

Diet	Wtloss
A	3,709
A	7,087
A	6,754
A	8,994
A	9,077
A	6,413
A	5,877
A	2,572
A	7,520
A	6,881
A	7,265
A	3,477
A	3,755
A	8,760
A	7,032
A	9,052
A	10,062
A	4,840
A	6,449
A	9,019
A	-1,715
A	4,718
A	4,007
A	7,241
A	2,128
A	6,968
A	4,853
A	0,055
A	2,680
A	3,746
A	7,033
A	5,033
A	5,569
A	6,712
A	3,663
A	2,741
A	6,256
A	5,349
A	7,300
A	5,445
A	4,970
A	3,613
A	7,568
A	5,861
A	4,157
A	0,203
A	4,441
A	5,875
A	5,715
A	0,280
B	-1,087
B	1,819
B	0,074
B	1,755
B	1,889

Diet A	n	50
	Mean	5,341
	SD	2,536
	Median	5,642
	Q1	3,748
	Q3	7,033
	IQR	3,285

Diet B	n	50
	Mean	3,710
	SD	2,769
	Median	3,745
	Q1	1,953
	Q3	5,404
	IQR	3,451

The **mean** weight loss is higher for Diet A (5.341 kg) than for Diet B (3.710 kg).
The **median** shows the same pattern: Diet A (5.642 kg) vs. Diet B (3.745 kg).
This means that **both the average and the typical participant** lost more weight on Diet A.

Both diets show substantial variability, but Diet B has slightly **greater** variability (SD = 2,769 vs. 2,536).

The wider variation in Diet B suggests **less consistent outcomes**.

Even at the lower end, Diet A participants (Q1 = 3.748 kg) lost more weight than Diet B participants (Q1 = 1.953 kg).

The upper quartile also favours Diet A (Q3 = 7.033 kg vs. 5.404 kg).

Across all measures, **Diet A consistently results in greater weight loss than Diet B**. While both diets show wide individual variation, Diet A performs better on average but also yields **more consistently high weight-loss outcomes**.

B	3,089
B	4,008
B	4,551
B	1,372
B	3,413
B	-4,148
B	2,823
B	2,865
B	4,369
B	6,337
B	6,308
B	3,494
B	10,539
B	3,840
B	5,123
B	5,485
B	-1,894
B	8,016
B	2,310
B	3,882
B	7,030
B	7,727
B	0,105
B	3,650
B	4,547
B	4,985
B	5,159
B	4,760
B	4,934
B	3,106
B	5,598
B	2,162
B	6,520
B	7,046
B	1,757
B	1,848
B	1,096
B	2,145
B	8,435
B	6,099
B	3,972
B	2,409
B	0,569
B	7,013
B	2,594

B (3.710 kg
(3.745 kg).
st more weight on Diet

er spread (IQR 3.451 vs. 3.285; SD 2.769 vs. 2.536).

, with some participants losing much more or much less weight than others.

re weight than Diet B participants (Q1 = 1.953 kg).

l).

ght loss
\\ not only
her