

Table 3 Logistic regression analysis to determine the risk of insulin resistance (HOMA-IR \geq 2.5) during the weight maintenance period after a success diet-induced weight loss of patients from the cohort 2 (n=73).

	OR	95%CI	P-value
Model 1			
Baseline (T0)			
Irisin	4.219	1.073-13.580	0.039
Adiponectin	1.097	0.254-4.670	0.907
Leptin	0.84	0.134-5.259	0.852
Follow-up (T2)			
Irisin	3.63	0.83-15.95	0.088
Adiponectin	1.34	0.24-7.37	0.739
Leptin	10.52	1.62-68.43	0.008
Model 2			
Baseline (T0)			
Irisin	4.18	1.09-16.01	0.037
Adiponectin	1.10	0.27-4.47	0.897
Leptin	1.51	0.28-7.97	0.630
Follow-up (T2)			
Irisin	3.61	0.82-15.87	0.089
Adiponectin	0.85	0.47-4.31	0.848
Leptin	11.01	1.64-74.08	0.014

Irisin, adiponectin and leptin levels at baseline (T0) and at follow-up (T2) categorized as dichotomous variables according to the median cutoff value were considered as independent variables. The model 1 was adjusted for gender, age, body weight at follow-up (T2) and insulin sensitivity state (insulin sensitive:HOMA-IR<2.5; insulin resistant HOMA-IR \geq 2.5) at baseline (T0). The model 2 was adjusted for gender, age, insulin sensitivity state (insulin sensitive:HOMA-IR<2.5; insulin resistant HOMA-IR \geq 2.5) at baseline (T0) and the change in fat mass from T1 to T2. Irisin, adiponectin and leptin levels were encoded as 0 for values below the median and 1 for values above the median. CI, Confidence interval; OR, odds ratio.