| Outcome | Outcome\_Class | Predictor | estimate | se | df | lower | upper | p.value | Model\_Type | In\_hypothesis | p.adjust\_Bonferroni | p\_adjust\_fdr\_full | p\_adjust\_fdr\_interaction | p\_adjust\_fdr |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| FSS | Primary | (Intercept) | 4.819 | 0.220 | 36.982 | 4.305 | 5.333 | 0.000 | Full effects | FALSE | 0.000 |  |  |  |
| FSS | Primary | timepointfollowup | -0.016 | 0.164 | 33.969 | -0.400 | 0.368 | 0.921 | Full effects | FALSE | 0.999 |  |  |  |
| FSS | Primary | sexM | 0.436 | 0.614 | 36.714 | -0.999 | 1.872 | 0.482 | Full effects | FALSE | 0.964 |  |  |  |
| FSS | Primary | timepointfollowup:treatexercise | -0.420 | 0.284 | 33.962 | -1.085 | 0.245 | 0.148 | Full effects | TRUE | 0.295 |  |  |  |
| FSS | Primary | (Intercept) | 4.671 | 0.354 | 35.076 | 3.842 | 5.499 | 0.000 | Interaction effects | FALSE | 0.000 |  |  |  |
| FSS | Primary | timepointfollowup | -0.036 | 0.283 | 31.219 | -0.702 | 0.630 | 0.899 | Interaction effects | FALSE | 0.999 |  |  |  |
| FSS | Primary | sexM | 0.467 | 0.619 | 34.934 | -0.984 | 1.918 | 0.456 | Interaction effects | FALSE | 0.912 |  |  |  |
| FSS | Primary | ifn\_1\_netto | 0.043 | 0.103 | 35.032 | -0.199 | 0.284 | 0.681 | Interaction effects | FALSE | 0.999 |  |  |  |
| FSS | Primary | timepointfollowup:treatexercise | -0.692 | 0.436 | 30.997 | -1.718 | 0.334 | 0.122 | Interaction effects | FALSE | 0.245 |  |  |  |
| FSS | Primary | timepointfollowup:ifn\_1\_netto | -0.003 | 0.081 | 31.162 | -0.194 | 0.187 | 0.968 | Interaction effects | FALSE | 0.999 |  |  |  |
| FSS | Primary | timepointfollowup:treatexercise:ifn\_1\_netto | 0.162 | 0.148 | 30.950 | -0.187 | 0.512 | 0.282 | Interaction effects | TRUE | 0.564 |  |  |  |
| Aerobic Capacity (ml/kg/min) | Primary | (Intercept) | 28.969 | 1.188 | 37.993 | 26.197 | 31.742 | 0.000 | Full effects | FALSE | 0.000 |  |  |  |
| Aerobic Capacity (ml/kg/min) | Primary | timepointbaseline | -1.765 | 0.554 | 36.007 | -3.061 | -0.469 | 0.003 | Full effects | FALSE | 0.006 |  |  |  |
| Aerobic Capacity (ml/kg/min) | Primary | timepointfollowup | -1.193 | 0.579 | 37.522 | -2.546 | 0.159 | 0.046 | Full effects | FALSE | 0.093 |  |  |  |
| Aerobic Capacity (ml/kg/min) | Primary | sexM | 2.938 | 2.923 | 37.744 | -3.885 | 9.760 | 0.321 | Full effects | FALSE | 0.643 |  |  |  |
| Aerobic Capacity (ml/kg/min) | Primary | timepointfollowup:treatexercise | 2.977 | 0.884 | 32.864 | 0.901 | 5.052 | 0.002 | Full effects | TRUE | 0.004 |  |  |  |
| Aerobic Capacity (ml/kg/min) | Primary | (Intercept) | 30.363 | 1.891 | 35.347 | 25.935 | 34.791 | 0.000 | Interaction effects | FALSE | 0.000 |  |  |  |
| Aerobic Capacity (ml/kg/min) | Primary | timepointbaseline | -1.412 | 0.935 | 33.509 | -3.607 | 0.783 | 0.140 | Interaction effects | FALSE | 0.281 |  |  |  |
| Aerobic Capacity (ml/kg/min) | Primary | timepointfollowup | -1.600 | 1.042 | 34.628 | -4.041 | 0.841 | 0.134 | Interaction effects | FALSE | 0.267 |  |  |  |
| Aerobic Capacity (ml/kg/min) | Primary | ifn\_1\_netto | -0.444 | 0.556 | 34.917 | -1.746 | 0.858 | 0.430 | Interaction effects | FALSE | 0.859 |  |  |  |
| Aerobic Capacity (ml/kg/min) | Primary | sexM | 2.973 | 2.867 | 35.905 | -3.733 | 9.679 | 0.307 | Interaction effects | FALSE | 0.613 |  |  |  |
| Aerobic Capacity (ml/kg/min) | Primary | timepointfollowup:treatexercise | 3.839 | 1.427 | 28.472 | 0.462 | 7.216 | 0.012 | Interaction effects | FALSE | 0.024 |  |  |  |
| Aerobic Capacity (ml/kg/min) | Primary | timepointbaseline:ifn\_1\_netto | -0.121 | 0.280 | 33.697 | -0.778 | 0.537 | 0.670 | Interaction effects | FALSE | 0.999 |  |  |  |
| Aerobic Capacity (ml/kg/min) | Primary | timepointfollowup:ifn\_1\_netto | 0.165 | 0.302 | 33.706 | -0.542 | 0.873 | 0.587 | Interaction effects | FALSE | 0.999 |  |  |  |
| Aerobic Capacity (ml/kg/min) | Primary | timepointfollowup:treatexercise:ifn\_1\_netto | -0.408 | 0.489 | 27.031 | -1.568 | 0.751 | 0.411 | Interaction effects | TRUE | 0.821 |  |  |  |
| SLEDAI | Secondary | (Intercept) | 5.586 | 0.634 | 24.008 | 4.278 | 6.895 | 0.000 | Full effects | FALSE |  |  |  |  |
| SLEDAI | Secondary | timepointfollowup | 1.886 | 0.872 | 21.235 | 0.074 | 3.699 | 0.042 | Full effects | FALSE |  |  |  |  |
| SLEDAI | Secondary | sexM | 0.840 | 1.706 | 24.051 | -2.681 | 4.361 | 0.627 | Full effects | FALSE |  |  |  |  |
| SLEDAI | Secondary | timepointfollowup:treatexercise | -1.287 | 1.483 | 20.136 | -4.379 | 1.805 | 0.396 | Full effects | TRUE |  | 0.754 |  | 0.754 |
| SLEDAI | Secondary | (Intercept) | 5.295 | 0.963 | 22.854 | 3.303 | 7.288 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| SLEDAI | Secondary | timepointfollowup | 1.633 | 1.435 | 17.684 | -1.386 | 4.651 | 0.270 | Interaction effects | FALSE |  |  |  |  |
| SLEDAI | Secondary | sexM | 0.700 | 1.694 | 22.555 | -2.808 | 4.207 | 0.683 | Interaction effects | FALSE |  |  |  |  |
| SLEDAI | Secondary | ifn\_1\_netto | 0.176 | 0.283 | 22.927 | -0.409 | 0.761 | 0.539 | Interaction effects | FALSE |  |  |  |  |
| SLEDAI | Secondary | timepointfollowup:treatexercise | 0.610 | 2.260 | 17.792 | -4.142 | 5.363 | 0.790 | Interaction effects | FALSE |  |  |  |  |
| SLEDAI | Secondary | timepointfollowup:ifn\_1\_netto | 0.076 | 0.423 | 17.303 | -0.815 | 0.967 | 0.859 | Interaction effects | FALSE |  |  |  |  |
| SLEDAI | Secondary | timepointfollowup:treatexercise:ifn\_1\_netto | -0.914 | 0.760 | 17.409 | -2.515 | 0.687 | 0.245 | Interaction effects | TRUE |  |  | 0.658 | 0.658 |
| SF-36 Physical aggregate score | Secondary | (Intercept) | 43.689 | 1.647 | 37.128 | 40.353 | 47.026 | 0.000 | Full effects | FALSE |  |  |  |  |
| SF-36 Physical aggregate score | Secondary | timepointfollowup | -1.075 | 1.032 | 33.702 | -3.172 | 1.023 | 0.305 | Full effects | FALSE |  |  |  |  |
