**S10 Appendix.** Analyses for fibre and body weight (kg)

 

**S10 Fig A:** Mean difference in body weight (kg) between intervention and control groups from trials of increasing fibre intakes.

Pooled mean difference was -0.56 kg (95%CI -0.98 to -0.13)

Egger’s test for publication bias p 0.767

Results of influence analyses: Two studies (Babiker 2018 and Li 2016) were identified as influencing the pooled results. Without these two studies the pooled results were MD -0.49 kg (95%CI -0.95 to -0.02).

**S10 Table A:** Univariate meta regression analyses as tests for interaction:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Continuous variables** | **P value**  | Global region | 0.163 | Cochrane tool high bias | 0.861 |
| Trial size | 0.682 | Exclude by BMI | 0.348 | Wholegrain trial | 0.764 |
| Trial duration | 0.831 | **Dichotomous variables** | **P value**  | Fibre incorporated into food | 0.501 |
| Baseline fibre intake when measured | 0.053 | Weight controlled study | NA | Singular fibre type given | 0.420 |
| Fibre increase in intervention when measured | 0.298 | Exclude based on HbA1c | 0.332 | Imputed correlation coefficient | 0.624 |
| **Categorical variables** | **P value**  | Exclude those aged over 65 | 0.694 | Viscosity | 0.581 |
| Type of diabetes | 0.509 | Exclude CVD/Renal participants | 0.263 | Solubility | 0.785 |
| Diabetes treatment | 0.518 | Parallel or crossover design | 0.598 |  |  |

These tests were undertaken to consider the robustness of the findings for body weight. These analyses did not identify any factor beyond receiving the fibre intervention that might influence the pooled result.

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**S10 Fig B:** Dose response curve for body weight (kg) when increasing fibre intakes. The 95% confidence intervals are shown as dotted lines.

This curve was generated with data from 18 trials of 877 participants.