Maintenance of time-restricted eating and high-intensity interval training in women with overweight/obesity 2 years after a randomized controlled trial

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Supplementary information

Table S1

Table S2 (Separate excel file)

Long-term adherence and perceptions questionnaire

Table S1. Qualitative questionnaire responses on perceptions of time-restricted eating (TRE) and high-intensity interval training (HIIT) by n = 10 in TRE, n = 9 in HIIT, n = 19 in TREHIIT, n = 6 in CON.

Perceptions of TRE	Group
Quote	
I have no problem not eating dinner. [I] became energetic, [and] also gained a stronger sense of self-esteem by doing so.	TRE
Difficult to compare, [I] have only changed dietary quality.	TRE
Works well to have focus and consciousness around food.	TRE
Almost never hungry in the morning anyway, a small sacrifice to give up dinner. Free to eat anything.	TRE
Can eat whatever you want, but [I'm] still a bit hungry.	TRE
It's okay to follow but hasn't yielded results.	TRE
For the most part okay to follow over time.	TRE
Quite easy to follow.	TRE
Haven't tried any other [diets].	TRE
Simple rules, easy to understand what is required.	TRE
A good combo of diet plan and time-restricted eating.	TREHIIT
Simple and ok to follow. Avoids snacking in the evening.	TREHIIT
Don't like eating small meals frequently, [I] prefer two large meals instead.	TREHIIT
Not very demanding, but little impact and not very motivating.	TREHIIT
Easy to understand and follow.	TREHIIT
A relief not having to eat breakfast. Saves time.	TREHIIT
Easier to do once you get into the routine; when the cravings in the evenings are gone, it's easy.	TREHIIT
Quickly noticed stabilization of blood sugar throughout the day. Avoiding blood sugar peaks and lows. Don't feel hunger as intensely.	TREHIIT
Easier to follow! Easier to be social.	TREHIIT
Easy to understand and follow.	TREHIIT
Easy to follow.	TREHIIT
It's simple. Watching the time.	TREHIIT
I find that it was easier to engage in fasting during the study due to little change in daily routines.	TREHIIT
Easy to follow.	TREHIIT
Easy to stick to the plan, better sleep, more consistent with water intake.	TREHIIT
Doesn't impose restrictions on WHAT you eat, especially if you're invited somewhere, it's much easier to adapt.	TREHIIT
Doesn't require much preparation or special acquirements. Just need to watch the timing.	TREHIIT
Don't know.	CON
Don't need to think about what or how much you eat, only when.	CON
Much easier to maintain, no need for specific foods, requires no time commitment.	CON
Cravings and hunger disappear quickly, and after a certain point, the weight drops rapidly without much effort.	CON
Perceptions of HIIT	Group
Quote	
I enjoy [HIIT], but I also like other types [of exercise] (e.g., strength training, hiking).	HIIT
Terrible to run and feel like you can't breathe. Claustrophobic.	HIIT

Doesn't take too long. Fun if the fitness level is okay. It doesn't take too long, Fun if the fitness level is okay. It doesn't take too long, and the variations [within the sessions] make the time pass faster. HIIT Ifiring, but I see progress, fun. HIIIT A bit easier on the back and less muscle soreness. A bit easier on the back and less muscle soreness. TREHIIT ust a short half-hour, and you're done. TREHIIT Iffective when you're short on time. Iffective makes everything heavy; it needs to be combined with everyday life and the remaining energy and desire after work. Sometimes, it's physically better to take a 60-minute walk than endure 25 minutes of intense effort. Ilike that you quickly notice improvement in endurance. It's manageable. Provides good results with a short training time. Iffective timesaving and yield results rapidly. Iffective timesaving and yield results rapidly. Iffective timesaving and yield results rapidly. Iffective timesaving pushes me to the limit, and I feel proud of it. Iffective. Iffective. Iffective timesaving, pushes me to the limit, and I feel proud of it. Iffective. Iffective timesaving pushes me to the limit, and I feel proud of it. I	Not as fun to do, it's heavier.	HIIT
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Effective, but it can become monotonous if practiced all the time.	Effective.	CON
	Effective, but it can become monotonous if practiced all the time.	CON

CON control group, HIIT high-intensity interval training, TRE time-restricted eating, TREHIIT time-restricted eating and high-intensity interval training. Note: The authors have directly translated the quotes from Norwegian to English.