| SF-36 Physical aggregate score | Secondary | sexM | -3.161 | 4.559 | 36.442 | -12.404 | 6.081 | 0.492 | Full effects | FALSE |  |  |  |  |
| SF-36 Physical aggregate score | Secondary | timepointfollowup:treatexercise | 1.203 | 1.775 | 34.058 | -2.405 | 4.811 | 0.503 | Full effects | TRUE |  | 0.754 |  | 0.754 |
| SF-36 Physical aggregate score | Secondary | (Intercept) | 43.471 | 2.688 | 35.171 | 38.014 | 48.928 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| SF-36 Physical aggregate score | Secondary | timepointfollowup | -4.286 | 1.672 | 31.810 | -7.693 | -0.878 | 0.015 | Interaction effects | FALSE |  |  |  |  |
| SF-36 Physical aggregate score | Secondary | sexM | -3.014 | 4.646 | 34.498 | -12.451 | 6.424 | 0.521 | Interaction effects | FALSE |  |  |  |  |
| SF-36 Physical aggregate score | Secondary | ifn\_1\_netto | 0.072 | 0.783 | 35.074 | -1.518 | 1.662 | 0.927 | Interaction effects | FALSE |  |  |  |  |
| SF-36 Physical aggregate score | Secondary | timepointfollowup:treatexercise | 3.461 | 2.550 | 30.947 | -1.740 | 8.663 | 0.185 | Interaction effects | FALSE |  |  |  |  |
| SF-36 Physical aggregate score | Secondary | timepointfollowup:ifn\_1\_netto | 1.177 | 0.484 | 30.888 | 0.190 | 2.164 | 0.021 | Interaction effects | FALSE |  |  |  |  |
| SF-36 Physical aggregate score | Secondary | timepointfollowup:treatexercise:ifn\_1\_netto | -0.696 | 0.886 | 31.039 | -2.503 | 1.112 | 0.438 | Interaction effects | TRUE |  |  | 0.658 | 0.658 |
| SF-36 Mental aggregate score | Secondary | (Intercept) | 45.307 | 1.872 | 38.452 | 41.518 | 49.096 | 0.000 | Full effects | FALSE |  |  |  |  |
| SF-36 Mental aggregate score | Secondary | timepointfollowup | 0.900 | 2.103 | 34.371 | -3.371 | 5.171 | 0.671 | Full effects | FALSE |  |  |  |  |
| SF-36 Mental aggregate score | Secondary | sexM | 1.684 | 4.828 | 35.941 | -8.108 | 11.477 | 0.729 | Full effects | FALSE |  |  |  |  |
| SF-36 Mental aggregate score | Secondary | timepointfollowup:treatexercise | -0.336 | 3.454 | 33.238 | -7.361 | 6.689 | 0.923 | Full effects | TRUE |  | 0.923 |  | 0.923 |
| SF-36 Mental aggregate score | Secondary | (Intercept) | 50.325 | 2.858 | 35.865 | 44.528 | 56.122 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| SF-36 Mental aggregate score | Secondary | timepointfollowup | 1.014 | 3.673 | 33.779 | -6.454 | 8.481 | 0.784 | Interaction effects | FALSE |  |  |  |  |
| SF-36 Mental aggregate score | Secondary | sexM | 1.608 | 4.562 | 33.239 | -7.670 | 10.886 | 0.727 | Interaction effects | FALSE |  |  |  |  |
| SF-36 Mental aggregate score | Secondary | ifn\_1\_netto | -1.796 | 0.836 | 35.334 | -3.492 | -0.100 | 0.039 | Interaction effects | FALSE |  |  |  |  |
| SF-36 Mental aggregate score | Secondary | timepointfollowup:treatexercise | -1.037 | 5.317 | 30.699 | -11.884 | 9.810 | 0.847 | Interaction effects | FALSE |  |  |  |  |
| SF-36 Mental aggregate score | Secondary | timepointfollowup:ifn\_1\_netto | -0.106 | 1.070 | 31.355 | -2.288 | 2.076 | 0.922 | Interaction effects | FALSE |  |  |  |  |
| SF-36 Mental aggregate score | Secondary | timepointfollowup:treatexercise:ifn\_1\_netto | 0.110 | 1.844 | 29.610 | -3.659 | 3.879 | 0.953 | Interaction effects | TRUE |  |  | 0.953 | 0.953 |
| FSS | Primary | (Intercept) | 4.671 | 0.354 | 35.076 | 3.842 | 5.499 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| FSS | Primary | timepointfollowup | -0.036 | 0.283 | 31.219 | -0.702 | 0.630 | 0.899 | Interaction effects | FALSE |  |  |  |  |
| FSS | Primary | sexM | 0.467 | 0.619 | 34.934 | -0.984 | 1.918 | 0.456 | Interaction effects | FALSE |  |  |  |  |
| FSS | Primary | ifn\_1\_netto | 0.043 | 0.103 | 35.032 | -0.199 | 0.284 | 0.681 | Interaction effects | FALSE |  |  |  |  |
| FSS | Primary | timepointfollowup:treatexercise | -0.692 | 0.436 | 30.997 | -1.718 | 0.334 | 0.122 | Interaction effects | FALSE |  |  |  |  |
| FSS | Primary | timepointfollowup:ifn\_1\_netto | -0.003 | 0.081 | 31.162 | -0.194 | 0.187 | 0.968 | Interaction effects | FALSE |  |  |  |  |
| FSS | Primary | timepointfollowup:treatexercise:ifn\_1\_netto | 0.162 | 0.148 | 30.950 | -0.187 | 0.512 | 0.282 | Interaction effects | TRUE |  |  | 0.883 | 0.883 |
| VAS Physician | Exploratory | (Intercept) | 19.004 | 2.220 | 37.882 | 14.510 | 23.498 | 0.000 | Full effects | FALSE |  |  |  |  |
| VAS Physician | Exploratory | timepointfollowup | 0.190 | 2.534 | 33.880 | -4.960 | 5.340 | 0.941 | Full effects | FALSE |  |  |  |  |
| VAS Physician | Exploratory | sexM | 1.659 | 5.723 | 34.153 | -9.969 | 13.288 | 0.774 | Full effects | FALSE |  |  |  |  |
| VAS Physician | Exploratory | timepointfollowup:treatexercise | -5.416 | 4.052 | 32.697 | -13.663 | 2.830 | 0.191 | Full effects | TRUE |  | 0.340 |  | 0.340 |
| VAS Physician | Exploratory | (Intercept) | 15.487 | 3.492 | 35.564 | 8.403 | 22.572 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| VAS Physician | Exploratory | timepointfollowup | 3.277 | 4.138 | 31.373 | -5.158 | 11.711 | 0.434 | Interaction effects | FALSE |  |  |  |  |
| VAS Physician | Exploratory | sexM | 2.349 | 5.799 | 32.985 | -9.450 | 14.147 | 0.688 | Interaction effects | FALSE |  |  |  |  |
| VAS Physician | Exploratory | ifn\_1\_netto | 1.219 | 1.019 | 35.219 | -0.849 | 3.288 | 0.240 | Interaction effects | FALSE |  |  |  |  |
| VAS Physician | Exploratory | timepointfollowup:treatexercise | -4.093 | 6.158 | 29.751 | -16.674 | 8.489 | 0.511 | Interaction effects | FALSE |  |  |  |  |
| VAS Physician | Exploratory | timepointfollowup:ifn\_1\_netto | -1.236 | 1.232 | 28.804 | -3.756 | 1.285 | 0.324 | Interaction effects | FALSE |  |  |  |  |
| VAS Physician | Exploratory | timepointfollowup:treatexercise:ifn\_1\_netto | -0.889 | 2.165 | 28.428 | -5.322 | 3.544 | 0.685 | Interaction effects | TRUE |  |  | 0.941 | 0.941 |
