

Parameters Total (n, Mean $\pm$ SD)	Group	Visit 1 Mean $\pm$ SD	n	Visit 2 Mean $\pm$ SD	n
<b>Serum Parameters</b>					
<b>Adiponectin</b> V1 41, 11.7 $\pm$ 4.1 V2 41, 11.1 $\pm$ 4.1	CR CR + CPI	12.2 + 4.8 11 + 3.1	21 20	11.9 + 5.3 10.4 + 2.4	20 21
<b>Leptin</b> V1 41, 15.9 $\pm$ 10.7 V2 41, 9.5 $\pm$ 7.8	CR CR + CPI	12 + 8.4 20 + 11.5	21 20	6.4 + 5.4 12.6 + 8.6	20 21
<b>Secretagogin</b> V1 41, 151 $\pm$ 157.5 V2 41, 128.1 $\pm$ 133.1	CR CR + CPI	174 + 175 126.9 + 137.1	21 20	143.4 + 144.4 113.5 + 123	20 21
<b>Resistin</b> V1 41, 7.7 $\pm$ 3.4 V2 41, 7 $\pm$ 2.8	CR CR + CPI	7.1 + 3.7 8.3 + 3	21 20	6.6 + 2.8 7.4 + 2.8	20 21
<b>HDL Cholesterol</b> V1 43, 1.8 $\pm$ 0.4 V2 42, 1.6 $\pm$ 0.4	CR CR + CPI	1.9 + 0.4 1.6 + 0.3	22 21	1.7 + 0.4 1.4 + 0.3	21 21
<b>Total Cholesterol</b> V1 43, 5.6 $\pm$ 1.2 V2 42, 5.3 $\pm$ 1.4	CR CR + CPI	5.7 + 1.1 5.4 + 1.2	22 21	5.4 + 1.5 5.2 + 1.3	21 21
<b>proBNP</b> V1 43, 104.9 $\pm$ 142.2 V2 41, 82 $\pm$ 100.2	CR CR + CPI	141.2 + 182.9 66.9 + 66.1	22 21	107.9 + 122.3 57.4 + 67.7	20 21
<b>AP</b> V1 43, 67.3 $\pm$ 18.8 V2 41, 61.6 $\pm$ 17.7	CR CR + CPI	65.8 + 17 68.9 + 20.8	22 21	60.2 + 16.8 63 + 18.8	20 21
<b>GGT</b> V1 43, 21.2 $\pm$ 19.5 V2 41, 17.3 $\pm$ 14.1	CR CR + CPI	17.4 + 8.1 25.2 + 26.7	22 21	14.3 + 6.6 20.1 + 18.5	20 21
<b>BDNF</b> V1 41, 17977.9 $\pm$ 12006.9 V2 41, 17613.3 $\pm$ 12278.1	CR CR + CPI	19898 + 12930 15960 + 10915	21 20	21939 + 14082 13492 + 8749	20 21
<b>IL-6</b> V1 41, 2.9 $\pm$ 2 V2 40, 2.8 $\pm$ 1.5	CR CR + CPI	1.9 + 0.6 3.8 + 2.5	20 21	2.1 + 1 3.4 + 1.7	19 21
<b>CRP</b> V1 43, 0.4 $\pm$ 0.4 V2 42, 0.4 $\pm$ 0.3	CR CR + CPI	0.23 + 0.23 0.5 + 0.5	22 21	0.29 + 0.3 0.45 + 0.36	21 21
<b>Cortisol (Serum)</b> V1 43, 15.7 $\pm$ 4.8 V2 41, 15.7 $\pm$ 4.8	CR CR + CPI	16.3 + 4.7 15.1 + 4.9	22 21	15.2 + 4.5 16.1 + 5.1	20 21
<b>Cortisol (Sputum)</b> V1 43, 0.5 $\pm$ 0.3 V2 39, 0.4 $\pm$ 0.2	CR CR + CPI	0.51 + 0.28 0.49 + 0.3	22 21	0.44 + 0.25 0.48 + 0.2	20 19
<b>Physical Activity</b>					
	CR	50.9 + 23.4	16	/	/
	CR + CPI	36.3 + 12	16	/	/

