

## Supplementary Materials

**Supplementary Table S1. Characteristics of the cohort by the period of follow-up.**

|                                     | Followed-up during the<br>pandemic period<br>n = 89 | Followed-up outside the<br>pandemic period<br>n = 122 | P                 |
|-------------------------------------|---|---|-------------------|
| <i>Clinical variables</i>           |   |   |                   |
| Age (years)                         | 48.2 ± 15.5   | 45.7 ± 15.2   | 0.24              |
| Males (%)                           | 20.2  | 23.0  | 0.64              |
| Residing in a rural area (%)        | 18.0  | 17.2  | 0.89              |
| Active smoker (%)                   | 18.0  | 15.6  | 0.64              |
| Living alone (%)                    | 46.1  | 48.4  | 0.74              |
| Not working/retired (%)             | 46.1  | 41.8  | 0.54              |
| Secondary<br>schools/graduation (%) | 70.8  | 63.9  | 0.30              |
| Adverse life events (%)             | 62.9  | 77.1  | <b>0.025</b>      |
| Multiple weight cycling<br>(%)      | 58.4  | 42.6  | <b>0.023</b>      |
| Age of weight gain (years)          | 26.9 ± 13.5   | 26.3 ± 14.2   | 0.75              |
| Weight (kg)                         | 97.5 ± 14.1   | 99.8 ± 17.3   | 0.31              |
| Height (cm)                         | 163.6 ± 7.8   | 163.9 ± 8.2   | 0.75              |
| BMI (kg/m <sup>2</sup> )            | 36.4 ± 4.6  | 37.0 ± 4.9  | 0.37              |
| Waist circumference (cm)            | 114.0 ± 11.9  | 115.0 ± 12.2  | 0.53              |
| Neck circumference (cm)             | 37.5 ± 4.0  | 38.4 ± 4.1  | 0.09              |
| <i>Psychological questionnaires</i> |   |   |                   |
| BDI                                 | 7.8±5.9   | 10.6 ± 5.9  | <b>&lt;0.001*</b> |
| STAI-state                          | 45.1±11.6   | 48.2 ± 11.9   | 0.06              |
| STAI- trait                         | 46.2±10.4   | 50.3 ± 11.2   | <b>0.008</b>      |
| BES                                 | 31.6±10.2   | 34.3 ± 10.4   | 0.06              |
| TEMPS-A                             |   |   |                   |
| Depressive                          | 10.1±3.6  | 11.2 ± 3.6  | 0.05*             |
| Cyclothymic                         | 7.5±4.6   | 8.4 ± 4.6   | 0.16*             |
| Hyperthymic                         | 9.7±4.9   | 8.7 ± 4.4   | 0.28              |
| Irritable                           | 5.1±4.4   | 6.2 ± 4.0   | <b>0.014*</b>     |
| Anxious                             | 10.9±5.7  | 11.9 ± 5.6  | 0.20*             |

\*Mann-Whitney U-test; Legend: BDI: Beck Depression Inventory; STAI: State-Trait Anxiety Inventory; BES: Binge eating scale; TEMPS-A: Temperament Evaluation of Memphis, Pisa, Paris and San Diego Auto-questionnaire.

**Supplementary Table S2. Attrition by the period of attendance to the obesity unit**

|                                  | During<br>pandemic<br>period | Outside<br>pandemic<br>period | p                 |
|----------------------------------|------------------------------|-------------------------------|-------------------|
| Number                           | 35                           | 60                            |                   |
| Age (years)                      | 45.9 ± 14.1                  | 43.7 ± 16.1                   | 0.50              |
| Males (%)                        | 34.3                         | 18.3                          | 0.08              |
| Residing in a rural area (%)     | 20.0                         | 21.7                          | 0.85              |
| Active smoker (%)                | 14.3                         | 20.0                          | 0.48              |
| Living alone (%)                 | 37.1                         | 53.3                          | 0.13              |
| Not working/retired (%)          | 40.0                         | 43.3                          | 0.75              |
| Secondary schools/graduation (%) | 65.7                         | 63.3                          | 0.82              |
| Adverse life events (%)          | 51.4                         | 76.7                          | <b>0.011</b>      |
| Multiple weight cycling (%)      | 51.4                         | 50.0                          | 0.89              |
| Age of weight gain (years)       | 23.4 ± 11.3                  | 25.2 ± 14.8                   | 0.53              |
| Weight (kg)                      | 98.8 ± 15.2                  | 98.1 ± 17.4                   | 0.85              |
| Height (cm)                      | 164.8 ± 8.2                  | 164.0 ± 8.1                   | 0.65              |
| BMI (kg/m <sup>2</sup> )         | 36.4 ± 5.0                   | 36.4 ± 5.3                    | 0.98              |
| Waist circumference (cm)         | 117.2 ± 12.5                 | 113.9 ± 11.1                  | 0.19              |
| Neck circumference (cm)          | 38.1 ± 4.2                   | 37.8 ± 4.2                    | 0.77              |
| Psychological questionnaires     |                              |                               |                   |
| BDI                              | 6.7 ± 5.7                    | 12.2 ± 5.6                    | <b>&lt;0.001*</b> |
| STAI-state                       | 42.6 ± 10.9                  | 48.8 ± 11.8                   | <b>0.014</b>      |
| STAI-trait                       | 43.6 ± 8.9                   | 52.4 ± 10.2                   | <b>&lt;0.001</b>  |
| BES                              | 32.2 ± 10.7                  | 37.1 ± 9.7                    | <b>0.025</b>      |
| TEMPS-A                          |                              |                               |                   |
| Depressive                       | 9.6 ± 3.4                    | 12.1 ± 3.6                    | <b>0.001*</b>     |
| Cyclothymic                      | 8.3 ± 3.9                    | 10.0 ± 4.5                    | 0.08*             |
| Hyperthymic                      | 10.3 ± 4.8                   | 8.2 ± 3.9                     | 0.13*             |
| Irritable                        | 5.1 ± 4.8                    | 7.2 ± 3.9                     | <b>0.005*</b>     |
| Anxious                          | 9.5 ± 4.7                    | 13.2 ± 5.4                    | <b>0.001*</b>     |

\*Mann-Whitney U-test; Legend: BDI: Beck Depression Inventory; STAI: State-Trait Anxiety Inventory; BES: Binge eating scale; TEMPS-A: Temperament Evaluation of Memphis, Pisa, Paris and San Diego Auto-questionnaire.