| Adipose Tissue (g) | Exploratory | (Intercept) | 24,947.154 | 1,853.293 | 36.106 | 21,188.884 | 28,705.423 | 0.000 | Full effects | FALSE |  |  |  |  |
| Adipose Tissue (g) | Exploratory | timepointfollowup | 72.737 | 318.061 | 31.165 | -575.813 | 721.288 | 0.821 | Full effects | FALSE |  |  |  |  |
| Adipose Tissue (g) | Exploratory | sexM | -3,101.864 | 5,092.310 | 36.038 | -13,429.165 | 7,225.438 | 0.546 | Full effects | FALSE |  |  |  |  |
| Adipose Tissue (g) | Exploratory | timepointfollowup:treatexercise | -1,147.346 | 549.411 | 31.047 | -2,267.809 | -26.883 | 0.045 | Full effects | TRUE |  | 0.245 |  | 0.245 |
| Adipose Tissue (g) | Exploratory | (Intercept) | 25,991.726 | 2,964.006 | 34.040 | 19,968.399 | 32,015.053 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Adipose Tissue (g) | Exploratory | timepointfollowup | -79.922 | 573.799 | 28.156 | -1,255.003 | 1,095.159 | 0.890 | Interaction effects | FALSE |  |  |  |  |
| Adipose Tissue (g) | Exploratory | ifn\_1\_netto | -473.563 | 862.334 | 34.075 | -2,225.894 | 1,278.768 | 0.586 | Interaction effects | FALSE |  |  |  |  |
| Adipose Tissue (g) | Exploratory | sexM | -2,890.647 | 5,202.063 | 34.034 | -13,462.120 | 7,680.825 | 0.582 | Interaction effects | FALSE |  |  |  |  |
| Adipose Tissue (g) | Exploratory | timepointfollowup:ifn\_1\_netto | 50.703 | 164.918 | 28.165 | -287.028 | 388.434 | 0.761 | Interaction effects | FALSE |  |  |  |  |
| Adipose Tissue (g) | Exploratory | timepointfollowup:treatexercise | -1,159.509 | 867.504 | 28.032 | -2,936.420 | 617.402 | 0.192 | Interaction effects | FALSE |  |  |  |  |
| Adipose Tissue (g) | Exploratory | timepointfollowup:ifn\_1\_netto:treatexercise | 45.237 | 314.899 | 28.038 | -599.765 | 690.239 | 0.887 | Interaction effects | TRUE |  |  | 0.955 | 0.955 |
| Lean Mass (g) | Exploratory | (Intercept) | 41,189.079 | 1,007.129 | 36.823 | 39,148.111 | 43,230.047 | 0.000 | Full effects | FALSE |  |  |  |  |
| Lean Mass (g) | Exploratory | timepointfollowup | 79.953 | 272.744 | 32.785 | -475.087 | 634.993 | 0.771 | Full effects | FALSE |  |  |  |  |
| Lean Mass (g) | Exploratory | sexM | 14,042.985 | 2,671.943 | 36.286 | 8,625.514 | 19,460.456 | 0.000 | Full effects | FALSE |  |  |  |  |
| Lean Mass (g) | Exploratory | timepointfollowup:treatexercise | 668.369 | 458.326 | 31.127 | -266.240 | 1,602.977 | 0.155 | Full effects | TRUE |  | 0.340 |  | 0.340 |
| Lean Mass (g) | Exploratory | (Intercept) | 41,044.468 | 1,628.403 | 34.431 | 37,736.679 | 44,352.256 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Lean Mass (g) | Exploratory | timepointfollowup | -17.206 | 493.381 | 29.538 | -1,025.487 | 991.075 | 0.972 | Interaction effects | FALSE |  |  |  |  |
| Lean Mass (g) | Exploratory | ifn\_1\_netto | 55.223 | 475.075 | 34.262 | -909.975 | 1,020.421 | 0.908 | Interaction effects | FALSE |  |  |  |  |
| Lean Mass (g) | Exploratory | sexM | 14,001.597 | 2,739.310 | 33.886 | 8,433.962 | 19,569.233 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Lean Mass (g) | Exploratory | timepointfollowup:ifn\_1\_netto | 29.202 | 141.120 | 29.943 | -259.027 | 317.431 | 0.837 | Interaction effects | FALSE |  |  |  |  |
| Lean Mass (g) | Exploratory | timepointfollowup:treatexercise | 981.048 | 733.351 | 28.019 | -521.106 | 2,483.201 | 0.192 | Interaction effects | FALSE |  |  |  |  |
| Lean Mass (g) | Exploratory | timepointfollowup:ifn\_1\_netto:treatexercise | -159.092 | 266.265 | 28.103 | -704.421 | 386.236 | 0.555 | Interaction effects | TRUE |  |  | 0.939 | 0.939 |
| Gyneoid Mass (g) | Exploratory | (Intercept) | 4,917.740 | 311.652 | 33.820 | 4,284.263 | 5,551.217 | 0.000 | Full effects | FALSE |  |  |  |  |
| Gyneoid Mass (g) | Exploratory | timepointfollowup | 178.724 | 126.697 | 31.257 | -79.590 | 437.038 | 0.168 | Full effects | FALSE |  |  |  |  |
| Gyneoid Mass (g) | Exploratory | sexM | -1,594.147 | 900.167 | 28.382 | -3,436.939 | 248.645 | 0.087 | Full effects | FALSE |  |  |  |  |
| Gyneoid Mass (g) | Exploratory | timepointfollowup:treatexercise | -311.575 | 219.730 | 31.138 | -759.637 | 136.487 | 0.166 | Full effects | TRUE |  | 0.340 |  | 0.340 |
| Gyneoid Mass (g) | Exploratory | (Intercept) | 5,086.725 | 497.421 | 32.979 | 4,074.691 | 6,098.759 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Gyneoid Mass (g) | Exploratory | timepointfollowup | 325.701 | 226.002 | 28.057 | -137.201 | 788.602 | 0.161 | Interaction effects | FALSE |  |  |  |  |
| Gyneoid Mass (g) | Exploratory | ifn\_1\_netto | -57.935 | 144.484 | 34.181 | -351.505 | 235.636 | 0.691 | Interaction effects | FALSE |  |  |  |  |
| Gyneoid Mass (g) | Exploratory | sexM | -1,615.519 | 925.438 | 26.611 | -3,515.663 | 284.625 | 0.092 | Interaction effects | FALSE |  |  |  |  |
| Gyneoid Mass (g) | Exploratory | timepointfollowup:ifn\_1\_netto | -52.529 | 64.804 | 28.205 | -185.231 | 80.173 | 0.424 | Interaction effects | FALSE |  |  |  |  |
| Gyneoid Mass (g) | Exploratory | timepointfollowup:treatexercise | -340.435 | 344.920 | 28.251 | -1,046.689 | 365.820 | 0.332 | Interaction effects | FALSE |  |  |  |  |
| Gyneoid Mass (g) | Exploratory | timepointfollowup:ifn\_1\_netto:treatexercise | -18.143 | 125.734 | 28.360 | -275.550 | 239.265 | 0.886 | Interaction effects | TRUE |  |  | 0.955 | 0.955 |
| Android Mass (g) | Exploratory | (Intercept) | 1,827.330 | 197.291 | 34.986 | 1,426.803 | 2,227.857 | 0.000 | Full effects | FALSE |  |  |  |  |
| Android Mass (g) | Exploratory | timepointfollowup | -19.847 | 38.751 | 32.568 | -98.727 | 59.032 | 0.612 | Full effects | FALSE |  |  |  |  |
| Android Mass (g) | Exploratory | sexM | 295.796 | 545.104 | 31.267 | -815.565 | 1,407.158 | 0.591 | Full effects | FALSE |  |  |  |  |
