 to 2	13 (9.0)
Frustrated shopping for clothes	131	-0.05 (0.95)	0.0	-3 to 4	14 (9.7)
Feel bad or upset about pictures of self	132	-0.11 (1.18)	0.0	-4 to 3	13 (9.0)
Down or depressed about weight	132	-0.20 (1.08)	0.0	-4 to 4	13 (9.0)
Less interested in sexual activity	131	-0.07 (1.29)	0.0	-4 to 4	14 (9.7)
Avoid social gatherings	131	-0.06 (0.73)	0.0	-3 to 3	14 (9.7)
Less productive	132	-0.07 (1.01)	0.0	-4 to 4	13 (9.0)
Lack energy	131	-0.15 (1.16)	0.0	-4 to 4	14 (9.7)
Not physically active	132	-0.13 (1.39)	0.0	-4 to 4	13 (9.0)
Unable to walk far/quickly	132	-0.13 (1.27)	0.0	-4 to 4	13 (9.0)
Worried about health	132	-0.29 (1.50)	0.0	-4 to 4	13 (9.0)
Decreased self-esteem	132	-0.06 (0.98)	0.0	-3 to 3	13 (9.0)
Self-conscious about weight	132	-0.17 (1.08)	0.0	-4 to 4	13 (9.0)
Frustrated or upset about weight	132	-0.20 (1.15)	0.0	-4 to 4	13 (9.0)

IWQOL-Lite-CT = Impact of Weight on Quality of Life-Lite Clinical Trials Version; SD = standard deviation.

**Table S4. IWQOL-Lite-CT Item-Level Response Frequency (%) Distributions for Analysis Data Set: Study 1 (NCT02453711)**

<b>IWQOL-Lite-CT Item</b>	<b>Never/ Not at all True</b>	<b>Rarely/ A Little True</b>	<b>Sometimes/ Moderately True</b>	<b>Usually/ Mostly True</b>	<b>Always/ Completely True</b>	<b>Missing</b>
<b>Baseline (N = 329)</b>						
Trouble bending over	79 (24.0)	77 (23.4)	100 (30.4)	45 (13.7)	28 (8.5)	—
Tired or winded	61 (18.5)	95 (28.9)	105 (31.9)	55 (16.7)	13 (4.0)	—
Unable to stand comfortably	167 (50.8)	82 (24.9)	49 (14.9)	24 (7.3)	7 (2.1)	—
Uncomfortable in small seats	84 (25.5)	59 (17.9)	88 (26.7)	42 (12.8)	56 (17.0)	—
Bodily pain	36 (10.9)	58 (17.6)	129 (39.2)	69 (21.0)	37 (11.2)	—
Self-conscious eating in social settings	160 (48.6)	87 (26.4)	59 (17.9)	14 (4.3)	9 (2.7)	—
Less confident	45 (13.7)	56 (17.0)	118 (35.9)	59 (17.9)	51 (15.5)	—
Feel judged by others	56 (17.0)	71 (21.6)	143 (43.5)	40 (12.2)	19 (5.8)	—
Less important/ worthy of respect	119 (36.2)	112 (34.0)	73 (22.2)	16 (4.9)	9 (2.7)	—
Frustrated shopping for clothes	35 (10.6)	29 (8.8)	93 (28.3)	82 (24.9)	90 (27.4)	—
Frustrated choosing what to wear	43 (13.1)	50 (15.2)	112 (34.0)	72 (21.9)	52 (15.8)	—
Feel bad or upset about pictures of self	35 (10.6)	54 (16.4)	108 (32.8)	72 (21.9)	60 (18.2)	—
Down or depressed about weight	68 (20.7)	91 (27.7)	108 (32.8)	39 (11.9)	23 (7.0)	—
Less interested in sexual activity	103 (31.3)	77 (23.4)	80 (24.3)	53 (16.1)	16 (4.9)	—
Avoid social gatherings	154 (46.8)	92 (28.0)	60 (18.2)	20 (6.1)	3 (0.9)	—
Less productive	117 (35.6)	84 (25.5)	86 (26.1)	33 (10.0)	9 (2.7)	—
Lack energy	55 (16.7)	71 (21.6)	127 (38.6)	53 (16.1)	23 (7.0)	—
Not physically active	21 (6.4)	50 (15.2)	58 (17.6)	113 (34.3)	87 (26.4)	—
Unable to walk far/quickly	74 (22.5)	78 (23.7)	68 (20.7)	56 (17.0)	53 (16.1)	—

IWQOL-Lite-CT Item	Never/ Not at all True	Rarely/ A Little True	Sometimes/ Moderately True	Usually/ Mostly True	Always/ Completely True	Missing
	Worried about health	27 (8.2)	79 (24.0)	73 (22.2)	59 (17.9)	91 (27.7)
Decreased self-esteem	63 (19.1)	85 (25.8)	65 (19.8)	72 (21.9)	44 (13.4)	—
Self-conscious about weight	30 (9.1)	82 (24.9)	70 (21.3)	69 (21.0)	78 (23.7)	—
Frustrated or upset about weight	43 (13.1)	74 (22.5)	74 (22.5)	66 (20.1)	72 (21.9)	—
<b>Week 52 (N = 259)</b>						
Trouble bending over	150 (57.9)	58 (22.4)	39 (15.1)	10 (3.9)	2 (0.8)	70 (21.3)
Tired or winded	145 (56.0)	72 (27.8)	36 (13.9)	6 (2.3)	0 (0)	70 (21.3)
Unable to stand comfortably	185 (71.4)	48 (18.5)	16 (6.2)	10 (3.9)	0 (0)	70 (21.3)
Uncomfortable in small seats	140 (54.1)	52 (20.1)	47 (18.1)	11 (4.2)	9 (3.5)	70 (21.3)
Bodily pain	74 (28.6)	70 (27.0)	77 (29.7)	26 (10.0)	12 (4.6)	70 (21.3)
Self-conscious eating in social settings	191 (73.7)	44 (17.0)	21 (8.1)	3 (1.2)	0 (0)	70 (21.3)
Less confident	132 (51.0)	63 (24.3)	44 (17.0)	15 (5.8)	5 (1.9)	70 (21.3)
Feel judged by others	124 (47.9)	63 (24.3)	61 (23.6)	8 (3.1)	3 (1.2)	70 (21.3)
Less important/ worthy of respect	159 (61.4)	70 (27.0)	22 (8.5)	7 (2.7)	1 (0.4)	70 (21.3)
Frustrated shopping for clothes	108 (41.7)	45 (17.4)	75 (29.0)	21 (8.1)	10 (3.9)	70 (21.3)
Frustrated choosing what to wear	109 (42.1)	62 (23.9)	68 (26.3)	14 (5.4)	6 (2.3)	70 (21.3)
Feel bad or upset about pictures of self	99 (38.2)	54 (20.8)	71 (27.4)	31 (12.0)	4 (1.5)	70 (21.3)
Down or depressed about weight	138 (53.3)	62 (23.9)	46 (17.8)	10 (3.9)	3 (1.2)	70 (21.3)
Less interested in sexual activity	143 (55.2)	49 (18.9)	46 (17.8)	16 (6.2)	5 (1.9)	70 (21.3)
Avoid social gatherings	196 (75.7)	44 (17.0)	17 (6.6)	2 (0.8)	0 (0)	70 (21.3)
Less productive	174 (67.2)	56 (21.6)	24 (9.3)	5 (1.9)	0 (0)	70 (21.3)
Lack energy	132 (51.0)	61 (23.6)	57 (22.0)	8 (3.1)	1 (0.4)	70 (21.3)
Not physically active	79 (30.5)	77 (29.7)	49 (18.9)	38 (14.7)	16 (6.2)	70 (21.3)

<b>IWQOL-Lite-CT Item</b>	<b>Never/ Not at all True</b>	<b>Rarely/ A Little True</b>	<b>Sometimes/ Moderately True</b>	<b>Usually/ Mostly True</b>	<b>Always/ Completely True</b>	<b>Missing</b>
Unable to walk far/quickly	138 (53.3)	63 (24.3)	31 (12.0)	15 (5.8)	12 (4.6)	70 (21.3)
Worried about health	109 (42.1)	90 (34.7)	32 (12.4)	18 (6.9)	10 (3.9)	70 (21.3)
Decreased self-esteem	142 (54.8)	66 (25.5)	31 (12.0)	12 (4.6)	8 (3.1)	70 (21.3)
Self-conscious about weight	107 (41.3)	92 (35.5)	31 (12.0)	15 (5.8)	14 (5.4)	70 (21.3)
Frustrated or upset about weight	119 (45.9)	83 (32.0)	28 (10.8)	18 (6.9)	11 (4.2)	70 (21.3)

IWQOL-Lite-CT = Impact of Weight on Quality of Life-Lite Clinical Trials Version.

Note: Red font indicates items exhibiting potential ceiling effects; that is, the response category is the modal response, and the percentage is at least two times the expected percentage given a uniform distribution (20%).

**Table S5. IWQOL-Lite-CT Item-Level Response Frequency (%) Distributions for Analysis Data Set: Study 2 (NCT02906930)**

<b>IWQOL-Lite-CT Item</b>	<b>Never/ Not at all true</b>	<b>Rarely/ A little true</b>	<b>Sometimes/ Moderately True</b>	<b>Usually/ Mostly True</b>	<b>Always/ Completely True</b>	<b>Missing</b>
<b>Baseline</b>						
Trouble bending over	42 (29.0)	25 (17.2)	49 (33.8)	18 (12.4)	11 (7.6)	0 (0)
Tired or winded	40 (27.6)	42 (29.0)	41 (28.3)	9 (6.2)	13 (9.0)	0 (0)
Unable to stand comfortably	45 (31.0)	34 (23.4)	33 (22.8)	13 (9.0)	20 (13.8)	0 (0)
Uncomfortable in small seats	55 (37.9)	20 (13.8)	36 (24.8)	17 (11.7)	17 (11.7)	0 (0)
Bodily pain	19 (13.1)	15 (10.3)	62 (42.8)	21 (14.5)	28 (19.3)	0 (0)
Self-conscious eating in social settings	81 (56.3)	30 (20.8)	22 (15.3)	7 (4.9)	4 (2.8)	1 (0.7)
Less confident	51 (35.4)	27 (18.8)	36 (25.0)	17 (11.8)	13 (9.0)	1 (0.7)
Feel judged by others	64 (44.1)	37 (25.5)	31 (21.4)	10 (6.9)	3 (2.1)	0 (0)
Less important/worthy of respect	80 (55.2)	32 (22.1)	27 (18.6)	3 (2.1)	3 (2.1)	0 (0)
Frustrated shopping for clothes	58 (40.3)	28 (19.4)	31 (21.5)	10 (6.9)	17 (11.8)	1 (0.7)
Feel bad or upset about pictures of self	53 (36.6)	28 (19.3)	32 (22.1)	18 (12.4)	14 (9.7)	0 (0)
Down or depressed about weight	65 (44.8)	23 (15.9)	37 (25.5)	12 (8.3)	8 (5.5)	0 (0)
Less interested in sexual activity	48 (33.1)	29 (20.0)	40 (27.6)	16 (11.0)	12 (8.3)	0 (0)
Avoid social gatherings	96 (66.7)	27 (18.8)	12 (8.3)	8 (5.6)	1 (0.7)	1 (0.7)
Less productive	75 (51.7)	29 (20.0)	28 (19.3)	7 (4.8)	6 (4.1)	0 (0)
Lack energy	36 (24.8)	34 (23.4)	40 (27.6)	19 (13.1)	16 (11.0)	0 (0)
Not physically active	19 (13.1)	34 (23.4)	30 (20.7)	33 (22.8)	29 (20.0)	0 (0)
Unable to walk far/quickly	40 (27.6)	37 (25.5)	28 (19.3)	21 (14.5)	19 (13.1)	0 (0)
Worried about health	17 (11.7)	35 (24.1)	21 (14.5)	27 (18.6)	45 (31.0)	0 (0)

IWQOL-Lite-CT Item	Never/ Not at all true	Rarely/ A little true	Sometimes/ Moderately True	Usually/ Mostly True	Always/ Completely True	Missing
	Decreased self-esteem	79 (54.5)	26 (17.9)	14 (9.7)	16 (11.0)	10 (6.9)
Self-conscious about weight	62 (42.8)	34 (23.4)	13 (9.0)	16 (11.0)	20 (13.8)	0 (0)
Frustrated or upset about weight	64 (44.1)	38 (26.2)	11 (7.6)	15 (10.3)	17 (11.7)	0 (0)
<b>Week 26</b>						
Trouble bending over	36 (27.3)	33 (25.0)	34 (25.8)	20 (15.2)	9 (6.8)	13 (9.0)
Tired or winded	45 (34.1)	33 (25.0)	33 (25.0)	11 (8.3)	10 (7.6)	13 (9.0)
Unable to stand comfortably	50 (37.9)	20 (15.2)	32 (24.2)	15 (11.4)	15 (11.4)	13 (9.0)
Uncomfortable in small seats	46 (35.1)	34 (26.0)	17 (13.0)	17 (13.0)	17 (13.0)	14 (9.7)
Bodily pain	19 (14.4)	24 (18.2)	38 (28.8)	27 (20.5)	24 (18.2)	13 (9.0)
Self-conscious eating in social settings	78 (59.1)	29 (22.0)	15 (11.4)	7 (5.3)	3 (2.3)	13 (9.0)
Less confident	62 (47.3)	29 (22.1)	22 (16.8)	9 (6.9)	9 (6.9)	14 (9.7)
Feel judged by others	67 (50.8)	25 (18.9)	25 (18.9)	12 (9.1)	3 (2.3)	13 (9.0)
Less important/worthy of respect	86 (65.2)	28 (21.2)	13 (9.8)	3 (2.3)	2 (1.5)	13 (9.0)
Frustrated shopping for clothes	51 (38.6)	33 (25.0)	22 (16.7)	12 (9.1)	14 (10.6)	13 (9.0)
Feel bad or upset about pictures of self	52 (39.4)	21 (15.9)	34 (25.8)	16 (12.1)	9 (6.8)	13 (9.0)
Down or depressed about weight	69 (52.3)	25 (18.9)	19 (14.4)	12 (9.1)	7 (5.3)	13 (9.0)
Less interested in sexual activity	54 (41.2)	19 (14.5)	30 (22.9)	16 (12.2)	12 (9.2)	14 (9.7)
Avoid social gatherings	94 (71.2)	18 (13.6)	14 (10.6)	5 (3.8)	1 (0.8)	13 (9.0)
Less productive	78 (59.1)	24 (18.2)	14 (10.6)	9 (6.8)	7 (5.3)	13 (9.0)
Lack energy	36 (27.5)	34 (26.0)	42 (32.1)	7 (5.3)	12 (9.2)	14 (9.7)
Not physically active	19 (14.4)	38 (28.8)	27 (20.5)	21 (15.9)	27 (20.5)	13 (9.0)
Unable to walk far/quickly	48 (36.4)	32 (24.2)	21 (15.9)	14 (10.6)	17 (12.9)	13 (9.0)
Worried about health	20 (15.2)	45 (34.1)	17 (12.9)	21 (15.9)	29 (22.0)	13 (9.0)

<b>IWQOL-Lite-CT Item</b>	<b>Never/ Not at all true</b>	<b>Rarely/ A little true</b>	<b>Sometimes/ Moderately True</b>	<b>Usually/ Mostly True</b>	<b>Always/ Completely True</b>	<b>Missing</b>
Decreased self-esteem	73 (55.3)	28 (21.2)	12 (9.1)	7 (5.3)	12 (9.1)	13 (9.0)
Self-conscious about weight	63 (47.7)	32 (24.2)	14 (10.6)	9 (6.8)	14 (10.6)	13 (9.0)
Frustrated or upset about weight	69 (52.3)	29 (22.0)	10 (7.6)	13 (9.8)	11 (8.3)	13 (9.0)

IWQOL-Lite-CT = Impact of Weight on Quality of Life-Lite Clinical Trials Version.

Note: Red font indicates items exhibiting potential ceiling effects; that is, the response category is the modal response, and the percentage is at least two times the expected percentage given a uniform distribution (20%).

**Table S6. IWQOL-Lite-CT Composite-Level Descriptive Statistics: Study 1 (NCT02453711)**

IWQOL-Lite-CT	Score			Missing (%)
	Mean (SD)	Median	Minimum – Maximum	
<b>Baseline (n = 329)</b>				
IWQOL-Lite-CT Total	56.20 (21.05)	56.3	3 to 100	0 (0.0)
Physical composite	56.26 (22.79)	57.1	0 to 100	0 (0.0)
Physical Function composite	57.86 (23.50)	60.0	0 to 100	0 (0.0)
Psychosocial composite	56.17 (22.49)	53.8	4 to 100	0 (0.0)
<b>Week 28 (n = 311)</b>				
IWQOL-Lite-CT Total	74.84 (19.33)	77.5	19 to 100	18 (5.5)
Physical composite	74.44 (21.00)	78.6	0 to 100	18 (5.5)
Physical Function composite	76.93 (21.17)	80.0	0 to 100	18 (5.5)
Psychosocial composite	75.06 (20.43)	76.9	0 to 100	18 (5.5)
<b>Week 48 (n = 262)</b>				
IWQOL-Lite-CT Total	80.00 (18.68)	84.4	23 to 100	67 (20.4)
Physical composite	79.53 (19.61)	85.7	21 to 100	67 (20.4)
Physical Function composite	81.93 (18.71)	90.0	25 to 100	67 (20.4)
Psychosocial composite	80.26 (20.04)	84.6	8 to 100	67 (20.4)
<b>Week 52 (n = 259)</b>				
IWQOL-Lite-CT Total	79.40 (18.85)	85.0	26 to 100	70 (21.3)
Physical composite	78.19 (20.08)	82.1	7 to 100	70 (21.3)
Physical Function composite	80.37 (19.82)	85.0	10 to 100	70 (21.3)
Psychosocial composite	80.06 (19.99)	84.6	12 to 100	70 (21.3)
<b>Change from Baseline to Week 52 (n = 259)</b>				
IWQOL-Lite-CT Total	22.72 (19.30)	20.0	-43 to 81	70 (21.3)
Physical composite	22.04 (21.18)	21.4	-36 to 86	70 (21.3)
Physical Function composite	22.53 (22.27)	20.0	-45 to 90	70 (21.3)
Psychosocial composite	23.09 (20.14)	19.2	-46 to 79	70 (21.3)

IWQOL-Lite-CT = Impact of Weight on Quality of Life-Lite Clinical Trials Version; SD = standard deviation.



**Table S7. IWQOL-Lite-CT Composite-Level Descriptive Statistics, English-Speaking Patients: Study 2 (NCT02906930)**

<b>IWQOL-Lite-CT</b>	<b>Score, Mean (SD), Median, Min-Max</b>
<b>Baseline</b>	n = 145
IWQOL-Lite-CT Total	64.88 (20.53), 67.5, 10 to 100
Physical composite	57.91 (22.34), 57.1, 7 to 100
Physical Function composite	59.17 (23.61), 60.0, 5 to 100
Psychosocial composite	68.63 (22.71), 73.1, 0 to 100
<b>Week 8</b>	n = 135 to 136
IWQOL-Lite-CT Total	67.46 (21.27), 68.8, 1 to 100
Physical composite	60.77 (24.57), 60.7, 0 to 100
Physical Function composite	61.80 (25.64), 60.0, 0 to 100
Psychosocial composite	71.08 (22.42), 76.9, 2 to 100
<b>Week 26</b>	n = 132
IWQOL-Lite-CT Total	68.19 (21.85), 71.3, 8 to 99
Physical composite	60.20 (25.00), 60.7, 0 to 100
Physical Function composite	61.93 (25.86), 65.0, 0 to 100
Psychosocial composite	72.51 (23.34), 78.8, 10 to 100
<b>Change—Baseline to Week 26</b>	n = 132
IWQOL-Lite-CT Total	2.86 (13.76), 1.3, -36 to 40
Physical composite	1.54 (16.15), 0.0, -43 to 46
Physical Function composite	1.89 (18.60), 0.0, -60 to 45
Psychosocial composite	3.58 (14.98), 1.9, -40 to 42

IWQOL-Lite-CT = Impact of Weight on Quality of Life-Lite Clinical Trials Version; SD = standard deviation.

## Structure and Scoring

**Table S8. IWQOL-Lite-CT Inter-Item Correlations—Baseline and Week 52 (n = 259): Study 1 (NCT02453711)**

Item	Inter-Item Correlations																						
	1	2	3	4	5	6	7	8	9	10	12	13	14	15	16	17	18	19	20	21	22	23	
1	<b>0.50</b>	<b>0.82</b>	0.74	0.75	0.63	0.59	0.63	0.63	0.61	0.63	0.57	0.57	0.60	0.58	0.70	0.72	0.63	0.72	0.63	0.55	0.57	0.60	
2	0.67	<b>0.49</b>	<b>0.80</b>	0.72	0.63	0.57	0.59	0.58	0.58	0.67	0.54	0.53	0.64	0.58	0.70	0.73	0.65	0.72	0.61	0.53	0.54	0.58	
3	0.71	0.69	<b>0.70</b>	0.64	0.63	0.49	0.49	0.47	0.48	0.54	0.47	0.44	0.53	0.53	0.62	0.58	0.46	0.66	0.41	0.35	0.35	0.40	
4	0.65	0.57	0.64	<b>0.67</b>	0.54	0.73	0.70	0.71	0.73	0.74	0.65	0.62	0.58	0.65	0.69	0.65	0.67	0.68	0.62	0.60	0.64	0.64	
5	0.43	0.46	0.54	0.44	<b>0.58</b>	0.54	0.59	0.52	0.47	0.60	0.53	0.49	0.50	0.46	0.63	0.65	0.67	0.69	0.59	0.54	0.55	0.55	
6	0.46	0.45	0.44	0.60	0.48	<b>0.64</b>	<b>0.81</b>	<b>0.80</b>	0.74	0.73	0.72	0.74	0.61	0.78	0.76	0.69	0.62	0.53	0.63	0.69	0.72	0.65	
7	0.34	0.40	0.29	0.47	0.37	0.66	<b>0.55</b>	<b>0.87</b>	<b>0.82</b>	<b>0.84</b>	<b>0.89</b>	<b>0.88</b>	0.74	<b>0.81</b>	<b>0.81</b>	<b>0.80</b>	0.67	0.57	0.68	<b>0.91</b>	<b>0.88</b>	<b>0.86</b>	
8	0.37	0.42	0.36	0.57	0.41	0.68	0.72	<b>0.58</b>	<b>0.93</b>	<b>0.80</b>	<b>0.88</b>	0.82	0.72	<b>0.80</b>	0.78	0.77	0.69	0.57	0.70	<b>0.82</b>	<b>0.83</b>	<b>0.81</b>	
9	0.33	0.38	0.38	0.54	0.37	0.59	0.62	<b>0.84</b>	<b>0.63</b>	0.74	<b>0.82</b>	0.79	0.69	0.77	0.77	0.73	0.59	0.54	0.66	0.77	0.76	0.74	
10	0.33	0.39	0.28	0.42	0.42	0.56	0.67	0.66	0.53	<b>0.51</b>	<b>0.86</b>	<b>0.82</b>	0.73	0.70	0.76	0.76	0.72	0.62	0.72	<b>0.82</b>	<b>0.82</b>	0.79	
12	0.39	0.39	0.35	0.49	0.37	0.60	0.70	0.67	0.60	0.70	<b>0.60</b>	<b>0.90</b>	0.77	0.79	0.77	0.77	0.69	0.57	0.69	<b>0.86</b>	<b>0.87</b>	<b>0.85</b>	
13	0.39	0.40	0.38	0.42	0.42	0.50	0.72	0.68	0.61	0.61	0.79	<b>0.63</b>	<b>0.80</b>	<b>0.83</b>	0.77	0.77	0.62	0.56	0.68	<b>0.84</b>	<b>0.87</b>	<b>0.87</b>	
14	0.42	0.44	0.36	0.34	0.38	0.47	0.62	0.56	0.49	0.54	0.63	0.68	<b>0.65</b>	0.74	0.72	0.74	0.66	0.62	0.57	0.73	0.71	0.72	
15	0.41	0.46	0.47	0.51	0.39	0.63	0.65	0.69	0.62	0.58	0.71	0.66	0.66	<b>0.57</b>	<b>0.86</b>	0.75	0.62	0.55	0.61	0.73	0.72	0.72	
16	0.55	0.61	0.53	0.57	0.43	0.55	0.54	0.58	0.54	0.49	0.48	0.51	0.48	0.61	<b>0.47</b>	<b>0.84</b>	0.70	0.75	0.69	0.79	0.75	0.73	
17	0.55	0.63	0.58	0.56	0.51	0.60	0.62	0.60	0.53	0.58	0.64	0.64	0.61	0.65	0.76	<b>0.39</b>	0.79	0.73	0.74	0.74	0.75	0.76	
18	0.44	0.53	0.44	0.43	0.42	0.39	0.50	0.41	0.41	0.55	0.51	0.48	0.45	0.48	0.50	0.66	<b>0.45</b>	0.78	0.72	0.68	0.71	0.72	
19	0.55	0.63	0.60	0.61	0.43	0.42	0.47	0.42	0.37	0.45	0.49	0.45	0.43	0.48	0.52	0.64	0.68	<b>0.59</b>	0.63	0.61	0.57	0.61	
20	0.46	0.48	0.39	0.48	0.37	0.47	0.40	0.47	0.43	0.43	0.41	0.39	0.37	0.43	0.44	0.53	0.58	0.57	<b>0.61</b>	0.71	0.75	0.74	
21	0.36	0.42	0.35	0.46	0.37	0.59	0.78	0.68	0.62	0.65	0.71	0.73	0.61	0.67	0.63	0.69	0.56	0.52	0.52	<b>0.58</b>	<b>0.92</b>	<b>0.88</b>	
22	0.44	0.48	0.38	0.54	0.43	0.60	0.77	0.71	0.62	0.70	0.79	0.78	0.62	0.70	0.60	0.70	0.60	0.57	0.58	<b>0.88</b>	<b>0.63</b>	<b>0.93</b>	
23	0.38	0.42	0.36	0.48	0.42	0.53	0.68	0.66	0.57	0.66	0.77	0.79	0.63	0.64	0.53	0.67	0.55	0.54	0.57	0.77	<b>0.85</b>	<b>0.52</b>	

Note: All  $P < 0.01$ . The baseline inter-item correlations are in the bottom-left triangle below the main diagonal, and the Week 52 inter-item correlations are in the top-right triangle above the main diagonal. The correlations between baseline and Week 52 are in bold along the main diagonal. Correlations are colored to emphasize expected patterns, with Psychosocial items in green and Physical items in blue. Red font indicates correlations  $\geq 0.80$ .

IWQOL-Lite-CT = Impact of Weight on Quality of Life-Lite Clinical Trials Version.

**Table S9. IWQOL-Lite-CT Inter-Item Correlations—Baseline and Week 26 (n = 34 to 145): Study 2 (NCT02906930)**

IWQOL-Lite-CT Inter-Item Correlations																						
Item	1	2	3	4	5	6	7	8	9	10	12	13	14	15	16	17	18	19	20	21	22	23
1	-	0.65*	0.55*	0.57*	0.66*	0.37*	0.38*	0.39*	0.28	0.40*	0.38*	0.37*	0.54*	0.34*	0.51*	0.60*	0.44*	0.58*	0.29*	0.32*	0.30*	0.37*
2	0.54*	-	0.66*	0.47*	0.59*	0.40*	0.45*	0.42*	0.36*	0.33*	0.40*	0.35*	0.43*	0.41*	0.59*	0.64*	0.48*	0.69*	0.31*	0.35*	0.39*	0.40*
3	0.41*	0.50*	-	0.57*	0.52*	0.47*	0.47*	0.46*	0.42*	0.28*	0.32*	0.35*	0.24	0.38*	0.39*	0.61*	0.50*	0.56*	0.32*	0.30*	0.26	0.35*
4	0.45*	0.32*	0.30*	-	0.56*	0.63*	0.60*	0.57*	0.58*	0.53*	0.45*	0.50*	0.46*	0.52*	0.53*	0.56*	0.40*	0.44*	0.42*	0.53*	0.43*	0.43*
5	0.51*	0.48*	0.41*	0.43*	-	0.37*	0.34*	0.35*	0.27	0.42*	0.22	0.32*	0.36*	0.38*	0.46*	0.55*	0.42*	0.58*	0.31*	0.32*	0.30*	0.27*
6	0.31*	0.38*	0.46*	0.61*	0.35*	-	0.77*	0.63*	0.62*	0.47*	0.45*	0.54*	0.42*	0.68*	0.64*	0.50*	0.47*	0.54*	0.37*	0.62*	0.60*	0.58*
7	0.29*	0.44*	0.28*	0.54*	0.36*	0.63*	-	0.87*	0.79*	0.69*	0.78*	0.80*	0.50*	0.86*	0.75*	0.64*	0.48*	0.51*	0.42*	0.89*	0.84*	0.83*
8	0.23	0.33*	0.27*	0.47*	0.16	0.60*	0.76*	-	0.91*	0.65*	0.77*	0.78*	0.47*	0.79*	0.64*	0.64*	0.41*	0.48*	0.34*	0.81*	0.77*	0.78*
9	0.33*	0.47*	0.42*	0.51*	0.27*	0.66*	0.68*	0.80*	-	0.67*	0.77*	0.78*	0.45*	0.80*	0.67*	0.51*	0.32*	0.32*	0.15	0.74*	0.75*	0.74*
10	0.23	0.39*	0.29*	0.35*	0.29*	0.47*	0.80*	0.68*	0.64*	-	0.80*	0.75*	0.48*	0.75*	0.59*	0.53*	0.42*	0.29*	0.24	0.68*	0.71*	0.72*
12	0.27*	0.30*	0.29*	0.42*	0.29*	0.44*	0.76*	0.73*	0.58*	0.78*	-	0.82*	0.52*	0.75*	0.67*	0.63*	0.52*	0.34*	0.32*	0.74*	0.82*	0.86*
13	0.23	0.29*	0.27*	0.46*	0.32*	0.54*	0.81*	0.68*	0.66*	0.75*	0.86*	-	0.62*	0.83*	0.68*	0.59*	0.46*	0.40*	0.44*	0.83*	0.89*	0.88*
14	0.29*	0.26*	0.28*	0.30*	0.28*	0.35*	0.34*	0.28*	0.29*	0.30*	0.41*	0.45*	-	0.59*	0.62*	0.61*	0.43*	0.43*	0.25	0.54*	0.58*	0.48*
15	0.33*	0.46*	0.21	0.44*	0.36*	0.62*	0.74*	0.74*	0.71*	0.70*	0.72*	0.70*	0.47*	-	0.72*	0.65*	0.49*	0.51*	0.41*	0.85*	0.88*	0.83*
16	0.51*	0.53*	0.35*	0.44*	0.31*	0.54*	0.59*	0.47*	0.51*	0.51*	0.49*	0.57*	0.43*	0.64*	-	0.78*	0.61*	0.60*	0.31*	0.76*	0.73*	0.72*
17	0.51*	0.61*	0.43*	0.44*	0.51*	0.43*	0.58*	0.43*	0.43*	0.48*	0.49*	0.59*	0.55*	0.62*	0.73*	-	0.71*	0.70*	0.43*	0.71*	0.65*	0.64*
18	0.38*	0.41*	0.39*	0.43*	0.35*	0.29*	0.56*	0.41*	0.30*	0.46*	0.56*	0.58*	0.48*	0.47*	0.50*	0.67*	-	0.74*	0.48*	0.53*	0.47*	0.52*
19	0.45*	0.49*	0.51*	0.44*	0.45*	0.33*	0.43*	0.26*	0.27*	0.32*	0.40*	0.38*	0.39*	0.38*	0.50*	0.61*	0.71*	-	0.53*	0.54*	0.45*	0.47*
20	0.17	0.12	0.16	0.26*	0.19	0.36*	0.39*	0.34*	0.19	0.30*	0.38*	0.35*	0.32*	0.29	0.24	0.37*	0.49*	0.36*	-	0.46*	0.39*	0.43*
21	0.25	0.38*	0.29*	0.45*	0.32*	0.61*	0.78*	0.69*	0.63*	0.73*	0.75*	0.87*	0.46*	0.72*	0.64*	0.67*	0.60*	0.43*	0.52*	-	0.91*	0.88*
22	0.17	0.34*	0.20	0.39*	0.26*	0.52*	0.76*	0.65*	0.53*	0.73*	0.70*	0.79*	0.37*	0.65*	0.59*	0.66*	0.56*	0.33*	0.40*	0.87*	-	0.93*
23	0.17	0.23	0.24	0.32*	0.23	0.46*	0.77*	0.70*	0.53*	0.75*	0.80*	0.85*	0.36*	0.68*	0.51*	0.56*	0.47*	0.30*	0.34*	0.87*	0.91*	-

