Supplementary Table 2: Baseline demographics of all participants (enrolled) by randomised arms

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| --- | --- | --- | --- |
| **Characteristics#** | **Control****(n= 204)** | **Intervention****(n= 204)** | **Total****(n= 408)** |
| **Gender**, N (%) |  |
| Male | 105 (51) | 104 (51) | 209 (51) |
| Female | 99 (49) | 100 (49) | 199 (49) |
| **Age**, median (IQR) | 25 (21 to 33) | 24 (21 to 34) | 24 (21 to 34) |
| **Ethnicity**, N (%) |  |  |
| Chinese | 154 (76) | 156 (76) | 310 (76) |
| Indian | 29 (14) | 18 (9) | 47 (11) |
| Malay | 7 (3) | 12 (6) | 19 (5) |
| Others |  14 (7) | 18 (9) | 32 (8) |
| **Education attainment**, N (%) |  |  |
| Polytechnic and below | 105 (51) | 122 (60) | 227 (56) |
| University or higher  | 99 (49) | 82 (40) | 181 (44) |
| **Occupation**, N (%) |  |  |
| Student | 104 (51) | 102 (50) | 206 (50) |
| Staff | 100 (49) | 102 (50) | 202 (50) |
| **BMI (kg/m2)**, mean (SD) | 22.2 (3.6) | 22.2 (3.8) | 22.2 (3.7) |

IQR, interquartile range

BMI, body mass index

SD, standard deviation