### Table 1S
Effects of long-term interdisciplinary therapy on anthropometric variables, body composition, inflammation, neuropeptides, and psychological scores of obese women.

<table>
<thead>
<tr>
<th>Variable</th>
<th>Baseline</th>
<th>After therapy</th>
<th>Δ</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body weight (kg)</td>
<td>92.83 ± 11.11</td>
<td>87.47 ± 10.5</td>
<td>−5.36</td>
<td>0.001</td>
</tr>
<tr>
<td>BMI (kg/m²)</td>
<td>34.86 ± 3.08</td>
<td>32.85 ± 3.09</td>
<td>−2.01</td>
<td>0.001</td>
</tr>
<tr>
<td>Waist circumference (cm)</td>
<td>107.78 ± 10.12</td>
<td>98.70 ± 8.60</td>
<td>−9.09</td>
<td>0.001</td>
</tr>
<tr>
<td>Hip circumference (cm)</td>
<td>120.02 ± 9.14</td>
<td>114.99 ± 8.68</td>
<td>−5.03</td>
<td>0.001</td>
</tr>
<tr>
<td>Thigh circumference (cm)</td>
<td>67.75 ± 3.96</td>
<td>62.68 ± 4.09</td>
<td>−5.07</td>
<td>0.001</td>
</tr>
<tr>
<td>Fat-free mass (kg)</td>
<td>51.55 ± 5.23</td>
<td>49.92 ± 5.23</td>
<td>−1.63</td>
<td>0.001</td>
</tr>
<tr>
<td>Fat-free mass (%)</td>
<td>55.69 ± 2.77</td>
<td>57.29 ± 2.26</td>
<td>1.60</td>
<td>0.001</td>
</tr>
<tr>
<td>Fat mass (kg)</td>
<td>41.28 ± 6.36</td>
<td>37.54 ± 6.14</td>
<td>−3.74</td>
<td>0.001</td>
</tr>
<tr>
<td>Fat mass (%)</td>
<td>44.31 ± 2.26</td>
<td>42.71 ± 2.77</td>
<td>−1.60</td>
<td>0.001</td>
</tr>
<tr>
<td>Leptin (ng/ml)</td>
<td>25.85 ± 19.23</td>
<td>10.21 ± 13.97</td>
<td>−15.62</td>
<td>0.001</td>
</tr>
<tr>
<td>Adiponectin (µg/l)</td>
<td>6.46 ± 6.26</td>
<td>4.00 ± 6.57</td>
<td>−2.47</td>
<td>0.540</td>
</tr>
<tr>
<td>Leptin/Adiponectin</td>
<td>4.62 ± 2.92</td>
<td>3.78 ± 2.95</td>
<td>−0.84</td>
<td>0.031</td>
</tr>
<tr>
<td>TNF-α (µg/ml)</td>
<td>11.00 ± 6.36</td>
<td>8.91 ± 9.07</td>
<td>−2.09</td>
<td>0.317</td>
</tr>
<tr>
<td>IL-6 (µg/ml)</td>
<td>9.32 ± 14.50</td>
<td>8.84 ± 13.34</td>
<td>−0.48</td>
<td>0.798</td>
</tr>
<tr>
<td>NPY (ng/ml)</td>
<td>2.39 ± 0.78</td>
<td>2.53 ± 1.35</td>
<td>0.14</td>
<td>0.692</td>
</tr>
<tr>
<td>AgRP (ng/ml)</td>
<td>0.99 ± 0.53</td>
<td>1.01 ± 0.71</td>
<td>0.02</td>
<td>0.946</td>
</tr>
<tr>
<td>NPY/AgRP</td>
<td>2.72 ± 1.00</td>
<td>2.83 ± 1.40</td>
<td>0.12</td>
<td>0.807</td>
</tr>
<tr>
<td>MCH (ng/ml)</td>
<td>4.08 ± 0.87</td>
<td>4.35 ± 0.93</td>
<td>0.27</td>
<td>0.470</td>
</tr>
<tr>
<td>Alfa MSH (ng/ml)</td>
<td>1.68 ± 2.05</td>
<td>2.05 ± 0.88</td>
<td>0.37</td>
<td>0.174</td>
</tr>
<tr>
<td>Depression score (BDI)</td>
<td>14.88 ± 8.19</td>
<td>8.25 ± 6.07</td>
<td>−6.63</td>
<td>0.001</td>
</tr>
<tr>
<td>Anxiety score</td>
<td>8.00 ± 6.93</td>
<td>4.40 ± 3.54</td>
<td>−4.07</td>
<td>0.001</td>
</tr>
<tr>
<td>Body image score</td>
<td>118.38 ± 27.80</td>
<td>93.13 ± 33.46</td>
<td>−25.25</td>
<td>0.001</td>
</tr>
<tr>
<td>Eating behavior score</td>
<td>11.69 ± 6.76</td>
<td>6.44 ± 7.45</td>
<td>−5.25</td>
<td>0.001</td>
</tr>
</tbody>
</table>

Parametric data was presented as mean ± standard deviation (SD). The Student’s t test was used for comparisons among categories. Effects were considered significant at p < 0.05. BMI (body mass index); TNF-α (Tumor necrosis factor); IL-6 (Interleukin 6); AgRP: Agouti related peptide; NPY: Neuropeptide Y; MCH: Melanin concentrating hormone; MSH: Alpha melanocyte stimulating hormone.

### Table 2S
Correlations values between variables.

<table>
<thead>
<tr>
<th>Variables (Δ value)</th>
<th>r</th>
<th>IC</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body weight (kg)</td>
<td>Leptin/adiponectin</td>
<td>0.30</td>
<td>(-0.16/0.65)</td>
</tr>
<tr>
<td>Body weight (kg)</td>
<td>Alfa MSH (ng/ml)</td>
<td>-0.45</td>
<td>(-0.77/0.06)</td>
</tr>
<tr>
<td>Body weight (kg)</td>
<td>NPY (ng/ml)</td>
<td>-0.28</td>
<td>(-0.68/0.25)</td>
</tr>
<tr>
<td>Leptin (ng/ml)</td>
<td>NPY (ng/ml)</td>
<td>-0.37</td>
<td>(-0.73/0.16)</td>
</tr>
<tr>
<td>Leptin (ng/ml)</td>
<td>AgRP (ng/ml)</td>
<td>-0.55</td>
<td>(-0.82/0.07)</td>
</tr>
<tr>
<td>Leptin (ng/ml)</td>
<td>MCH (ng/ml)</td>
<td>-0.28</td>
<td>(-0.68/0.25)</td>
</tr>
<tr>
<td>BDI</td>
<td>BSQ</td>
<td>0.35</td>
<td>(-0.18/0.72)</td>
</tr>
</tbody>
</table>

Parametric data are presented as mean ± standard deviation (SD). The Pearson’s correlation coefficient was used for comparisons among categories. Effects were considered significant at p < 0.05. AgRP: Agouti related peptide; NPY: Neuropeptide Y; MCH: Melanin concentrating hormone; MSH: Alpha melanocyte stimulating hormone; BDI: Beck depression inventory; BSQ: Body shape questionnaire. (p < 0.05).