

Table 4 Differences in hormone levels and changes induced by the hypocaloric diet and during the follow-up period between regainers (n=38; 27 men/11 women) and non-regainers (n=35; 15 men/20 women).

	HYPOCALORIC DIET PERIOD			FOLLOW UP PERIOD		
	T0 levels (change from T0 to T1; %)		P-value ^a	T2 levels (change from T1 to T2; %)		P-value ^a
	Non-regainers	Regainers		Non-regainers	Regainers	
Irisin (ng/mL)	369.7±29.9 (-15.1±4.0)	337.7±28.7 (-15.8±3.8)	0.452	260.5±25.1 (-2.1±0.5)	325.5±24.8 (21.3±5.5)*	0.075
Leptin (ng/mL)	20.8±2.0 (-45.8±4.8)	21.8±7.9 (-30.7±4.8)*	0.731	12.8±2.1 (34.7±15.6)	19.9±2.0 (56.8±15.4)*	0.020
Adiponectin (ng/mL)	12.6±1.4 (49.4±69.4)	12.5±1.4 (122.5±67.5)	0.971	17.4±1.9 (38.7±9.2)	14.1±1.8 (11.4±9.1)*	0.043
Ghrelin (pg/mL)	377.0±37.0 (29.2±9.5)	418.2± (27.4±10.3)	0.540	510.2±79.6 (7.8±7.3)	543.8±79.6 (12.6±7.8)	0.771
TNFα (pg/mL)	0.68±0.19 (35.3±18.4)	1.05±0.18 (14.0±17.8)	0.248	0.68±0.24 (18.1±27.6)	1.09±0.24 (37.3±26.8)	0.248

Data shows mean±SE. (a) denotes statistically significance (p<0.05) differences between non-regainers and regainers in hormone levels at baseline (T0) and at follow-up (T2). Asterisks (*) denotes differences between non-regainers and regainers in the diet-induced and follow up changes. Differences in hormone levels and changes were evaluated by means of one way ANCOVA adjusted for gender and diet (control and RESMENA).