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<b>Anthropometric Parameters</b>					
<b>BMI</b> V1 43, 27.6 $\pm$ 5.7 V2 43, 26.7 $\pm$ 5.6	CR CR + CPI	26.2 $\pm$ 4.2 29 $\pm$ 6.8	22 21	25.5 $\pm$ 4.2 27.9 $\pm$ 6.5	22 21
<b>Waist Circumference</b> V1 43, 97.9 $\pm$ 14.2 V2 40, 94.7 $\pm$ 12.7	CR CR + CPI	97.3 $\pm$ 12.3 98.6 $\pm$ 16.2	22 21	93.3 $\pm$ 9 96.1 $\pm$ 16.1	20 20
<b>WHtR</b> V1 43, 1.7 $\pm$ 0.2 V2 42, 1.8 $\pm$ 0.2	CR CR + CPI	1.7 $\pm$ 0.2 1.7 $\pm$ 0.3	22 21	1.8 $\pm$ 0.2 1.8 $\pm$ 0.3	21 21
<b>Bodyfat</b> V1 31, 27.7 $\pm$ 13.1 V2 23, 26.6 $\pm$ 12.2	CR CR + CPI	24.1 $\pm$ 10.6 31 $\pm$ 15.1	19 12	23.5 $\pm$ 11.8 26.5 $\pm$ 11.2	14 9
<b>Lean Mass</b> V1 31, 47.7 $\pm$ 5.4 V2 24, 47 $\pm$ 4.7	CR CR + CPI	47 $\pm$ 4.4 48.6 $\pm$ 6.9	19 12	47 $\pm$ 4.17 46.8 $\pm$ 5.6	14 10
<b>FLI</b> V1 43, 41.2 $\pm$ 28.9 V2 41, 35.3 $\pm$ 26.8	CR CR + CPI	32.8 $\pm$ 21.8 50 $\pm$ 33.2	22 21	27.3 $\pm$ 21.5 42.9 $\pm$ 29.5	20 21
<b>Hormones</b>					
<b>Estradiol</b> V1 43, 49.6 $\pm$ 70.1 V2 41, 45.8 $\pm$ 83.3	CR CR + CPI	54.2 $\pm$ 88.4 44.7 $\pm$ 45.4	22 21	33.8 $\pm$ 50.5 57.3 $\pm$ 105.6	20 21
<b>Testosterone</b> V1 43, 0.22 $\pm$ 0.2 V2 41, 0.24 $\pm$ 0.2	CR CR + CPI	0.17 $\pm$ 0.1 0.27 $\pm$ 0.2	22 21	0.18 $\pm$ 0.1 0.3 $\pm$ 0.2	20 21
<b>FSH</b> V1 43, 51.3 $\pm$ 36.4 V2 41, 60.4 $\pm$ 43.7	CR CR + CPI	51.9 $\pm$ 33 50.7 $\pm$ 40.4	22 21	58.8 $\pm$ 40.7 61.9 $\pm$ 47.3	20 21
<b>LH</b> V1 43, 29.6 $\pm$ 19.3 V2 41, 31 $\pm$ 19.8	CR CR + CPI	30 $\pm$ 17.3 29.3 $\pm$ 21.7	22 21	28.7 $\pm$ 17.5 33.2 $\pm$ 22	20 21
<b>Biofeedback Parameters</b>					
<b>HRV Baseline</b> V1 42, 13.3 $\pm$ 12.7 V2 38, 11.9 $\pm$ 8.5	CR CR + CPI	17.1 $\pm$ 6.7 9.5 $\pm$ 4.9	21 21	13.9 $\pm$ 10.4 10.1 $\pm$ 6.1	18 20
<b>HRV Stress</b> V1 42, 16.8 $\pm$ 12.9 V2 38, 14.3 $\pm$ 9.4	CR CR + CPI	21.9 $\pm$ 16.1 11.6 $\pm$ 4.8	21 21	18.5 $\pm$ 11.4 10.6 $\pm$ 5	18 20
<b>Systolic Blood Pressure</b> V1 42, 126.2 $\pm$ 18.8 V2 43, 119 $\pm$ 15.8	CR CR + CPI	126.2 $\pm$ 20.2 126.3 $\pm$ 17.8	21 21	120.1 $\pm$ 11.5 117.7 $\pm$ 19.6	22 21
<b>Diastolic Blood Pressure</b> V1 42, 84 $\pm$ 11.4 V2 43, 81.4 $\pm$ 11.6	CR CR + CPI	83.5 $\pm$ 11.1 84.4 $\pm$ 11.9	21 21	81.7 $\pm$ 8.4 81 $\pm$ 14.5	22 21