| Android Mass (g) | Exploratory | timepointfollowup:treatexercise | -144.865 | 64.698 | 30.588 | -276.889 | -12.841 | 0.033 | Full effects | TRUE |  | 0.245 |  | 0.245 |
| Android Mass (g) | Exploratory | (Intercept) | 1,808.634 | 310.458 | 33.301 | 1,177.219 | 2,440.049 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Android Mass (g) | Exploratory | timepointfollowup | -3.124 | 66.371 | 29.542 | -138.759 | 132.512 | 0.963 | Interaction effects | FALSE |  |  |  |  |
| Android Mass (g) | Exploratory | ifn\_1\_netto | -10.187 | 90.279 | 33.733 | -193.709 | 173.334 | 0.911 | Interaction effects | FALSE |  |  |  |  |
| Android Mass (g) | Exploratory | sexM | 349.918 | 549.722 | 29.351 | -773.807 | 1,473.642 | 0.529 | Interaction effects | FALSE |  |  |  |  |
| Android Mass (g) | Exploratory | timepointfollowup:ifn\_1\_netto | -6.725 | 19.154 | 29.436 | -45.873 | 32.424 | 0.728 | Interaction effects | FALSE |  |  |  |  |
| Android Mass (g) | Exploratory | timepointfollowup:treatexercise | -80.539 | 97.291 | 27.492 | -279.997 | 118.918 | 0.415 | Interaction effects | FALSE |  |  |  |  |
| Android Mass (g) | Exploratory | timepointfollowup:ifn\_1\_netto:treatexercise | -40.858 | 35.340 | 27.691 | -113.285 | 31.568 | 0.257 | Interaction effects | TRUE |  |  | 0.883 | 0.883 |
| MVPA (min per day) | Exploratory | (Intercept) | 34.443 | 4.199 | 37.009 | 25.936 | 42.951 | 0.000 | Full effects | FALSE |  |  |  |  |
| MVPA (min per day) | Exploratory | timepointfollowup | -0.299 | 6.353 | 28.114 | -13.309 | 12.711 | 0.963 | Full effects | FALSE |  |  |  |  |
| MVPA (min per day) | Exploratory | sexM | -12.717 | 10.673 | 33.214 | -34.426 | 8.992 | 0.242 | Full effects | FALSE |  |  |  |  |
| MVPA (min per day) | Exploratory | timepointfollowup:treatexercise | 7.994 | 9.793 | 23.764 | -12.229 | 28.217 | 0.422 | Full effects | TRUE |  | 0.522 |  | 0.522 |
| MVPA (min per day) | Exploratory | (Intercept) | 26.181 | 6.245 | 34.727 | 13.498 | 38.863 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| MVPA (min per day) | Exploratory | sexM | -9.584 | 10.774 | 31.178 | -31.553 | 12.386 | 0.381 | Interaction effects | FALSE |  |  |  |  |
| MVPA (min per day) | Exploratory | timepointfollowup | 7.389 | 8.949 | 25.251 | -11.033 | 25.811 | 0.417 | Interaction effects | FALSE |  |  |  |  |
| MVPA (min per day) | Exploratory | ifn\_1\_netto | 2.340 | 1.798 | 34.278 | -1.313 | 5.993 | 0.202 | Interaction effects | FALSE |  |  |  |  |
| MVPA (min per day) | Exploratory | timepointfollowup:treatexercise | 7.542 | 13.093 | 23.781 | -19.495 | 34.579 | 0.570 | Interaction effects | FALSE |  |  |  |  |
| MVPA (min per day) | Exploratory | timepointfollowup:ifn\_1\_netto | -1.738 | 2.626 | 25.914 | -7.136 | 3.660 | 0.514 | Interaction effects | FALSE |  |  |  |  |
| MVPA (min per day) | Exploratory | timepointfollowup:treatexercise:ifn\_1\_netto | -0.257 | 4.310 | 24.895 | -9.135 | 8.620 | 0.953 | Interaction effects | TRUE |  |  | 0.955 | 0.955 |
| Qslaq | Exploratory | (Intercept) | 9.188 | 0.882 | 37.939 | 7.402 | 10.973 | 0.000 | Full effects | FALSE |  |  |  |  |
| Qslaq | Exploratory | timepointfollowup | -0.776 | 0.589 | 35.072 | -1.971 | 0.419 | 0.196 | Full effects | FALSE |  |  |  |  |
| Qslaq | Exploratory | sexM | 1.936 | 2.352 | 37.282 | -2.828 | 6.700 | 0.416 | Full effects | FALSE |  |  |  |  |
| Qslaq | Exploratory | timepointfollowup:treatexercise | -1.823 | 0.974 | 33.278 | -3.804 | 0.158 | 0.070 | Full effects | TRUE |  | 0.245 |  | 0.245 |
| Qslaq | Exploratory | (Intercept) | 8.965 | 1.430 | 35.482 | 6.064 | 11.866 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Qslaq | Exploratory | timepointfollowup | 0.543 | 0.946 | 32.274 | -1.383 | 2.468 | 0.570 | Interaction effects | FALSE |  |  |  |  |
| Qslaq | Exploratory | sexM | 1.474 | 2.388 | 35.125 | -3.373 | 6.321 | 0.541 | Interaction effects | FALSE |  |  |  |  |
| Qslaq | Exploratory | ifn\_1\_netto | 0.149 | 0.417 | 35.166 | -0.698 | 0.996 | 0.723 | Interaction effects | FALSE |  |  |  |  |
| Qslaq | Exploratory | timepointfollowup:treatexercise | -4.474 | 1.401 | 29.928 | -7.336 | -1.612 | 0.003 | Interaction effects | FALSE |  |  |  |  |
| Qslaq | Exploratory | timepointfollowup:ifn\_1\_netto | -0.496 | 0.269 | 32.235 | -1.045 | 0.052 | 0.075 | Interaction effects | FALSE |  |  |  |  |
| Qslaq | Exploratory | timepointfollowup:treatexercise:ifn\_1\_netto | 1.196 | 0.474 | 30.183 | 0.227 | 2.165 | 0.017 | Interaction effects | TRUE |  |  | 0.254 | 0.254 |
| Qslaq symptom score | Exploratory | (Intercept) | 8.059 | 0.677 | 37.135 | 6.688 | 9.429 | 0.000 | Full effects | FALSE |  |  |  |  |
| Qslaq symptom score | Exploratory | timepointfollowup | -0.673 | 0.398 | 33.584 | -1.482 | 0.136 | 0.100 | Full effects | FALSE |  |  |  |  |
| Qslaq symptom score | Exploratory | sexM | 0.943 | 1.871 | 36.354 | -2.850 | 4.735 | 0.617 | Full effects | FALSE |  |  |  |  |
| Qslaq symptom score | Exploratory | timepointfollowup:treatexercise | -1.368 | 0.674 | 33.130 | -2.739 | 0.003 | 0.051 | Full effects | TRUE |  | 0.245 |  | 0.245 |
| Qslaq symptom score | Exploratory | (Intercept) | 7.869 | 1.087 | 35.034 | 5.661 | 10.076 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Qslaq symptom score | Exploratory | timepointfollowup | 0.179 | 0.667 | 30.589 | -1.182 | 1.540 | 0.790 | Interaction effects | FALSE |  |  |  |  |
| Qslaq symptom score | Exploratory | sexM | 0.728 | 1.896 | 34.030 | -3.125 | 4.582 | 0.703 | Interaction effects | FALSE |  |  |  |  |
| Qslaq symptom score | Exploratory | ifn\_1\_netto | 0.123 | 0.317 | 35.035 | -0.520 | 0.766 | 0.700 | Interaction effects | FALSE |  |  |  |  |
| Qslaq symptom score | Exploratory | timepointfollowup:treatexercise | -2.518 | 1.017 | 29.910 | -4.595 | -0.440 | 0.019 | Interaction effects | FALSE |  |  |  |  |
