

Table 2. Linear regression between appetite regulating hormones, and HOMA-IR and BMI z-score.

Correlation	Baseline	6-month follow-up
	R ² ; p-value	
Insulin vs BMI z-score	0.519; 0.019*	0.279; 0.117
HOMA-IR vs BMI z-score	0.505; 0.021*	0.290; 0.109
Leptin vs BMI z-score	0.527; 0.017*	0.117; 0.333
Bioleptin vs BMI z-score	0.382; 0.076 [#]	0.045; 0.614

Abbreviations: BMI z-score, body mass index adjusted for age and gender; HOMA, homeostasis model assessment of insulin resistance.

*: significance level $p < 0.05$

[#]: trend level $p < 0.1$

