

Supplement:
Table 4: Comparison between participants with ≥ 70 % participation in HIIT sessions compared < 70 % participation at 3 and 12 months visits. Adjusted for baseline.

	Participants (N)	Mean difference 3 months (95 % CI)	P-value	Participants (N)	Mean difference 12 months (95 % CI)	P-value
BMI z-score	82	0.04 (-0.12; 0.19)	0.66	67	0.002 (-0.17; 0.18)	0.98
Waist (cm)	81	0.56 (-4.27; 5.40)	0.82	66	-2.25 (-7.72; 3.21)	0.42
Systolic blood pressure (mmHg)	79	-1.93 (-5.73; 1.87)	0.32	66	-1.07 (-5.30; 3.16)	0.62
Diastolic blood pressure (mmHg)	79	-0.13 (-2.81; 2.54)	0.92	66	-0.82 (-3.78; 2.13)	0.59
WHO-5 score	82	3.73 (-3.38; 10.83)	0.30	63	-0.64 (-8.84; 7.56)	0.88
PedsQL Child						
Total score	77	4.29 (0.32; 8.26)	0.03	61	-2.23 (-6.63; 2.18)	0.32
Psychosocial score	77	2.90 (-1.42; 7.22)	0.19	61	-1.80 (-6.54; 2.94)	0.46
Physical score	82	6.62 (1.70; 11.55)	< 0.01	64	-2.69 (-8.26; 2.87)	0.34

Abbreviations: SD: standard deviation, BMI: Body Mass Index, WHO-5: WHO-Five Well-Being Index, PedsQL: Pediatric Quality of Life Inventory, version 4.0 Generic Core Scales

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Table 5: Absolute values for each outcome measure at 3 and 12 months follow-up, divided by randomization group

Randomization	3 month follow-up		12 months follow-up	
	HIIT	TCOCT (control)	HIIT	TCOCT (control)
N (%)	90 (52.0)	83 (48.0)	90 (52.0)	83 (48.0)
Waist circumference, mean (SD)	92.4 (13.0)	88.1 (11.8)	92.5 (12.0)	88.5 (12.8)
BMI z-score, mean (SD)	2.5 (0.6)	2.2 (0.6)	2.4 (0.7)	2.1 (0.8)
Systolic blood pressure (mmHg)	107.9 (11.8)	106.0 (11.0)	108.6 (9.9)	108.3 (10.5)
Diastolic blood pressure (mmHg)	66.3 (6.0)	66.4 (6.1)	67.4 (7.2)	67.8 (6.6)
WHO-5 score	73.2 (16.2)	70.6 (17.0)	70.7 (18.0)	68.4 (18.7)
PedsQL Child				
Total score	85.4 (12.9)	84.3 (11.4)	82.5 (14.6)	89.0 (9.1)
Psychosocial score	76.0 (13.4)	73.6 (11.4)	75.2 (13.2)	74.6 (9.8)
Physical score	79.3 (12.4)	77.4 (10.5)	77.8 (12.7)	79.8 (8.4)
PedsQL Parents				
Total score	84.3 (14.3)	80.8 (14.5)	79.9 (15.4)	84.1 (12.4)
Psychosocial score	74.4 (14.8)	73.0 (11.7)	71.3 (14.4)	72.9 (12.4)
Physical score	77.8 (13.6)	75.9 (11.3)	74.3 (13.9)	76.8 (11.6)

Abbreviations: SD: standard deviation, BMI: Body Mass Index, WHO-5: WHO-Five Well-Being Index, PedsQL: Pediatric Quality of Life Inventory, version 4.0 Generic Core Scales