\*  $P < 0.01$ .

IWQOL-Lite-CT = Impact of Weight on Quality of Life-Lite Clinical Trials Version.

Note: The inter-item correlations for baseline (n = 39 to 145) are in the bottom-left triangle below the main diagonal, and the inter-item correlations for Week 26 (n = 34 to 132) are in the top-right triangle. Correlations are colored to emphasize expected patterns, with Psychosocial items in green and Physical items in blue.

Red font indicates correlations  $\geq 0.80$ .

Note: The original Item 11 (“I get frustrated choosing what to wear”) in Study 1 was removed from Study 2.

## Reliability

**Table S10. Internal Consistency Reliability—Cronbach’s Alphas: IWQOL-Lite-CT Composite Scores**

IWQOL-Lite-CT	Cronbach’s Alpha			
	Baseline	Week 28	Week 48	Week 52
<b>Study 1 (NCT02453711)</b>				
IWQOL-Lite-CT Total	0.95	0.95	0.96	0.96
Physical composite	0.87	0.88	0.88	0.90
Physical Function composite	0.84	0.86	0.83	0.86
Psychosocial composite	0.94	0.95	0.95	0.96
<b>Study 2 (NCT02906930)</b>				
IWQOL-Lite-CT Total	0.93	0.94	0.94	
Physical composite	0.81	0.87	0.87	
Physical Function composite	0.77	0.84	0.84	
Psychosocial composite	0.92	0.92	0.94	

IWQOL-Lite-CT = Impact of Weight on Quality of Life-Lite Clinical Trials Version.

**Table S11. Test-Retest Reliability: IWQOL-Lite-CT Item and Composite Scores**

IWQOL-Lite-CT	Intraclass Correlation Coefficient (95% CI), n	
	Study 1 (NCT02453711), Week 48 to Week 52 <sup>a</sup>	
IWQOL-Lite-CT Total	0.89 (0.86-0.91), 247	
Physical composite	0.87 (0.84-0.90), 247	
Physical Function composite	0.85 (0.82-0.89), 247	
Psychosocial composite	0.89 (0.86-0.91), 247	
Study 2 (NCT02906930), baseline to Week 8 <sup>b</sup>	All patients	Placebo patients
IWQOL-Lite-CT Total	0.92 (0.85-0.96), 33	0.98 (0.92-1.00), 8
Physical composite	0.85 (0.76-0.90), 66	0.85 (0.67-0.94), 20
Physical Function composite	0.80 (0.69-0.87), 66	0.80 (0.56-0.91), 20
Psychosocial composite	0.88 (0.81-0.93), 65	0.95 (0.88-0.98), 16

CI = confidence interval; IWQOL-Lite-CT = Impact of Weight on Quality of Life-Lite Clinical Trials Version; PGI-S = Patient Global Impression of Status.

Note: Test-retest reliabilities for IWQOL-Lite-CT composites are intraclass correlation coefficients computed using two-way (subjects × time) mixed-effects analysis of variance. Test-retest reliabilities for all IWQOL-Lite-CT items are weighted kappa coefficients.

<sup>a</sup> This analysis included patients with ≤ 5% change in body weight.

<sup>b</sup> This analysis included patients with ≤ 5% change in body weight and equal PGI-S ratings. For the IWQOL-Lite-CT Total score, both PGI-S Physical Functioning and PGI-S Mental Health ratings were the same at Weeks 0 and 8; for the IWQOL-Lite-CT Physical and Physical Function composites, PGI-S Physical Functioning ratings were the same at Weeks 0 and 8; for the IWQOL-Lite-CT Psychosocial composite, PGI-S Mental Health ratings were the same at Weeks 0 and 8.

## Validity

**Table S12. Construct Validity Correlations: Study 1 (NCT02453711)**

IWQOL-Lite-CT	SF-36 PCS	SF-36 MCS	SF-36 Physical Functioning	SF-36 Role-Physical	SF-36 Bodily Pain	SF-36 General Health	SF-36 Vitality	SF-36 Social Functioning	SF-36 Role-Emotional	SF-36 Mental Health	BMI
<b>Baseline (N = 329)</b>											
IWQOL-Lite-CT Total	0.64*	0.42*	0.61*	0.61*	0.48*	0.60*	0.71*	0.52*	0.36*	0.52*	-0.30*
Physical composite	<b>0.74*</b>	0.21*	<b>0.71*</b>	<b>0.62*</b>	0.54*	0.57*	0.61*	0.44*	0.24*	0.35*	-0.41*
Physical Function composite	<b>0.71*</b>	0.19*	<b>0.70*</b>	<b>0.60*</b>	0.48*	0.53*	0.59*	0.41*	0.24*	0.32*	-0.36*
Psychosocial composite	0.52*	<b>0.49*</b>	0.50*	0.53*	0.40*	0.55*	0.68*	<b>0.51*</b>	<b>0.38*</b>	<b>0.55*</b>	-0.20*
<b>Week 28 (n = 284 to 311)</b>											
IWQOL-Lite-CT Total	0.61*	0.39*	0.64*	0.52*	0.50*	0.56*	0.67*	0.45*	0.39*	0.45*	-0.39*
Physical composite	<b>0.73*</b>	0.22*	<b>0.74*</b>	<b>0.60*</b>	0.58*	0.52*	0.58*	0.46*	0.31*	0.33*	-0.45*
Physical Function composite	<b>0.70*</b>	0.22*	<b>0.75*</b>	<b>0.58*</b>	0.51*	0.50*	0.55*	0.45*	0.30*	0.32*	-0.43*
Psychosocial composite	0.48*	<b>0.44*</b>	0.52*	0.43*	0.40*	0.52*	0.65*	<b>0.41*</b>	<b>0.40*</b>	<b>0.47*</b>	-0.32*
<b>Week 52 (n = 259)</b>											
IWQOL-Lite-CT Total	0.64*	0.34*	0.61*	0.58*	0.57*	0.57*	0.65*	0.38*	0.35*	0.40*	-0.39*
Physical composite	<b>0.78*</b>	0.14	<b>0.75*</b>	<b>0.66*</b>	0.65*	0.54*	0.57*	0.35*	0.20*	0.27*	-0.45*
Physical Function composite	<b>0.76*</b>	0.14	<b>0.75*</b>	<b>0.67*</b>	0.60*	0.54*	0.56*	0.35*	0.21*	0.27*	-0.44*
Psychosocial composite	0.51*	<b>0.41*</b>	0.48*	0.48*	0.48*	0.53*	0.63*	<b>0.36*</b>	<b>0.39*</b>	<b>0.43*</b>	-0.32*

\*  $P < 0.01$ .

BMI = body mass index; IWQOL-Lite-CT = Impact of Weight on Quality of Life-Lite Clinical Trials Version; MCS = mental component summary; PCS = physical component summary; PGI-S = Patient Global Impression of Status; SF-36 = Short Form Health Survey-36.

Note: Bold font indicates correlations hypothesized to be moderate ( $r = 0.30$  to  $0.49$ ) to strong ( $r \geq 0.50$ ) in size.

**Table S13. Construct Validity Correlations: Study 2 (NCT02906930)**

Measure	IWQOL-Lite-CT			
	Total	Physical Composite	Physical Function Composite	Psychosocial Composite
<b>Baseline</b>				
SF-36 PCS	0.51*	<b>0.69*</b>	<b>0.67*</b>	0.35*
SF-36 MCS	0.48*	0.34*	0.34*	<b>0.48*</b>
SF-36 Physical Functioning	0.47*	<b>0.67*</b>	<b>0.69*</b>	0.30*
SF-36 Role-Physical	0.43*	<b>0.56*</b>	<b>0.54*</b>	0.30*
SF-36 Bodily Pain	0.47*	0.60*	0.53*	0.34*
SF-36 Mental Health	0.51*	0.38*	0.35*	<b>0.50*</b>
SF-36 Role-Emotional	0.40*	0.43*	0.44*	<b>0.33*</b>
SF-36 Social Functioning	0.50*	0.51*	0.53*	<b>0.42*</b>
SF-36 Vitality	0.64*	<b>0.59*</b>	<b>0.57*</b>	<b>0.59*</b>
SF-36 General Health Perceptions	0.59*	0.50*	0.48*	0.55*
BMI	-0.39*	<b>-0.35*</b>	<b>-0.33*</b>	-0.36*
PGI-S Physical Functioning	0.65*	<b>0.61*</b>	<b>0.62*</b>	0.58*
PGI-S Mental Health	0.70*	0.48*	0.48*	<b>0.73*</b>
<b>Week 8</b>				
SF-36 PCS	0.57*	<b>0.69*</b>	<b>0.68*</b>	0.43*
SF-36 MCS	0.56*	0.43*	0.44*	<b>0.56*</b>
SF-36 Physical Functioning	0.59*	<b>0.68*</b>	<b>0.70*</b>	0.46*
SF-36 Role-Physical	0.49*	<b>0.54*</b>	<b>0.56*</b>	0.39*
SF-36 Bodily Pain	0.45*	0.52*	0.47*	0.35*
SF-36 Mental Health	0.60*	0.48*	0.49*	<b>0.59*</b>
SF-36 Role-Emotional	0.50*	0.45*	0.46*	<b>0.46*</b>
SF-36 Social Functioning	0.58*	0.52*	0.53*	<b>0.54*</b>
SF-36 Vitality	0.69*	<b>0.64*</b>	<b>0.64*</b>	<b>0.62*</b>
SF-36 General Health Perceptions	0.63*	0.57*	0.57*	0.57*
BMI	-0.37*	<b>-0.31*</b>	<b>-0.30*</b>	-0.35*
PGI-S Physical Functioning	0.64*	<b>0.62*</b>	<b>0.64*</b>	0.56*
PGI-S Mental Health	0.61*	0.46*	0.49*	<b>0.63*</b>
<b>Week 26</b>				
SF-36 PCS	0.64*	<b>0.78*</b>	<b>0.79*</b>	0.46*
SF-36 MCS	0.51*	0.35*	0.33*	<b>0.53*</b>
SF-36 Physical Functioning	0.63*	<b>0.75*</b>	<b>0.77*</b>	0.48*



Measure	IWQOL-Lite-CT			
	Total	Physical Composite	Physical Function Composite	Psychosocial Composite
SF-36 Role-Physical	0.53*	<b>0.58*</b>	<b>0.60*</b>	0.43*
SF-36 Bodily Pain	0.47*	0.58*	0.55*	0.34*
SF-36 Mental Health	0.55*	0.44*	0.42*	<b>0.54*</b>
SF-36 Role-Emotional	0.43*	0.35*	0.34*	<b>0.42*</b>
SF-36 Social Functioning	0.56*	0.48*	0.46*	<b>0.53*</b>
SF-36 Vitality	0.72*	<b>0.68*</b>	<b>0.68*</b>	<b>0.64*</b>
SF-36 General Health Perceptions	0.68*	0.65*	0.63*	0.61*
BMI	-0.35*	<b>-0.28*</b>	<b>-0.26*</b>	-0.35*
PGI-S Physical Functioning	0.62*	<b>0.55*</b>	<b>0.57*</b>	0.57*
PGI-S Mental Health	0.57*	0.33*	0.34*	<b>0.63*</b>

\*  $P < 0.01$ .

BMI = body mass index; IWQOL-Lite-CT = Impact of Weight on Quality of Life-Lite Clinical Trials Version;

MCS = mental component summary; PCS = physical component summary; PGI-S = Patient Global Impression of Status; SF-36 = Short Form Health Survey-36.

Note: Bold font indicates correlations hypothesized to be moderate ( $r = 0.30$  to  $0.49$ ) to strong ( $r \geq 0.50$ ) in size.

**Table S14. Correlations Between Change From Baseline to Week 52 (n = 259): Study 1 (NCT02453711)**

<b>IWQOL-Lite-CT</b>	<b>SF-36 PCS</b>	<b>SF-36 MCS</b>	<b>SF-36 Physical Functioning</b>	<b>SF-36 Role-Physical</b>	<b>SF-36 Bodily Pain</b>	<b>SF-36 General Health</b>	<b>SF-36 Vitality</b>	<b>SF-36 Social Functioning</b>	<b>SF-36 Role-Emotional</b>	<b>SF-36 Mental Health</b>	<b>BMI</b>	<b>PGI-C Physical Function</b>	<b>PGI-C Psychosocial</b>	<b>PGI-C QoL</b>
<b>IWQOL-Lite-CT Total</b>	0.68*	0.35*	0.61*	0.61*	0.50*	0.58*	0.59*	0.40*	0.35*	0.37*	-0.43*	-0.42*	-0.41*	<b>-0.40*</b>
Physical composite	<b>0.70*</b>	0.26*	0.63*	0.59*	0.50*	0.54*	0.55*	0.38*	0.30*	0.28*	-0.44*	<b>-0.43*</b>	-0.36*	-0.37*
Physical Function composite	<b>0.69*</b>	0.25*	0.64*	0.57*	0.47*	0.55*	0.54*	0.37*	0.28*	0.27*	-0.45*	<b>-0.43*</b>	-0.37*	-0.39*
Psychosocial composite	0.60*	<b>0.37*</b>	0.54*	0.56*	0.45*	0.54*	0.56*	<b>0.37*</b>	0.35*	<b>0.39*</b>	-0.39*	-0.37*	<b>-0.39*</b>	-0.38*
Trouble bending over	<b>-0.56*</b>	-0.15	<b>-0.49*</b>	-0.44*	-0.36*	-0.49*	-0.41*	-0.28*	-0.14	-0.19*	0.42*	0.39*	0.31*	0.34*
Tired or winded	<b>-0.56*</b>	-0.23*	<b>-0.57*</b>	-0.49*	-0.35*	-0.39*	-0.44*	-0.36*	-0.25*	-0.23*	0.36*	0.34*	0.28*	0.30*
Unable to stand comfortably	<b>-0.46*</b>	-0.17*	<b>-0.44*</b>	-0.40*	-0.30*	-0.35*	-0.35*	-0.27*	-0.16*	-0.21*	0.31*	0.27*	0.28*	0.27*
Uncomfortable in small seats	-0.50*	-0.24*	-0.47*	-0.47*	-0.31*	-0.41*	-0.42*	-0.32*	-0.23*	-0.26*	0.25*	0.26*	0.20*	0.25*
Bodily pain	-0.43*	-0.12	-0.33*	-0.35*	<b>-0.44*</b>	-0.23*	-0.30*	-0.19*	-0.20*	-0.14	0.25*	0.24*	0.19*	0.17
Self-conscious eating in social settings	-0.44*	-0.25*	-0.44*	-0.40*	-0.26*	-0.37*	-0.42*	-0.29*	-0.22*	-0.26*	0.27*	0.27*	0.26*	0.27*
Less confident	-0.41*	-0.25*	-0.36*	-0.39*	-0.26*	-0.43*	-0.40*	-0.21*	-0.21*	-0.28*	0.31*	0.31*	0.34*	0.30*
Feel judged by others	-0.43*	-0.23*	-0.34*	-0.40*	-0.35*	-0.36*	-0.35*	-0.31*	-0.23*	-0.21*	0.23*	0.17	0.19*	0.22*
Less important/worthy of respect	-0.34*	-0.16*	-0.31*	-0.30*	-0.19*	-0.33*	-0.25*	-0.26*	-0.14	-0.17*	0.15	0.13	0.11	0.12
Frustrated shopping for clothes	-0.41*	-0.19*	-0.31*	-0.37*	-0.30*	-0.35*	-0.38*	-0.22*	-0.21*	-0.16	0.34*	0.34*	0.32*	0.31*
Frustrated choosing what to wear	-0.37*	-0.25*	-0.29*	-0.37*	-0.28*	-0.36*	-0.37*	-0.26*	-0.22*	-0.24*	0.26*	0.31*	0.29*	0.33*
Feel bad or upset about pictures of self	-0.38*	-0.27*	-0.28*	-0.35*	-0.37*	-0.35*	-0.39*	-0.23*	-0.26*	-0.26*	0.28*	0.25*	0.24*	0.27*
Down or depressed about weight	-0.31*	<b>-0.36*</b>	-0.30*	-0.36*	-0.28*	-0.33*	-0.31*	-0.25*	-0.36*	<b>-0.38*</b>	0.25*	0.20*	0.30*	0.22*
Less interested in sexual activity	-0.39*	-0.29*	-0.37*	-0.36*	-0.34*	-0.36*	-0.37*	-0.24*	-0.28*	-0.33*	0.26*	0.30*	0.32*	0.28*
Avoid social gatherings	-0.37*	-0.34*	-0.43*	-0.38*	-0.23*	-0.35*	-0.34*	<b>-0.36*</b>	-0.32*	-0.36*	0.25*	0.21*	0.28*	0.21*

IWQOL-Lite-CT	SF-36 PCS	SF-36 MCS	SF-36 Physical Functioning	SF-36 Role-Physical	SF-36 Bodily Pain	SF-36 General Health	SF-36 Vitality	SF-36 Social Functioning	SF-36 Role-Emotional	SF-36 Mental Health	BMI	PGI-C Physical Function	PGI-C Psychosocial	PGI-C QoL
Less productive	<b>-0.45*</b>	-0.25*	-0.43*	<b>-0.46*</b>	-0.29*	-0.35*	-0.38*	-0.33*	-0.25*	-0.26*	0.23*	0.21*	0.20*	0.18*
Lack energy	-0.56*	-0.32*	-0.53*	-0.54*	-0.39*	-0.46*	<b>-0.52*</b>	-0.35*	-0.36*	-0.31*	0.32*	0.26*	0.30*	0.30*
Not physically active	<b>-0.51*</b>	-0.22*	<b>-0.43*</b>	-0.40*	-0.42*	-0.44*	-0.45*	-0.26*	-0.25*	-0.21*	0.33*	0.39*	0.30*	0.33*
Unable to walk far/quickly	<b>-0.56*</b>	-0.19*	<b>-0.54*</b>	-0.46*	-0.37*	-0.43*	-0.42*	-0.27*	-0.26*	-0.20*	0.32*	0.27*	0.27*	0.25*
Worried about health	-0.48*	-0.19*	-0.39*	-0.38*	-0.31*	<b>-0.46*</b>	-0.46*	-0.22*	-0.15	-0.20*	0.22*	0.22*	0.20*	0.22*
Decreased self-esteem	-0.43*	<b>-0.31*</b>	-0.42*	-0.43*	-0.30*	-0.41*	-0.43*	-0.26*	-0.30*	<b>-0.33*</b>	0.31*	0.29*	0.33*	0.32*
Self-conscious about weight	-0.47*	-0.24*	-0.41*	-0.42*	-0.37*	-0.41*	-0.38*	-0.26*	-0.25*	-0.28*	0.27*	0.26*	0.30*	0.27*
Frustrated or upset about weight	-0.49*	-0.28*	-0.47*	-0.40*	-0.39*	-0.44*	-0.45*	-0.26*	-0.23*	-0.36*	0.36*	0.35*	0.35*	0.36*

\*  $P < 0.01$ .

BMI = body mass index; IWQOL-Lite-CT = Impact of Weight on Quality of Life-Lite Clinical Trials Version; MCS = mental component score; PCS = physical component score; PGI-C = Patient Global Impression of Change; SF-36 = Short Form Health Survey-36.

Note: Bold font indicates correlations hypothesized to be moderate ( $r = 0.30$  to  $0.49$ ) to strong ( $r \geq 0.50$ ) in size.