Long-term adherence and perceptions questionnaire

TREHIT- A follow-up study ID-number
We ask you to fill out this questionnaire. Your answers are an important contribution to understand the adherence to time-restricted eating and/or high-intensity interval training after participating in a randomized controlled trial.
Please answer all the questions. Do not spend too long on each question. The first thing that comes to you mind is usually the correct answer.
Your answer must appear clearly. Use black or dark blue pen for filling. If you answer incorrectly, completel fill the square and check the correct box.
Today's date (ddmmyyyy):
INITIAL GROUP
1) Which group were you allocated to in the main study?
Time-restricted eating (Proceed to page 2)
High-intensity interval training (Proceed to page 4)
Time-restricted eating and High-intensity interval training (Fill out page 2-5)
Control (Proceed to question 2)
2) If you were in the control group, which group did you choose after post-tests?
Time-restricted eating (Proceed to page 2)
High-intensity interval training (Proceed to page 3)
Time-restricted eating and High-intensity interval training (Fill out page 2-3)
No group (Proceed to page 6)

TIME-RESTRICTED EATING 3) Have you continued with time-restricted eating (fully/partly) after study completion? YES If YES a) For how long did you continue with time-restricted eating? Number of Some weeks weeks Some months Still doing it b) How long is/was your eating window on the weekdays? hours/day Time window (timepoints): First meal: Last meal: c) How long is/was your eating window on the weekends? hours/day Time window (timepoints): First meal: Last meal: d) How many days per week have you done time-restricted eating (on average)? days per week If NO e) What was the reason(s) for not continuing with time-restricted eating? You can check as many boxes as applies to you Did not align with work-schedule Family routines Didn't get the results I wanted Difficult to maintain in social situations Other reasons:

4) Have	you tried a	ny other	diet strategie	es befo i	re and/or a	fter partic	ipating in	he main	study?
	No		□ 5:	2 Perio	dic fasting				
	Low carb		\Box c	alorie c	ounting				
	Grethe Roed	le	□ o	ther: _	197		01		
	How would (Mark with		time-restrict	ed eatii	ng compar	ed with ot	her diet str	ategies yo	ou have tried?
1	2	3	4	5	6	7	8	9	10
esson en propertie			y exercise aft						
	No				Resis	tance traini	ing		
	High-intensi	ity interva	al training		Grou	p exercise a	at a gym		
	Moderate-in	itensity co	ontinuous exe	rcise	Othe	r:			
						<u> </u>	77		20 25

HIGH-INTENSITY INTERVAL TRAINING
6) Have you continued with high-intensity interval training (fully/partly) after study completion? YES NO
If YES
a) For how long did you continue with high-intensity interval training? Number of
Some weeks weeks
Some months months
Still doing it
b) How many days per week do you complete high-intensity interval training?
days per week
c) What type of high-intensity interval training have you completed?
☐ 4 x 4
□ 10 x 1
Both
Other:
If NO
d) What was the reason(s) for not continuing with high-intensity interval training? You can check as many boxes as applies to you
Too hard
Lack of time
Boring
Did not get the results I wanted
Other

7) Have you s	started with an	y other form of ex	ercise after stu	dy completio	n?	
□ No			Group e	xercise at a g	ym	
☐ Mode	rate-intensity co	ontinuous exercise	Other:			<u>H</u>)
Resis	tance training					
		high-intensity inte k with a cross)	rval training c	ompared wit	h other exerc	ise strategies
1 2	3	4 5	6	7	8 9	10
Reason:		<u> </u>			15.	
8) Have you	started with an	y dietary strategie	s after study co	ompletion?		
☐ No		5:2 Pen	iodic fasting			
Time-	restricted eating	g Calorie	counting			
Low	carb					
Greth	e Roede	Other:				

CONTROL GROUP
9) What was the reason(s) for not chosing a delayed intervention after study completion?
10) Have you started with any dietary strategies after study completion?
No 5:2 Periodic fasting
☐ Time-restricted eating ☐ Calorie counting
Low carb
Grethe Roede Other:
11) Have you started with any other form of exercise after study completion?
No Group exercise at a gym
☐ Moderate-intensity continuous exercise ☐ High-intensity interval training
Resistance training Other: