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Research Report

The effect of financial incentives on weight loss: Documentation of data from a randomized experiment

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Adam Pilny

The Effect of Financial Incentives on Weight Loss

Documentation of Data from
a Randomized Experiment



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The Effect of Financial Incentives on Weight Loss

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Abstract

This data report documents the individual-level dataset of a randomized experiment to test whether obese people are more likely to reduce weight when receiving financial incentives. The experiment, conducted between March 2010 and July 2013, comprises 700 obese medical rehabilitation patients who were assigned to one of three experimental groups for achieving an individual target weight within four months after staying in a rehabilitation clinic in the federal state of Baden-Württemberg, Germany. Participants in the two treatment groups were paid premiums of different amounts for achieving their individual target weight, while individuals assigned to the control group received no such premium. The experimental design enables to control for a range of socio-economic and health-related characteristics of the individuals.

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1. Introduction

1. Introduction

Rapidly increasing obesity rates concern almost all industrialized countries and a number of emerging economies. In 2013 more than half (52%) of the German adult population was overweight, which constituted an increase of 4 percentage points compared to 1999. Moreover, men are more often affected (62% in 2013) than women (43% in 2013).¹

Overweight and obesity are defined on the basis of the body mass index (BMI). This index is calculated by the bodyweight (in kg) divided by the squared body height (in meter). According to the World Health Organization (WHO)², excess body weight is defined as having a BMI ≥ 25 kg/m² for adults. Obesity is defined as a BMI ≥ 30 kg/m²; pre-obese refers to an adult with a BMI of 25-29.9 kg/m².

Besides the increasing age of the population, the global increase of obesity is considered to be one of the toughest challenges confronting healthcare systems worldwide. The majority of health costs can be linked to obesity: overweight or obese persons have a higher risk of getting type 2 diabetes, a heart disease, a hypertensive disease, a stroke, cancer or osteoarthritis. In addition to these impairments to health, overweight may diminish psychological health and personal quality of life (Paloyo et al., 2015).

Several empirical studies observe a strong correlation with socioeconomic characteristics: obesity rates increase with age and are inversely correlated with a high education level and income. This correlation is even stronger for females. Furthermore, single individuals more often exhibit a normal weight than married, divorced, or widowed persons. In addition, adolescents with a migration background have a higher risk of becoming obese than natives. Several studies have shown that obese people have a substantially lower employment probability than healthy-weighted people (see e.g. Blau et al., 2001; Morris, 2007; Lindeboom et al., 2010; Caliendo and Lee, 2011; Reichert, 2012, Paloyo et al., 2015).

Since weight loss may reduce the cost associated with obesity, employers and health insurances have become increasingly interested in using financial incentives to encourage their employees or those insured with them to lose weight. In fact, some companies have already pre-tested bonus programs for weight loss and assessed enrollment, program attrition, and weight loss effectiveness. In the

1 See: https://www.destatis.de/DE/PresseService/Presse/Pressemitteilungen/2014/11/PD14_386_239.html.

2 See: http://www.euro.who.int/_data/assets/pdf_file/0008/98243/E89858.pdf?ua=1.

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short run, financial incentives for healthy behavior seem to be effective (Augurzky et al., 2012a). However, it is unclear what happens after removing the financial incentives. Hence, the long run effects are ambiguous. On the one hand, offering incentives may reduce the extent to which other motives affect behavior. On the other hand, due to the change in behavior induced by the financial incentives, participants may develop a behavioral automaticity, i.e. a long-lasting change in habits. A literature overview concerning these effects is presented in Gneezy et al. (2011).

The dataset offered by the FDZ Ruhr allows to analyze both, the short-run and the long-run effects. In the following, this data report provides an overview about the randomized experiment, the external validity and the data quality, a detailed description about the realization and a detailed description of the variables.

2. Design of the Experiment

The randomized experiment has been conducted by the *Rheinisch-Westfälisches Institut für Wirtschaftsforschung e.V.* (RWI) in Essen, Germany, and was funded by the *Pakt für Forschung und Innovation* that is part of the excellence initiative of the German government. Furthermore, this experiment has been conducted in cooperation with the association of pharmacists of the federal state of Baden-Württemberg and four medical rehabilitation clinics operated by the *German Pension Insurance of Baden-Württemberg*. The study participants were invited by the clinics to take part in the experiment in their final week of their rehabilitation stay, and were informed about the procedures of the experiment by personal instructions and handouts. The clinics offered varying weight loss programs to the patients during their medical rehabilitation. The ethics commission of the Chamber of Medical Doctors of Baden-Württemberg approved the study protocol.

The experiment was conducted between March 2010 and July 2013. The recruitment of all participants took place between March 2010 and August 2011. Thus, the last participant finished his³ individual four months of weight loss by the end of January 2012.

The setting of the random experiment can be divided in four project phases (see Figure 1). The first phase is the *stay in a medical rehabilitation clinic*, which usually lasts three to four weeks. Afterwards, the second phase (length of four months)

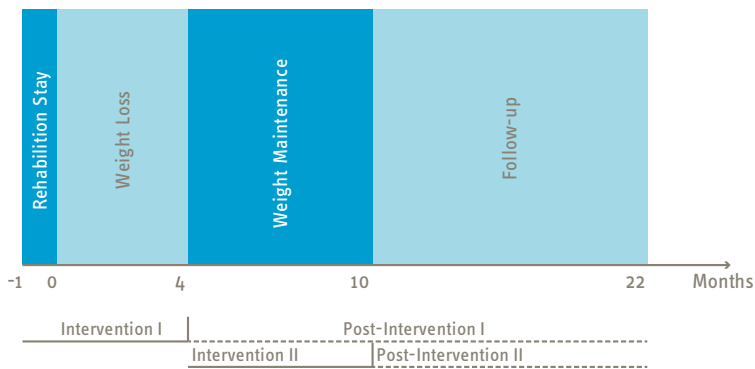
³ For the sake of simplicity the masculine form is used throughout this document, but should be taken to refer to persons of both genders.

2. Design of the Experiment

starts with the *weight-loss period*, followed by the third phase, a six-month *weight maintenance period* in which the participants aim at holding their achieved weight. Finally, the experiment ends with a one-year long *follow-up phase*.

Two randomizations took place: one at the beginning of the weight loss phase and an unannounced second one at the start of the weight maintenance phase (see Figure 2).

Figure 1
Experimental Design



Source: Augurzky et al., 2014, page 8

2.1 Phase – Rehabilitation stay

2.1.1 The medical rehabilitation clinics

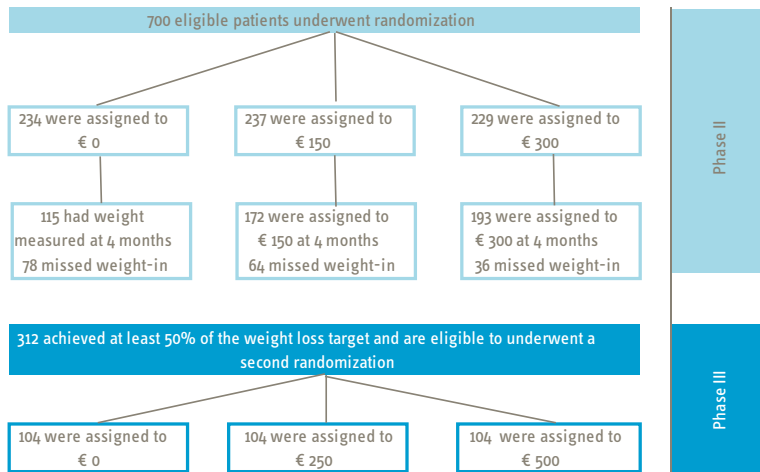
The participants were recruited in four medical rehabilitation clinics located in different cities in Baden-Württemberg. In particular, the medical rehabilitation clinics in Bad Mergentheim, Bad Kissingen, Isny and Glottertal were involved in the trial. The clinics in Bad Mergentheim and Isny primarily focus on orthopedic interventions. The clinic in Bad Kissingen is specialized on gastroenterology and endocrinology, while the clinic in Glottertal treats patients with psychosomatic disorders. Most of the patients were admitted to the clinics due to diagnoses other than adiposity.

The Effect of Financial Incentives on Weight Loss

2.1.2 Selection of participants

Individuals were eligible for the experiments if they comply with a range of inclusion and exclusion criteria for participation. Inclusion criteria were a BMI above 30 at admission, age between 18 and 75 years and having a residence in Baden-Württemberg. Individuals with considerable language barriers, pregnancy, psychological and eating disorders, tumor disease within the last five years, abuse of alcohol and drugs, and severe general diseases were excluded. In total 700 participants were recruited, with two individuals being excluded from the trial due to violating the inclusion criteria by becoming pregnant and by developing cancer, respectively.⁴ The study procedure is depicted in Figure 2 and shows the distribution of participants and their paid bonus for Phase II and Phase III.

Figure 2
Study procedure



Source: Paloyo et al., 2015

⁴ Three more participants are excluded in the follow-up phase because of internal documentation issues and missing consent form.

2. Design of the Experiment

2.2 Phase II - Weight loss period

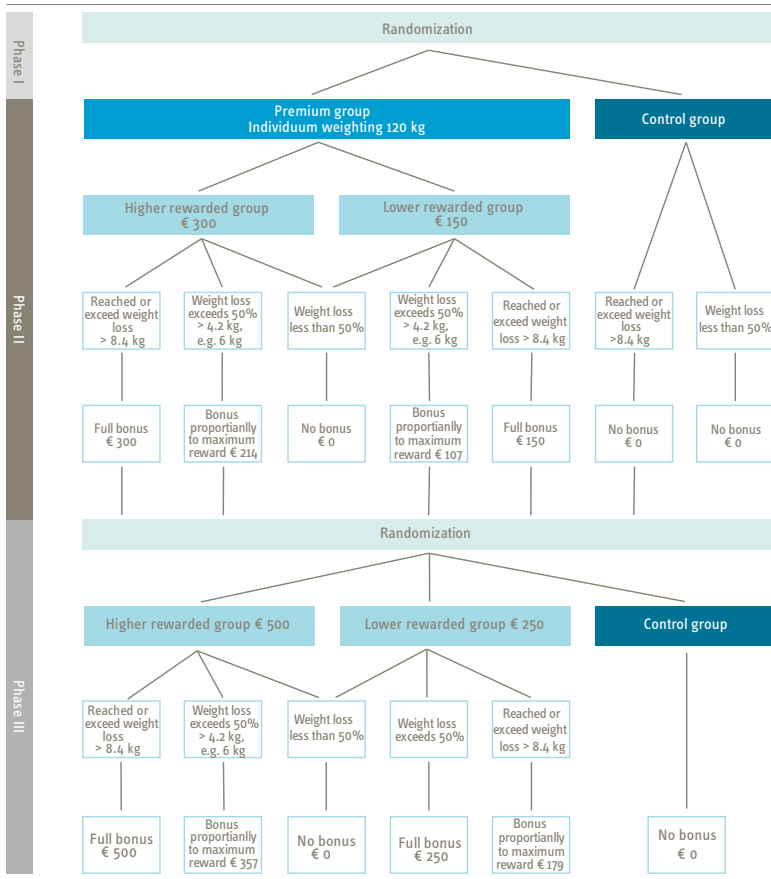
After the discharge from the clinic, a random assignment into two treatment groups and one control group took place. Randomization was carried out without replacement and is stratified by the clinics. With respect to this randomization procedure, the participants were equally assigned to one of the three groups. Individuals assigned to the treatment groups were promised to receive a premium up to € 150 or € 300, respectively, contingent on their weight loss. By achieving fifty percent of their weight loss target the participant receives fifty percent of the premium. If the participant has reduced his weight even more than the target weight loss, the premium increased proportionally to the maximum reward (for further information see Augurzky et al. 2012a and Figure 3.) In case of less than fifty percent of their weight loss target they received no premium. Members of the control group did not receive any premium at all.

2.3 Phase III - Weight maintenance

Those participants who achieved at least fifty percent of their target weight loss after the completion of the weight loss phase (irrespective of group assignment in this phase), were randomly assigned again at the end of the weight loss phase. Randomization was conducted without replacement and without stratification by the clinics. Three experimental groups with equal shares were assigned including two treatment groups, which were promised € 250 and € 500, respectively, for maintaining a body weight below their target weight ten months after enrollment. Participants assigned to the control group (€ 0) were not informed about this weight maintenance randomization. All participants were told to assure their weight does not exceed the individually assigned target weight during the weight maintenance phase and the follow-up phase. As in the weight loss phase members of the treatment groups were paid the full bonus or a premium proportionally to the maximum reward if they maintained their target weight. Participants were informed regularly by mail about their maximum possible premium, which did not apply to members of the control group.