| Qslaq symptom score | Exploratory | timepointfollowup:ifn\_1\_netto | -0.330 | 0.190 | 30.211 | -0.719 | 0.059 | 0.093 | Interaction effects | FALSE |  |  |  |  |
| Qslaq symptom score | Exploratory | timepointfollowup:treatexercise:ifn\_1\_netto | 0.488 | 0.351 | 30.130 | -0.228 | 1.205 | 0.174 | Interaction effects | TRUE |  |  | 0.883 | 0.883 |
| Lung Function - Forced Vital Capacity (ml) | Exploratory | (Intercept) | 3.962 | 0.147 | 35.888 | 3.664 | 4.259 | 0.000 | Full effects | FALSE |  |  |  |  |
| Lung Function - Forced Vital Capacity (ml) | Exploratory | timepointfollowup | -0.048 | 0.068 | 34.346 | -0.185 | 0.089 | 0.482 | Full effects | FALSE |  |  |  |  |
| Lung Function - Forced Vital Capacity (ml) | Exploratory | sexM | 0.502 | 0.400 | 27.922 | -0.317 | 1.321 | 0.219 | Full effects | FALSE |  |  |  |  |
| Lung Function - Forced Vital Capacity (ml) | Exploratory | timepointfollowup:treatexercise | -0.111 | 0.109 | 32.755 | -0.333 | 0.111 | 0.315 | Full effects | TRUE |  | 0.441 |  | 0.441 |
| Lung Function - Forced Vital Capacity (ml) | Exploratory | (Intercept) | 4.070 | 0.231 | 34.205 | 3.601 | 4.538 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Lung Function - Forced Vital Capacity (ml) | Exploratory | timepointfollowup | -0.071 | 0.122 | 31.107 | -0.319 | 0.177 | 0.562 | Interaction effects | FALSE |  |  |  |  |
| Lung Function - Forced Vital Capacity (ml) | Exploratory | sexM | 0.470 | 0.392 | 26.606 | -0.336 | 1.275 | 0.242 | Interaction effects | FALSE |  |  |  |  |
| Lung Function - Forced Vital Capacity (ml) | Exploratory | ifn\_1\_netto | -0.025 | 0.067 | 34.207 | -0.162 | 0.111 | 0.709 | Interaction effects | FALSE |  |  |  |  |
| Lung Function - Forced Vital Capacity (ml) | Exploratory | timepointfollowup:treatexercise | -0.080 | 0.169 | 27.938 | -0.427 | 0.267 | 0.639 | Interaction effects | FALSE |  |  |  |  |
| Lung Function - Forced Vital Capacity (ml) | Exploratory | timepointfollowup:ifn\_1\_netto | 0.011 | 0.035 | 30.767 | -0.060 | 0.081 | 0.759 | Interaction effects | FALSE |  |  |  |  |
| Lung Function - Forced Vital Capacity (ml) | Exploratory | timepointfollowup:treatexercise:ifn\_1\_netto | -0.017 | 0.058 | 28.215 | -0.136 | 0.101 | 0.764 | Interaction effects | TRUE |  |  | 0.955 | 0.955 |
| Lung Function - DLCO (ml) | Exploratory | (Intercept) | 7.134 | 0.284 | 37.024 | 6.559 | 7.708 | 0.000 | Full effects | FALSE |  |  |  |  |
| Lung Function - DLCO (ml) | Exploratory | timepointfollowup | 0.130 | 0.123 | 32.110 | -0.121 | 0.380 | 0.299 | Full effects | FALSE |  |  |  |  |
| Lung Function - DLCO (ml) | Exploratory | sexM | 1.564 | 0.790 | 36.892 | -0.038 | 3.166 | 0.055 | Full effects | FALSE |  |  |  |  |
| Lung Function - DLCO (ml) | Exploratory | timepointfollowup:treatexercise | -0.137 | 0.209 | 31.877 | -0.563 | 0.288 | 0.515 | Full effects | TRUE |  | 0.601 |  | 0.601 |
| Lung Function - DLCO (ml) | Exploratory | (Intercept) | 7.935 | 0.418 | 34.974 | 7.087 | 8.783 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Lung Function - DLCO (ml) | Exploratory | timepointfollowup | -0.002 | 0.222 | 28.126 | -0.456 | 0.452 | 0.993 | Interaction effects | FALSE |  |  |  |  |
| Lung Function - DLCO (ml) | Exploratory | sexM | 1.487 | 0.737 | 34.678 | -0.010 | 2.983 | 0.051 | Interaction effects | FALSE |  |  |  |  |
| Lung Function - DLCO (ml) | Exploratory | ifn\_1\_netto | -0.274 | 0.122 | 35.010 | -0.520 | -0.027 | 0.031 | Interaction effects | FALSE |  |  |  |  |
| Lung Function - DLCO (ml) | Exploratory | timepointfollowup:treatexercise | 0.135 | 0.330 | 28.974 | -0.539 | 0.809 | 0.685 | Interaction effects | FALSE |  |  |  |  |
| Lung Function - DLCO (ml) | Exploratory | timepointfollowup:ifn\_1\_netto | 0.051 | 0.063 | 28.143 | -0.077 | 0.179 | 0.419 | Interaction effects | FALSE |  |  |  |  |
| Lung Function - DLCO (ml) | Exploratory | timepointfollowup:treatexercise:ifn\_1\_netto | -0.130 | 0.112 | 28.908 | -0.359 | 0.099 | 0.256 | Interaction effects | TRUE |  |  | 0.883 | 0.883 |
| Lung Function - FEV1 (ml) | Exploratory | (Intercept) | 3.145 | 0.123 | 38.071 | 2.896 | 3.393 | 0.000 | Full effects | FALSE |  |  |  |  |
| Lung Function - FEV1 (ml) | Exploratory | timepointfollowup | -0.032 | 0.043 | 34.321 | -0.118 | 0.055 | 0.462 | Full effects | FALSE |  |  |  |  |
| Lung Function - FEV1 (ml) | Exploratory | sexM | 0.506 | 0.321 | 36.012 | -0.145 | 1.157 | 0.124 | Full effects | FALSE |  |  |  |  |
| Lung Function - FEV1 (ml) | Exploratory | timepointfollowup:treatexercise | -0.070 | 0.068 | 32.662 | -0.207 | 0.068 | 0.310 | Full effects | TRUE |  | 0.441 |  | 0.441 |
| Lung Function - FEV1 (ml) | Exploratory | (Intercept) | 3.291 | 0.191 | 35.460 | 2.904 | 3.679 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Lung Function - FEV1 (ml) | Exploratory | timepointfollowup | -0.086 | 0.077 | 30.293 | -0.243 | 0.070 | 0.269 | Interaction effects | FALSE |  |  |  |  |
| Lung Function - FEV1 (ml) | Exploratory | sexM | 0.472 | 0.317 | 33.870 | -0.171 | 1.115 | 0.145 | Interaction effects | FALSE |  |  |  |  |
| Lung Function - FEV1 (ml) | Exploratory | ifn\_1\_netto | -0.041 | 0.056 | 35.116 | -0.154 | 0.072 | 0.467 | Interaction effects | FALSE |  |  |  |  |
| Lung Function - FEV1 (ml) | Exploratory | timepointfollowup:treatexercise | -0.029 | 0.108 | 28.910 | -0.250 | 0.192 | 0.791 | Interaction effects | FALSE |  |  |  |  |
| Lung Function - FEV1 (ml) | Exploratory | timepointfollowup:ifn\_1\_netto | 0.020 | 0.022 | 30.673 | -0.025 | 0.064 | 0.372 | Interaction effects | FALSE |  |  |  |  |
| Lung Function - FEV1 (ml) | Exploratory | timepointfollowup:treatexercise:ifn\_1\_netto | -0.016 | 0.036 | 28.995 | -0.090 | 0.058 | 0.658 | Interaction effects | TRUE |  |  | 0.941 | 0.941 |
| Fatigue Visual Analog Scale | Exploratory | (Intercept) | 43.322 | 4.032 | 37.619 | 35.156 | 51.487 | 0.000 | Full effects | FALSE |  |  |  |  |
| Fatigue Visual Analog Scale | Exploratory | timepointfollowup | -0.164 | 4.204 | 33.852 | -8.708 | 8.380 | 0.969 | Full effects | FALSE |  |  |  |  |
| Fatigue Visual Analog Scale | Exploratory | sexM | 8.091 | 10.927 | 36.466 | -14.059 | 30.242 | 0.464 | Full effects | FALSE |  |  |  |  |
| Fatigue Visual Analog Scale | Exploratory | timepointfollowup:treatexercise | 12.870 | 7.481 | 31.604 | -2.375 | 28.115 | 0.095 | Full effects | TRUE |  | 0.285 |  | 0.285 |
| Fatigue Visual Analog Scale | Exploratory | (Intercept) | 45.830 | 6.568 | 35.477 | 32.502 | 59.158 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Fatigue Visual Analog Scale | Exploratory | timepointfollowup | 6.741 | 7.488 | 29.467 | -8.563 | 22.046 | 0.375 | Interaction effects | FALSE |  |  |  |  |
| Fatigue Visual Analog Scale | Exploratory | ifn\_1\_netto | -0.932 | 1.916 | 35.192 | -4.821 | 2.958 | 0.630 | Interaction effects | FALSE |  |  |  |  |
| Fatigue Visual Analog Scale | Exploratory | sexM | 8.411 | 11.022 | 34.141 | -13.986 | 30.807 | 0.451 | Interaction effects | FALSE |  |  |  |  |
| Fatigue Visual Analog Scale | Exploratory | timepointfollowup:treatexercise | 8.493 | 11.456 | 28.964 | -14.938 | 31.924 | 0.464 | Interaction effects | FALSE |  |  |  |  |
| Fatigue Visual Analog Scale | Exploratory | timepointfollowup:ifn\_1\_netto | -2.209 | 2.127 | 30.365 | -6.551 | 2.134 | 0.307 | Interaction effects | FALSE |  |  |  |  |
| Fatigue Visual Analog Scale | Exploratory | timepointfollowup:treatexercise:ifn\_1\_netto | 0.371 | 3.714 | 31.105 | -7.204 | 7.945 | 0.921 | Interaction effects | TRUE |  |  | 0.955 | 0.955 |
| Pain Visual Analog Scale | Exploratory | (Intercept) | 69.163 | 4.589 | 37.353 | 59.869 | 78.458 | 0.000 | Full effects | FALSE |  |  |  |  |
| Pain Visual Analog Scale | Exploratory | timepointfollowup | -0.856 | 3.918 | 34.269 | -8.816 | 7.104 | 0.828 | Full effects | FALSE |  |  |  |  |
| Pain Visual Analog Scale | Exploratory | sexM | -1.973 | 12.610 | 36.963 | -27.523 | 23.577 | 0.877 | Full effects | FALSE |  |  |  |  |
| Pain Visual Analog Scale | Exploratory | timepointfollowup:treatexercise | 0.276 | 6.734 | 33.939 | -13.411 | 13.962 | 0.968 | Full effects | TRUE |  | 0.968 |  | 0.968 |
| Pain Visual Analog Scale | Exploratory | (Intercept) | 72.052 | 7.316 | 35.135 | 57.201 | 86.902 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Pain Visual Analog Scale | Exploratory | timepointfollowup | -12.395 | 6.185 | 31.596 | -25.000 | 0.209 | 0.054 | Interaction effects | FALSE |  |  |  |  |
| Pain Visual Analog Scale | Exploratory | ifn\_1\_netto | -1.480 | 2.131 | 35.060 | -5.805 | 2.845 | 0.492 | Interaction effects | FALSE |  |  |  |  |
| Pain Visual Analog Scale | Exploratory | sexM | -0.348 | 12.718 | 34.839 | -26.171 | 25.475 | 0.978 | Interaction effects | FALSE |  |  |  |  |
| Pain Visual Analog Scale | Exploratory | timepointfollowup:treatexercise | 18.108 | 9.465 | 30.986 | -1.195 | 37.412 | 0.065 | Interaction effects | FALSE |  |  |  |  |
| Pain Visual Analog Scale | Exploratory | timepointfollowup:ifn\_1\_netto | 4.421 | 1.771 | 31.500 | 0.810 | 8.031 | 0.018 | Interaction effects | FALSE |  |  |  |  |
| Pain Visual Analog Scale | Exploratory | timepointfollowup:treatexercise:ifn\_1\_netto | -7.700 | 3.220 | 31.036 | -14.268 | -1.132 | 0.023 | Interaction effects | TRUE |  |  | 0.254 | 0.254 |
| Daily Energy Intake (kJ) | Exploratory | (Intercept) | 7,457.918 | 369.468 | 25.553 | 6,697.820 | 8,218.017 | 0.000 | Full effects | FALSE |  |  |  |  |
| Daily Energy Intake (kJ) | Exploratory | timepointfollowup | -645.141 | 547.778 | 29.418 | -1,764.782 | 474.500 | 0.248 | Full effects | FALSE |  |  |  |  |
| Daily Energy Intake (kJ) | Exploratory | sexM | 2,526.673 | 958.874 | 22.290 | 539.589 | 4,513.756 | 0.015 | Full effects | FALSE |  |  |  |  |
| Daily Energy Intake (kJ) | Exploratory | timepointfollowup:treatexercise | 807.957 | 769.965 | 23.463 | -783.100 | 2,399.015 | 0.305 | Full effects | TRUE |  | 0.441 |  | 0.441 |
| Daily Energy Intake (kJ) | Exploratory | (Intercept) | 7,900.777 | 617.172 | 23.480 | 6,625.505 | 9,176.050 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Daily Energy Intake (kJ) | Exploratory | timepointfollowup | -119.431 | 993.845 | 30.750 | -2,147.059 | 1,908.198 | 0.905 | Interaction effects | FALSE |  |  |  |  |
| Daily Energy Intake (kJ) | Exploratory | ifn\_1\_netto | -164.613 | 185.804 | 24.983 | -547.296 | 218.070 | 0.384 | Interaction effects | FALSE |  |  |  |  |
| Daily Energy Intake (kJ) | Exploratory | sexM | 2,640.398 | 1,003.253 | 23.683 | 568.317 | 4,712.479 | 0.015 | Interaction effects | FALSE |  |  |  |  |
| Daily Energy Intake (kJ) | Exploratory | timepointfollowup:treatexercise | -411.167 | 1,198.522 | 22.161 | -2,895.705 | 2,073.371 | 0.735 | Interaction effects | FALSE |  |  |  |  |
| Daily Energy Intake (kJ) | Exploratory | timepointfollowup:treatcontrol:ifn\_1\_netto | -160.376 | 278.474 | 31.164 | -728.206 | 407.454 | 0.569 | Interaction effects | FALSE |  |  |  |  |
| Daily Energy Intake (kJ) | Exploratory | timepointfollowup:treatexercise:ifn\_1\_netto | 324.526 | 322.882 | 22.277 | -344.609 | 993.661 | 0.326 | Interaction effects | TRUE |  |  | 0.883 | 0.883 |
| Daily Lipid Intake (g) | Exploratory | (Intercept) | 72.164 | 4.257 | 24.372 | 63.385 | 80.944 | 0.000 | Full effects | FALSE |  |  |  |  |
| Daily Lipid Intake (g) | Exploratory | timepointfollowup | -5.587 | 6.202 | 22.095 | -18.447 | 7.272 | 0.377 | Full effects | FALSE |  |  |  |  |
| Daily Lipid Intake (g) | Exploratory | sexM | 20.297 | 9.547 | 17.846 | 0.228 | 40.366 | 0.048 | Full effects | FALSE |  |  |  |  |
