Supplementary Figure
Explorative single item analysis: adjusted mean health-related quality of life point-changes of ordinary least square regression analysis for weight-change categories, stratified by sex (Germany, 1999-2008)

Adjusted point-change of the 6 items loading highest on the PCS-score # ¹ ǂ

-0.8 -0.6 -0.4 -0.2 0 0.2 0.4 0.6 0.8

general health (GH)  Moderate activities (PF2)  climb several stairs (PF4)  accomplished less (RP2)  limited in kind (RP3)  pain interfere (BP2)

Adjusted point-change of the 6 items loading highest on the MCS-score # ¹ ǂ

-0.8 -0.6 -0.4 -0.2 0 0.2 0.4 0.6 0.8

energy (VT)  social time (SF2)  accomplished less (RE2)  not careful (RE3)  peaceful (MH3)  blue/sad (MH4)

# Only the six items that load highest to the PCS and MCS were depicted. According to the psychometric properties of the SF-12 the items from the domains GH, RP, RP, and BP load high on the PCS-score but very low on the MCS-score, whereas the items from the domains VT, SF, RE and MH load high on the MCS-score but very low on the PCS-score;

¹ All items were coded in the way that positive changes correspond to mental or physical health improvements in the respective item;

ǂ Models adjusted for age, education, baseline diseases (CVD, cancer, diabetes) and baseline BMI-category;

SF-12: GH general health, PF physical functioning, RP role-physical, BP bodily pain, VT vitality, SF socialfunctioning, RE role-emotional, MH mental health;

PCS physical component summary, MCS mental component summary;

* p < 0.05