The Effect of Financial Incentives on Weight Loss

Figure 3
Example for bonus payments



Own description

3. Data acquisition

3. Data acquisition

Individual data were collected at the end of each project phase. The collected data can be divided into two types: First, medical target variables were collected by medical professionals (i.e. physicians and pharmacists (Appendix A1 and A2)), and second, self-assessed variables were extracted from questionnaires filled out by the participants themselves. The corresponding questionnaires are provided in the Appendixes A3- A6.

By the end of the stay in the rehabilitation clinic, baseline measurements of several medical target variables such as the BMI, the blood glucose level and the cholesterol level were carried out by the medical staff of the clinics. The physician in charge suggested an individual weight loss target between six and eight percent of the current body weight to the participants, which they were supposed to realize in the second phase the weight loss period, which were the subsequent four months. In case of any health complaints during the period of weight reduction, participants were told to consult their general practitioner or the physician in charge at the rehabilitation clinic.

Further medical variables such as the participant's body height, body weight, blood glucose and cholesterol levels were collected by pharmacies by the end of the last three phases (see Appendix A2), i.e. after the stay in the clinic . For this purpose, two weeks prior to the end of the phases a reminder for the measurement of these medical variables was sent to the participants. Moreover, the letter contained a second questionnaire for the pharmacy with the same set of questions on time-varying variables as the one collected at the initiation of the experiment.

In order to ensure an independent control measurement, the reminder indicated a nearby pharmacy. Beforehand, the project staff called pharmacies in order to ask for participation, to figure out whether the necessary equipment for the control measurements was available and to give brief instructions. Pharmacies without scales were not eligible. Pharmacies which had a scale but lacked devices for the measurement of the blood glucose and the cholesterol levels were eligible as second-best options in order to avoid long travel times for attending the weight-in. Advantages of assigning participants to specific pharmacies are, first of all, that treatment group participants cannot switch between pharmacies in order to take advantages of probable measurement errors of the scales. Second, this procedure generates exogenous variation in a determinant of sample attrition, which is exploited to tackle selectivity bias (for further information Augurzky et al. 2012a).

The Effect of Financial Incentives on Weight Loss

In addition to the medical target variables collected in the clinic, participants answered a detailed questionnaire about their socioeconomic background, further health outcomes and preventive behavior by the end of each project phase of the experiment. The number and the topic of questions in each of the four questionnaires vary to some extent (Appendix A3 to A6).

4. Representativeness and Quality

The database is restricted to rehabilitation clinics operated by the *German Pension Insurance of Baden-Württemberg*. The German Pension Insurance predominantly aims at avoiding unemployment or early retirement, requiring that the patient's ability to work is generally recoverable. The dataset is not representative for either Germany or the pension system, since it only includes Baden-Württemberg and clinics operated by the German Pension Insurance. Within this group, there is random assignment after clinic discharge to the treatment and control groups in the weight loss phase. The four rehabilitation clinics are located in different cities in Baden-Württemberg. The participants distribute on the clinics as follows: 42 percent were recruited by the clinic in Bad Mergentheim, 33 percent in Bad Kissingen, 18 percent in Isny and 7 percent in Glottertal. Table 1 compares socioeconomic characteristics of the study population, characteristics on the patients of the four rehabilitation and representative obese in Germany. Main reason for huge differences between the study population and the obese population in Germany in the age and the share of employed participants is the composition of the populations. The medical rehabilitation in the co-operating clinics is paid by the German pension insurance, whose predominant goal is to avoid work inability and early retirement. Thus, the study population oversamples persons that are available for the labor market, since in the overall population many obese persons are already retired. All participants are medically indicated to lose weight, nevertheless, many participants came into the clinic because of diagnoses other than adiposity (for further information see Augurzky et al., 2014). Experiment attrition occurred due to participants who actively canceled their participation or due to participants who did not send in the required documents at the end of an experimental phase. To reduce the latter reason for sample attrition, participants, regardless of their weight loss, received € 25 if they send in the documents and were still paid if the date of measurement indicated by the pharmacist was within 14 days after the end of the due date. Moreover, participants were contacted by phone if their documents were still pending three working days after the specified week.

4. Representativeness and Quality

The intervention periods were spent outside the medical rehabilitation clinic. Therefore, interactions between the participants are unlikely.

Table 1

Socioeconomic background of the study population and the obese in Germany

	Study Population	Patients of the four rehabilitation	Representative Obese in Germany (BMI \geq 30)
Female (%)	32.23	34.17	49.98
Age (years)	48.11	49.69	57.11
Married (%)	61.03	71.37	62.23
Residents of Baden-Wurttemberg (%)	100	94.99	11.84
Natives (%)	78.89	82.67	86.3
Full-time employed (%)	69.44	76.12	34.85
Part-time employed (%)	9.04	11.01	14.27
Unemployed (%)	13.20	8.23	6.9

Source: Augurzyk et al. 2012a; own data collection, German Federal Pension Fund, German Socio-economic Panel (SOEP).

Notes: The categories full-time employed, part-time employed, marginally employed, no information on the type of occupation, unemployed and not-employed add up to one.

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5. Variable Description

The variables are segmented into the following four groups: medical information, participant survey and two kinds of generated variables by the RWI, the administrative and generated data.

The medical information was collected at the end of Phase I to Phase III by the medical rehabilitation clinic and by pharmacies, respectively. Variables from the medical questionnaires have names starting with „vm“ and those from the pharmacy questionnaire start with „va“.

At the end of each Phase, the participant got a personal questionnaire which contains, depending on the Phase, information on family background, education, employment, health and life style, stay in the medical rehabilitation clinic, weight reduction, sexuality and others. These variables are indicated by “information from questionnaire” and contain the variables v1a to vf_19.

In addition to the variables from the questionnaires, the RWI generated further helpful variables. These are the administrative and generated data. The administrative data contain no new information and are indicated in the dataset by the prefix “adm_”. The generated variables are indicated by the prefix “GEN_”.

The detailed description of 306 variables is provided in Table 2. Each variable is described with label and name that correspond with those in the data set, the data type in STATA, the Phase in which the data acquisition took place and a detailed description of the content of the variable. In case of categorical variables, the categories are listed under the description. For all variables the distribution among Phases (and, if given, categories) is displayed in form of the corresponding number of observations. The data set is characterized by a panel structure that comprises all four Phases for each of the 700 participants, i.e. with 2,800 observations in total.

5. Variable Description

Table 2

Codebook

Total sample: 2,800 observations

Each phase: 700 observations

		Phase 1 Obs.	Phase 2 Obs.	Phase 3 Obs.	Phase 4 Obs.
Identifier					
v1a	Identifier				
Data type	Float, numerical				
Phase	1, 2, 3, 4				
Administrative variables					
adm_v2	Phase of the project				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	The setting of the experiment can be divided in four phases. This variable indicates the respective phase: 1 = Phase of medical rehabilitation (clinic stay, 3-4 weeks) 2 = Phase of weight loss (4 months) 3 = Phase of maintaining the achieved weight loss target (6 months) 4 = Follow-up phase (one year)	700	700	700	700
adm_abnehmgruppe	Randomized assignment into the groups				
Data type	Byte, numerical				
Phase	2				
Description	This variable indicates the randomized assignment of the participant after the clinic stay into one of three groups: 1 = Control group with no financial reward 2 = Treatment group with a financial reward of € 150 3 = Treatment group with a financial reward of € 300		234 237 229		
adm_qhphase	Qualification for the maintaining phase				
Data type	Byte, numerical				
Phase	2				
Description	This variable indicates whether the participant achieved at least 50% of the weight loss target and is therefore qualified to participate in the third phase, the maintaining phase. 0 = No 1 = Yes		209 311		