Psychometric Parameters					
<b>PSS</b> V1 33, 15.3 ± 5.1 V2 33, 12 ± 5.8	CR	13.8 + 5.2	16	12.1 + 5.3	16
	CR + CPI	16.6 + 4.8	17	12 + 6.4	17
<b>Stress (Family Life)</b> V1 39, 45.7 ± 30.5 V2 36, 47.7 ± 27.8	CR	40.9 + 31.5	20	45.2 + 28.3	19
	CR + CPI	50.8 + 29.4	19	50.6 + 27.8	17
<b>Stress (Work Life)</b> V1 38, 50 ± 35 V2 35, 50.3 ± 28.1	CR	50.2 + 35.3	20	49.1 + 27.5	19
	CR + CPI	49.7 + 35.6	18	51.6 + 29.4	17
<b>Stress (Self-Oriented)</b> V1 39, 56 ± 24.6 V2 36, 47.3 ± 27.3	CR	47.5 + 28	20	43.2 + 29.2	19
	CR + CPI	64.9 + 16.9	19	51.9 + 25.2	17
<b>GSI (BSI)</b> V1 43, 56.4 ± 10.3 V2 43, 46.8 ± 10.8	CR	56.2 + 11.4	22	45 + 11.5	22
	CR + CPI	56.7 + 9.1	21	48.8 + 9.8	21
<b>Anxiety (BSI)</b> V1 43, 51.8 ± 7.9 V2 43, 49 ± 6	CR	55.2 + 11.9	18	44.1 + 8.5	15
	CR + CPI	55.5 + 8.9	19	49.5 + 8.9	17
<b>Depression (BSI)</b> V1 43, 54.7 ± 9.3 V2 43, 48.4 ± 7.7	CR	55 + 10.1	18	47.5 + 7.9	15
	CR + CPI	54.3 + 8.7	19	49.3 + 7.5	17
<b>Somatization (BSI)</b> V1 43, 56.1 ± 10.2 V2 43, 52 ± 10.5	CR	54.4 + 10.5	18	58 + 9.7	15
	CR + CPI	50.1 + 10.3	19	53.9 + 10.5	17
<b>Paranoia (BSI)</b> V1 43, 54.4 ± 8.8 V2 43, 48.5 ± 7	CR	55.1 + 8.9	18	47.5 + 6.8	15
	CR + CPI	53.7 + 8.8	19	49.5 + 7.2	17
<b>Psychoticism (BSI)</b> V1 43, 53.4 ± 7.4 V2 43, 48.4 ± 6	CR	54 + 7.6	18	48 + 6.4	15
	CR + CPI	52.7 + 7.3	19	48.8 + 5.8	17
<b>Social Insecurity (BSI)</b> V1 43, 54.9 ± 9.5 V2 43, 47.4 ± 8.4	CR	54.3 + 10.5	18	47.6 + 9.9	15
	CR + CPI	55.5 + 8.6	19	47.2 + 6.7	17
<b>Aggression (BSI)</b> V1 43, 52.6 ± 10.8 V2 43, 45.8 ± 8	CR	53.5 + 12.6	18	44.5 + 7.2	15
	CR + CPI	51.6 + 8.7	19	47.1 + 8.7	17
<b>Compulsion (BSI)</b> V1 43, 55 ± 10.1 V2 43, 48.1 ± 11.8	CR	55.5 + 9.6	18	48 + 12.8	15
	CR + CPI	54.6 + 10.9	19	48.2 + 11	17
<b>BODI 1</b> V1 37, 31.4 ± 18 V2 32, 27.4 ± 18.3	CR	35.6 + 17.9	18	29.4 + 16.4	15
	CR + CPI	27.4 + 17.6	19	25.6 + 20.1	17
<b>BODI 2</b> V1 37, 58.3 ± 31.3 V2 32, 57.5 ± 31.7	CR	59.3 + 28.9	18	57 + 31.8	15
	CR + CPI	57.3 + 34.2	19	57.8 + 32.5	17
<b>BODI 3</b> V1 37, 34.8 ± 23 V2 32, 24.2 ± 17	CR	30.3 + 18	18	22.5 + 16.5	15
	CR + CPI	39.2 + 26.6	19	25.7 + 17.7	17
<b>BODI 4</b> V1 37, 45.2 ± 39.5 V2 32, 50 ± 37.4	CR	45.2 + 40.6	18	50.1 + 41.6	15
	CR + CPI	45.2 + 39.5	19	49.9 + 34.5	17

<b>Education Status</b> n (%)	<b>Level</b>	<b>CR</b>	<b>CR + CPI</b>
	Secondary, 1 <sup>st</sup> level	2 (4.7)	0
	Secondary, 2 <sup>nd</sup> level	2 (4.7)	3 (7)
	Post-Secondary (non-tertiary)	9 (20.9)	7 (16.3)
	Post-Secondary (university)	9 (20.9)	11 (25.6)
<b>Occupation Status</b> n (%)	Self-Employed	10 (23.3)	8 (18.6)
	Employed	7 (16.3)	6 (14)
	Unemployed/Training/Household	0	3 (7)
	Retired/Pensioned	5 (11.6)	4 (9.3)

**Supplementary Table S1.** Sample characteristics for all variables with means, standard deviations and number of data entries, respectively for visit 1 (V1, baseline) and visit 2 (V2, day 15). Characteristics are provided for the total sample as well as the two groups defined by either caloric restriction (CR) alone or with add-on clinical psychological intervention (CPI).