| Daily Lipid Intake (g) | Exploratory | timepointfollowup:treatexercise | 3.389 | 8.120 | 16.027 | -13.823 | 20.601 | 0.682 | Full effects | TRUE |  | 0.754 |  | 0.754 |
| Daily Lipid Intake (g) | Exploratory | (Intercept) | 71.026 | 7.288 | 22.763 | 55.940 | 86.111 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Daily Lipid Intake (g) | Exploratory | timepointfollowup | -2.715 | 10.982 | 26.755 | -25.257 | 19.828 | 0.807 | Interaction effects | FALSE |  |  |  |  |
| Daily Lipid Intake (g) | Exploratory | ifn\_1\_netto | 0.501 | 2.185 | 24.722 | -4.002 | 5.003 | 0.821 | Interaction effects | FALSE |  |  |  |  |
| Daily Lipid Intake (g) | Exploratory | sexM | 18.016 | 10.239 | 18.613 | -3.444 | 39.476 | 0.095 | Interaction effects | FALSE |  |  |  |  |
| Daily Lipid Intake (g) | Exploratory | timepointfollowup:treatexercise | -3.209 | 12.179 | 18.001 | -28.796 | 22.378 | 0.795 | Interaction effects | FALSE |  |  |  |  |
| Daily Lipid Intake (g) | Exploratory | timepointfollowup:treatcontrol:ifn\_1\_netto | -0.998 | 3.012 | 31.730 | -7.135 | 5.139 | 0.743 | Interaction effects | FALSE |  |  |  |  |
| Daily Lipid Intake (g) | Exploratory | timepointfollowup:treatexercise:ifn\_1\_netto | 2.327 | 3.455 | 22.651 | -4.826 | 9.479 | 0.507 | Interaction effects | TRUE |  |  | 0.939 | 0.939 |
| Daily Carbohydrate Intake (g) | Exploratory | (Intercept) | 191.142 | 13.899 | 26.549 | 162.601 | 219.682 | 0.000 | Full effects | FALSE |  |  |  |  |
| Daily Carbohydrate Intake (g) | Exploratory | timepointfollowup | -7.779 | 17.152 | 28.014 | -42.912 | 27.353 | 0.654 | Full effects | FALSE |  |  |  |  |
| Daily Carbohydrate Intake (g) | Exploratory | sexM | 74.190 | 38.061 | 25.280 | -4.155 | 152.535 | 0.062 | Full effects | FALSE |  |  |  |  |
| Daily Carbohydrate Intake (g) | Exploratory | timepointfollowup:treatexercise | 8.863 | 24.655 | 20.802 | -42.439 | 60.166 | 0.723 | Full effects | TRUE |  | 0.759 |  | 0.759 |
| Daily Carbohydrate Intake (g) | Exploratory | (Intercept) | 210.222 | 23.007 | 24.614 | 162.800 | 257.644 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Daily Carbohydrate Intake (g) | Exploratory | timepointfollowup | 19.076 | 31.381 | 29.353 | -45.073 | 83.225 | 0.548 | Interaction effects | FALSE |  |  |  |  |
| Daily Carbohydrate Intake (g) | Exploratory | ifn\_1\_netto | -7.180 | 6.912 | 25.959 | -21.390 | 7.030 | 0.309 | Interaction effects | FALSE |  |  |  |  |
| Daily Carbohydrate Intake (g) | Exploratory | sexM | 81.671 | 38.510 | 26.392 | 2.570 | 160.772 | 0.043 | Interaction effects | FALSE |  |  |  |  |
| Daily Carbohydrate Intake (g) | Exploratory | timepointfollowup:treatexercise | -37.332 | 37.622 | 21.505 | -115.459 | 40.795 | 0.332 | Interaction effects | FALSE |  |  |  |  |
| Daily Carbohydrate Intake (g) | Exploratory | timepointfollowup:treatcontrol:ifn\_1\_netto | -8.408 | 8.810 | 29.987 | -26.400 | 9.584 | 0.347 | Interaction effects | FALSE |  |  |  |  |
| Daily Carbohydrate Intake (g) | Exploratory | timepointfollowup:treatexercise:ifn\_1\_netto | 9.098 | 9.747 | 20.761 | -11.187 | 29.382 | 0.361 | Interaction effects | TRUE |  |  | 0.883 | 0.883 |
| Daily Protein Intake (g) | Exploratory | (Intercept) | 74.254 | 3.813 | 22.036 | 66.347 | 82.161 | 0.000 | Full effects | FALSE |  |  |  |  |
| Daily Protein Intake (g) | Exploratory | timepointfollowup | -10.282 | 6.034 | 29.497 | -22.615 | 2.050 | 0.099 | Full effects | FALSE |  |  |  |  |
| Daily Protein Intake (g) | Exploratory | sexM | 29.773 | 8.786 | 16.310 | 11.177 | 48.369 | 0.004 | Full effects | FALSE |  |  |  |  |
| Daily Protein Intake (g) | Exploratory | timepointfollowup:treatexercise | 15.291 | 8.011 | 23.065 | -1.279 | 31.861 | 0.069 | Full effects | TRUE |  | 0.245 |  | 0.245 |
| Daily Protein Intake (g) | Exploratory | (Intercept) | 77.995 | 6.429 | 21.175 | 64.632 | 91.358 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Daily Protein Intake (g) | Exploratory | timepointfollowup | -12.601 | 10.955 | 30.028 | -34.973 | 9.770 | 0.259 | Interaction effects | FALSE |  |  |  |  |
| Daily Protein Intake (g) | Exploratory | ifn\_1\_netto | -1.343 | 1.929 | 23.854 | -5.325 | 2.639 | 0.493 | Interaction effects | FALSE |  |  |  |  |
| Daily Protein Intake (g) | Exploratory | sexM | 30.121 | 9.656 | 17.113 | 9.759 | 50.483 | 0.006 | Interaction effects | FALSE |  |  |  |  |
| Daily Protein Intake (g) | Exploratory | timepointfollowup:treatexercise | 10.998 | 12.875 | 20.011 | -15.858 | 37.854 | 0.403 | Interaction effects | FALSE |  |  |  |  |
| Daily Protein Intake (g) | Exploratory | timepointfollowup:treatcontrol:ifn\_1\_netto | 0.841 | 3.092 | 28.665 | -5.486 | 7.169 | 0.787 | Interaction effects | FALSE |  |  |  |  |
| Daily Protein Intake (g) | Exploratory | timepointfollowup:treatexercise:ifn\_1\_netto | 2.907 | 3.679 | 20.851 | -4.747 | 10.561 | 0.438 | Interaction effects | TRUE |  |  | 0.939 | 0.939 |
| Daily ethanol Intake (g) | Exploratory | (Intercept) | 3.232 | 1.494 | 31.671 | 0.187 | 6.277 | 0.038 | Full effects | FALSE |  |  |  |  |
| Daily ethanol Intake (g) | Exploratory | timepointfollowup | -2.014 | 1.247 | 26.916 | -4.572 | 0.544 | 0.118 | Full effects | FALSE |  |  |  |  |
| Daily ethanol Intake (g) | Exploratory | sexM | 3.362 | 3.449 | 22.509 | -3.782 | 10.506 | 0.340 | Full effects | FALSE |  |  |  |  |
| Daily ethanol Intake (g) | Exploratory | timepointfollowup:treatexercise | 4.400 | 1.543 | 21.009 | 1.190 | 7.609 | 0.010 | Full effects | TRUE |  | 0.201 |  | 0.201 |
| Daily ethanol Intake (g) | Exploratory | (Intercept) | 5.526 | 2.519 | 28.844 | 0.373 | 10.679 | 0.036 | Interaction effects | FALSE |  |  |  |  |
| Daily ethanol Intake (g) | Exploratory | timepointfollowup | -2.980 | 2.424 | 22.453 | -8.001 | 2.042 | 0.232 | Interaction effects | FALSE |  |  |  |  |