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		Phase 1	Phase 2	Phase 3	Phase 4
		Obs.	Obs.	Obs.	Obs.
adm_haltegruppe	Randomized assignment into the groups for the maintaining phase				
Data type	Byte, numerical				
Phase	3				
Description	This variable indicates the randomized assignment of the participants qualified for the maintaining phase into one of three groups: 1 = Control group with no financial reward 2 = Treatment group with a financial reward of € 250 3 = Treatment group with a financial reward of € 500			104	104
				104	
					104
adm_datok	Date of the sheet for the pharmacy lies in the correct time period				
Data type	Byte, numerical				
Phase	2, 3				
Description	This variable indicates whether the sheet for the pharmacy lies in the correct time period. 0 = No 1 = Yes		16	20	
			504	392	
adm_klinik	Clinic of the medical rehabilitation stay				
Data type	String				
Phase	1				
Description	This variable contains the name of the medical rehabilitation clinic of each participant. Bad Kissingen Bad Mergentheim Glottertal Isny im Allgäu	234	234	234	234
		292	292	292	292
		46	46	46	46
		128	128	128	128
adm_anmerkungen	Important notes on the participant				
Data type	String				
Phase	1, 2, 3, 4				
Description	Blank text box. Labels are in German. Important notes on the participant.	6	1	1	1
Medical variables collected by the medical rehabilitation clinic					
vm0a	Main diagnosis - name				
Data type	String				
Phase	1				
Description	Name of the main diagnosis of the participant. German label. German name of the main diagnosis	331			

5. Variable Description

		Phase 1 Obs.	Phase 2 Obs.	Phase 3 Obs.	Phase 4 Obs.
vm0b	Main diagnosis - ICD code				
Data type	String				
Phase	1				
Description	ICD code of the main diagnosis of the participant. ICD code of the main diagnosis		509		
lvm0c	Second diagnosis - name				
Data type	String				
Phase	1				
Description	Name of the second diagnosis of the participant. German label. German name of the second diagnosis		320		
vm0d	Second diagnosis - ICD code				
Data type	String				
Phase	1				
Description	ICD code of the second diagnosis of the participant. ICD code of of the second diagnosis		470		
vm1	Body height in cm				
Data type	Double, numerical				
Phase	1				
Description	Body height of the participant in cm by the end of the clinic stay. Body height in cm		697		
vm2	Body weight in kg				
Data type	Double, numerical				
Phase	1				
Description	Body weight of the participant in kg by the end of the clinic stay. Body weight in kg		700		
vm3	Blood glucose level				
Data type	Double, numerical				
Phase	1				
Description	Blood glucose level of the participant by the end of the clinic stay. Blood glucose level		687		
vm3a	Measuring unit of the blood glucose level				
Data type	Byte, numerical				
Phase	1				
Description	Variable indicating the measuring unit of the blood glucose level of the participant by the end of the clinic stay. 1 = mmol/l 2 = mg/dl		1		663

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		Phase 1 Obs.	Phase 2 Obs.	Phase 3 Obs.	Phase 4 Obs.
vm4	Cholesterol level				
Data type	Integer, numerical				
Phase	1				
Description	Cholesterol level of the participant by the end of the clinic stay.				
	Cholesterol level		685		
vm4a	Measuring unit of the cholesterol level				
Data type	Byte, numerical				
Phase	1				
Description	Variable indicating the measuring unit of the cholesterol level of the participant by the end of the clinic stay.				
	1 = mmol/l		0		
	2 = mg/dl		662		
vm5	Individual weight loss target in kg				
Data type	Double, numerical				
Phase	1				
Description	Individual weight loss target of the participant in kg by the end of the clinic stay. The weight loss target has been assigned by the physician in charge at the medical rehabilitation clinic.				
	Individual weight loss target in kg		700		
vm6	Kg to lose for achieving the individual weight loss target				
Data type	Double, numerical				
Phase	1				
Description	Number of kilogram to lose for achieving the individual weight loss target in comparison to the current weight by the end of the clinic stay. This number of kilogram has been assigned by the physician in charge at the medical rehabilitation clinic.				
	Kg to lose for achieving the individual weight loss target		700		
vm8	Weight in kg at the beginning of the clinic stay				
Data type	Double, numerical				
Phase	1				
Description	Initial weight of the participant in kg at the beginning of the clinic stay.				
	Weight in kg at the beginning of the clinic stay		678		
vm9	Upper blood pressure at the beginning of the clinic stay				
Data type	Integer, numerical				
Phase	1				
Description	Upper blood pressure of the participant in mmHg at the beginning of the clinic stay.				
	Upper blood pressure at the beginning of the clinic stay		666		
vm9a	Lower blood pressure at the beginning of the clinic stay				