**Table S15. Correlations Between Change From Baseline to Week 26: Study 2 (NCT02906930) (English-Speaking Patients, n = 130-132)**

	IWQOL-Lite-CT			
	Total	Physical Composite	Physical Function Composite	Psychosocial Composite
SF-36 MCS	0.26*	0.21	0.23*	<b>0.24*</b>
SF-36 PCS	0.19	<b>0.24*</b>	<b>0.24*</b>	0.13
SF-36 Physical Functioning	0.18	<b>0.22</b>	<b>0.24*</b>	0.14
SF-36 Role-Physical	0.15	<b>0.19</b>	<b>0.21</b>	0.10
SF-36 Bodily Pain	0.08	0.11	0.13	0.05
SF-36 Mental Health	0.22	0.15	0.17	<b>0.22</b>
SF-36 Role-Emotional	0.17	0.19	0.22*	<b>0.12</b>
SF-36 Social Functioning	0.19	0.19	0.22	<b>0.15</b>
SF-36 Vitality	0.38*	<b>0.29*</b>	<b>0.30*</b>	<b>0.37*</b>
SF-36 General Health Perceptions	0.30*	0.29*	0.25*	0.26*
Weight percentage	-0.14	-0.08	-0.07	-0.15
BMI	-0.13	<b>-0.09</b>	<b>-0.08</b>	-0.13
PGI-S Physical Functioning	0.24	<b>0.21</b>	<b>0.24*</b>	0.22
PGI-S Mental Health	0.26*	0.08	0.14	<b>0.32*</b>
Sum of change in PGI-S Physical Functioning and Mental Health	<b>0.27*</b>	0.15	0.20	0.30*
PGI-C Physical Functioning	-0.38*	<b>-0.30*</b>	<b>-0.26*</b>	-0.37*
PGI-C Mental Health	-0.26*	-0.23	-0.21	<b>-0.24</b>
Sum of PGI-C Physical Functioning and Mental Health	<b>-0.32*</b>	-0.26*	-0.23*	-0.30*

\*  $P < 0.01$ .

BMI = body mass index; IWQOL-Lite-CT = Impact of Weight on Quality of Life-Lite Clinical Trials Version; MCS = mental component score; PCS = physical component score; PGI-C = Patient Global Impression of Change; PGI-S = Patient Global Impression of Status; SF-36 = Short Form Health Survey-36.

Note: Bold font indicates correlations hypothesized to be moderate ( $r = 0.30$  to  $0.49$ ) to strong ( $r \geq 0.50$ ) in size.

**Table S16. Known-Groups ANOVAs: Weight Change**

IWQOL-Lite-CT	Score, Mean		Score, Mean		P Value
	n	(SD)	n	(SD)	
<b>Study 1 (NCT02453711)</b>	<b>Weight Loss ≥ 5%</b>		<b>Weight Gain</b>		
Week 28					
IWQOL-Lite-CT Total	192	77.32 (18.2)	23	67.72 (25.2)	0.0232
Physical composite	192	77.55 (19.6)	23	65.53 (26.3)	0.0082
Physical Function composite	192	79.97 (19.5)	23	68.04 (26.4)	0.0085
Psychosocial composite	192	77.20 (19.4)	23	68.90 (25.9)	0.0630
Week 52					
IWQOL-Lite-CT Total	174	81.98 (17.1)	32	73.13 (25.0)	0.0136
Physical composite	174	80.85 (18.4)	32	71.99 (24.0)	0.0182
Physical Function composite	174	83.07 (18.0)	32	73.28 (23.7)	0.0080
Psychosocial composite	174	82.58 (18.1)	32	73.74 (27.1)	0.0208
<b>Study 1 (NCT02453711)</b>	<b>BMI &lt; 35</b>		<b>BMI &gt; 40</b>		
Week 28					
IWQOL-Lite-CT Total	149	81.33 (15.4)	71	62.31 (21.3)	< 0.0001
Physical composite	149	82.05 (16.0)	71	59.86 (23.3)	< 0.0001
Physical Function composite	149	84.19 (15.5)	71	63.38 (25.1)	< 0.0001
Psychosocial composite	149	80.94 (17.3)	71	63.62 (22.7)	< 0.0001
Week 52					
IWQOL-Lite-CT Total	142	85.25 (15.2)	65	67.31 (21.5)	< 0.0001
Physical composite	142	84.98 (15.3)	65	63.19 (23.2)	< 0.0001
Physical Function composite	142	86.87 (14.9)	65	66.08 (23.5)	< 0.0001
Psychosocial composite	142	85.39 (17.1)	65	69.53 (22.6)	< 0.0001
<b>Study 2 (NCT02906930)</b>	<b>Weight Loss ≥ 5%</b>		<b>Weight Gain</b>		
Week 26					
IWQOL-Lite-CT Total	31	68.8 (23.62)	49	67.9 (21.48)	0.8559
Physical composite	31	59.9 (27.63)	49	59.7 (25.21)	0.9717
Physical Function composite	31	61.8 (28.45)	49	61.6 (27.64)	0.9825
Psychosocial composite	31	73.6 (24.07)	49	72.3 (23.80)	0.8104

ANOVA = analysis of variance; IWQOL-Lite-CT = Impact of Weight on Quality of Life-Lite Clinical Trials Version; SD = standard deviation.

**Table S17. Known-Groups ANOVAs: BMI Classification**

IWQOL-Lite-CT	BMI < 30		BMI > 42		P Value
	n	Score, Mean (SD)	n	Score, Mean (SD)	
<b>Study 1 (NCT02453711)</b>					
Week 28					
IWQOL-Lite-CT Total	49	86.33 (12.5)	56	63.37 (21.9)	< 0.0001
Physical composite	49	88.05 (11.1)	56	60.97 (24.9)	< 0.0001
Physical Function composite	49	90.00 (10.4)	56	64.55 (26.5)	< 0.0001
Psychosocial composite	49	85.40 (14.7)	56	64.66 (23.0)	< 0.0001
Week 52					
IWQOL-Lite-CT Total	58	90.73 (10.8)	46	67.96 (21.0)	< 0.0001
Physical composite	58	90.70 (10.2)	46	62.50 (23.8)	< 0.0001
Physical Function composite	58	92.33 (10.4)	46	65.54 (24.1)	< 0.0001
Psychosocial composite	58	90.75 (12.2)	46	70.90 (21.7)	< 0.0001
<b>Study 2 (NCT02906930)</b>					
Week 8					
IWQOL-Lite-CT Total	32	76.7 (17.09)	13	51.8 (30.45)	0.0011
Physical composite	32	68.9 (21.64)	13	45.6 (30.90)	0.0062
Physical Function composite	32	70.6 (22.39)	13	46.5 (34.54)	0.0080
Psychosocial composite	32	80.9 (16.74)	13	55.2 (31.99)	0.0010
Week 26					
IWQOL-Lite-CT Total	36	75.3 (17.94)	12	49.9 (26.63)	0.0005
Physical composite	36	67.7 (20.77)	12	43.2 (25.95)	0.0018
Physical Function composite	36	69.6 (22.40)	12	45.4 (26.24)	0.0033
Psychosocial composite	36	79.5 (18.97)	12	53.5 (29.35)	0.0009

ANOVA = analysis of variance; BMI = body mass index; IWQOL-Lite-CT = Impact of Weight on Quality of Life-Lite Clinical Trials Version; SD = standard deviation.

## IWQOL-Lite-CT Concepts

**Table S18. IWQOL-Lite-CT Concepts**

<b>Item Number</b>	<b>Concept</b>
Item 1	Trouble bending over
Item 2	Tired or winded
Item 3	Unable to stand comfortably
Item 4	Uncomfortable in small seats
Item 5	Bodily pain
Item 6	Self-conscious eating in social settings
Item 7	Less confident
Item 8	Feel judged by others
Item 9	Frustrated shopping for clothes
Item 10	Feel bad or upset about pictures of self
Item 11	Down or depressed about weight
Item 12	Less interested in sexual activity
Item 13	Avoid social gatherings
Item 14	Less productive
Item 15	Lack energy
Item 16	Not physically active
Item 17	Unable to walk far/quickly
Item 18	Worried about health
Item 19	Self-conscious about weight
Item 20	Frustrated or upset about weight

Note: The Physical composite score comprises Items 1-5, 16, and 17. The Physical Function composite comprises Items 1-3, 16, and 17, with Item 4 (“Uncomfortable in small seats”) and Item 5 (“Bodily pain”) excluded. The Psychosocial composite comprises Items 6-8, 9-15, 18, 19, and 20.