| Daily ethanol Intake (g) | Exploratory | ifn\_1\_netto | -0.819 | 0.746 | 30.403 | -2.342 | 0.703 | 0.281 | Interaction effects | FALSE |  |  |  |  |
| Daily ethanol Intake (g) | Exploratory | sexM | 3.208 | 3.679 | 23.214 | -4.398 | 10.815 | 0.392 | Interaction effects | FALSE |  |  |  |  |
| Daily ethanol Intake (g) | Exploratory | timepointfollowup:treatexercise | 3.602 | 2.641 | 20.671 | -1.895 | 9.100 | 0.187 | Interaction effects | FALSE |  |  |  |  |
| Daily ethanol Intake (g) | Exploratory | timepointfollowup:treatcontrol:ifn\_1\_netto | 0.361 | 0.686 | 23.084 | -1.059 | 1.780 | 0.604 | Interaction effects | FALSE |  |  |  |  |
| Daily ethanol Intake (g) | Exploratory | timepointfollowup:treatexercise:ifn\_1\_netto | 0.746 | 0.668 | 23.267 | -0.635 | 2.126 | 0.276 | Interaction effects | TRUE |  |  | 0.883 | 0.883 |
| Body Mass Index | Exploratory | (Intercept) | 24.710 | 0.845 | 36.425 | 22.996 | 26.424 | 0.000 | Full effects | FALSE |  |  |  |  |
| Body Mass Index | Exploratory | timepointfollowup | -0.130 | 0.122 | 33.808 | -0.378 | 0.118 | 0.293 | Full effects | FALSE |  |  |  |  |
| Body Mass Index | Exploratory | sexM | -0.109 | 2.391 | 34.331 | -4.967 | 4.750 | 0.964 | Full effects | FALSE |  |  |  |  |
| Body Mass Index | Exploratory | timepointfollowup:treatexercise | -0.191 | 0.211 | 33.931 | -0.619 | 0.237 | 0.371 | Full effects | TRUE |  | 0.487 |  | 0.487 |
| Body Mass Index | Exploratory | (Intercept) | 24.769 | 1.318 | 34.736 | 22.093 | 27.445 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Body Mass Index | Exploratory | timepointfollowup | -0.007 | 0.216 | 30.920 | -0.448 | 0.434 | 0.975 | Interaction effects | FALSE |  |  |  |  |
| Body Mass Index | Exploratory | ifn\_1\_netto | -0.116 | 0.383 | 34.993 | -0.894 | 0.662 | 0.764 | Interaction effects | FALSE |  |  |  |  |
| Body Mass Index | Exploratory | sexM | 0.068 | 2.352 | 32.319 | -4.722 | 4.857 | 0.977 | Interaction effects | FALSE |  |  |  |  |
| Body Mass Index | Exploratory | timepointfollowup:treatexercise | -0.327 | 0.335 | 30.990 | -1.011 | 0.357 | 0.337 | Interaction effects | FALSE |  |  |  |  |
| Body Mass Index | Exploratory | timepointfollowup:ifn\_1\_netto | -0.047 | 0.062 | 31.071 | -0.173 | 0.079 | 0.451 | Interaction effects | FALSE |  |  |  |  |
| Body Mass Index | Exploratory | timepointfollowup:treatexercise:ifn\_1\_netto | 0.054 | 0.114 | 31.173 | -0.178 | 0.287 | 0.637 | Interaction effects | TRUE |  |  | 0.941 | 0.941 |
| Waist Height Ratio | Exploratory | (Intercept) | 0.446 | 0.014 | 15.771 | 0.417 | 0.474 | 0.000 | Full effects | FALSE |  |  |  |  |
| Waist Height Ratio | Exploratory | timepointfollowup | 0.000 | 0.006 | 9.380 | -0.013 | 0.013 | 0.947 | Full effects | FALSE |  |  |  |  |
| Waist Height Ratio | Exploratory | sexM | 0.078 | 0.045 | 15.247 | -0.018 | 0.174 | 0.102 | Full effects | FALSE |  |  |  |  |
| Waist Height Ratio | Exploratory | timepointfollowup:treatexercise | -0.015 | 0.008 | 8.417 | -0.033 | 0.004 | 0.113 | Full effects | TRUE |  | 0.298 |  | 0.298 |
| Waist Height Ratio | Exploratory | (Intercept) | 0.421 | 0.020 | 14.799 | 0.377 | 0.464 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Waist Height Ratio | Exploratory | timepointfollowup | 0.001 | 0.011 | 5.659 | -0.026 | 0.027 | 0.945 | Interaction effects | FALSE |  |  |  |  |
| Waist Height Ratio | Exploratory | ifn\_1\_netto | 0.010 | 0.006 | 14.790 | -0.003 | 0.023 | 0.135 | Interaction effects | FALSE |  |  |  |  |
| Waist Height Ratio | Exploratory | sexM | 0.080 | 0.045 | 13.748 | -0.017 | 0.177 | 0.099 | Interaction effects | FALSE |  |  |  |  |
| Waist Height Ratio | Exploratory | timepointfollowup:treatexercise | -0.005 | 0.015 | 6.559 | -0.041 | 0.032 | 0.776 | Interaction effects | FALSE |  |  |  |  |
| Waist Height Ratio | Exploratory | timepointfollowup:ifn\_1\_netto | -0.001 | 0.003 | 5.136 | -0.009 | 0.007 | 0.759 | Interaction effects | FALSE |  |  |  |  |
| Waist Height Ratio | Exploratory | timepointfollowup:treatexercise:ifn\_1\_netto | -0.004 | 0.006 | 5.799 | -0.020 | 0.011 | 0.513 | Interaction effects | TRUE |  |  | 0.939 | 0.939 |
| Body weight (kg) | Exploratory | (Intercept) | 68.861 | 2.612 | 35.924 | 63.564 | 74.159 | 0.000 | Full effects | FALSE |  |  |  |  |
| Body weight (kg) | Exploratory | timepointfollowup | -0.127 | 0.329 | 34.134 | -0.795 | 0.541 | 0.701 | Full effects | FALSE |  |  |  |  |
| Body weight (kg) | Exploratory | sexM | 10.341 | 7.445 | 32.089 | -4.823 | 25.505 | 0.174 | Full effects | FALSE |  |  |  |  |
| Body weight (kg) | Exploratory | timepointfollowup:treatexercise | -0.747 | 0.564 | 33.924 | -1.893 | 0.399 | 0.194 | Full effects | TRUE |  | 0.340 |  | 0.340 |
| Body weight (kg) | Exploratory | (Intercept) | 69.959 | 4.234 | 34.479 | 61.359 | 78.558 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Body weight (kg) | Exploratory | timepointfollowup | 0.114 | 0.587 | 30.838 | -1.084 | 1.312 | 0.848 | Interaction effects | FALSE |  |  |  |  |
| Body weight (kg) | Exploratory | ifn\_1\_netto | -0.497 | 1.230 | 34.946 | -2.995 | 2.001 | 0.689 | Interaction effects | FALSE |  |  |  |  |
| Body weight (kg) | Exploratory | sexM | 10.596 | 7.634 | 30.487 | -4.984 | 26.175 | 0.175 | Interaction effects | FALSE |  |  |  |  |
| Body weight (kg) | Exploratory | timepointfollowup:treatexercise | -0.851 | 0.913 | 31.000 | -2.713 | 1.011 | 0.359 | Interaction effects | FALSE |  |  |  |  |
| Body weight (kg) | Exploratory | timepointfollowup:ifn\_1\_netto | -0.091 | 0.168 | 31.009 | -0.432 | 0.251 | 0.592 | Interaction effects | FALSE |  |  |  |  |
| Body weight (kg) | Exploratory | timepointfollowup:treatexercise:ifn\_1\_netto | 0.018 | 0.314 | 31.515 | -0.621 | 0.657 | 0.955 | Interaction effects | TRUE |  |  | 0.955 | 0.955 |