5. Variable Description

		Phase 1 Obs.	Phase 2 Obs.	Phase 3 Obs.	Phase 4 Obs.
Data type	Integer, numerical				
Phase	1				
Description	Lower blood pressure of the participant in mmHg at the beginning of the clinic stay. Lower blood pressure at the beginning of the clinic stay	663			
vm10	Cholesterol level at the beginning of the clinic stay				
Data type	Integer, numerical				
Phase	1				
Description	Cholesterol level of the participant at the beginning of the clinic stay. Cholesterol level at the beginning of the clinic stay	657			
vm10a	Measuring unit of the cholesterol level at the beginning of the clinic stay				
Data type	Byte, numerical				
Description	Variable indicating the measuring unit of the cholesterol level of the participant at the beginning of the clinic stay. 1 = mmol/l 2 = mg/dl	3	466		
vm11	Waist circumference in cm at the beginning of the clinic stay				
Data type	Double, numerical				
Phase	1				
Description	Waist circumference of the participant at the beginning of the clinic stay. Waist circumference in cm at the beginning of the clinic stay	304			
vm12	Blood glucose level at the beginning of the clinic stay				
Data type	Double, numerical				
Phase	1				
Description	Blood glucose level of the participant at the beginning of the clinic stay. Blood glucose level at the beginning of the clinic stay	670			
vm12a	Measuring unit of the blood glucose level at the beginning of the clinic stay				
Data type	Byte, numerical				
Phase	1				
Description	Variable indicating the measuring unit of the blood glucose level of the participant at the beginning of the clinic stay. 1 = mmol/l 2 = mg/dl 80 = Wrongly coded	2	474	1	

The Effect of Financial Incentives on Weight Loss

		Phase 1 Obs.	Phase 2 Obs.	Phase 3 Obs.	Phase 4 Obs.
vm13	Triglyceride level at the beginning of the clinic stay				
Data type	Integer, numerical				
Phase	1				
Description	Triglyceride level of the participant at the beginning of the clinic stay. Triglyceride level by the beginning of the clinic stay	671			
vm13a	Measuring unit of the triglyceride level at the beginning of the clinic stay				
Data type	Integer, numerical				
Phase	1				
Description	Variable indicating the measuring unit of the triglyceride level of the participant at the beginning of the clinic stay. 1 = mmol/l 2 = mg/dl 148 = Wrongly coded	7 446 1			
vm14	Hip size in cm at the beginning of the clinic stay				
Data type	Double, numerical				
Phase	1				
Description	Hip size of the participant in cm at the beginning of the clinic stay. Hip size in cm by the beginning of the clinic stay	43			
vm15	C-reactive protein (CRP) at the beginning of the clinic stay				
Data type	Double, numerical				
Phase	1				
Description	Level of C-reactive proteins (CRP) of the participant at the beginning of the clinic stay. C-reactive protein (CRP) by the beginning of the clinic stay	451			
vm15a	Measuring unit of the C-reactive protein (CRP) level at the beginning of the clinic stay				
Data type	Byte, numerical				
Phase	1				
Description	Variable indicating the measuring unit of the level of C-reactive proteins (CRP) of the participant at the beginning of the clinic stay. 1 = mmol/l 2 = mg/dl 0 = Wrongly coded	4 341 1			
Medical variables collected by pharmacies					
vap1	Body height in cm				
Data type	Double, numerical				
Phase	2				
Description	Body height of the participant in cm at the visit of the pharmacy. Body height in cm		514		

5. Variable Description

		Phase 1 Obs.	Phase 2 Obs.	Phase 3 Obs.	Phase 4 Obs.
vap2	Blood glucose level				
Data type	Double, numerical				
Phase	2, 3, 4				
Description	Blood glucose level of the participant at the visit of the pharmacy.				
	Blood glucose level		396	332	258
vap2a	Measuring unit of the blood glucose level				
Data type	Byte, numerical				
Phase	2,3,4				
Description	Variable indicating the measuring unit of the blood glucose level of the participant at the visit of the pharmacy.				
	1 = mmol / l		1		
	2 = mg / dl		387	332	257
	22 = Wrongly coded				1
vap3	Body weight in kg				
Data type	Double, numerical				
Phase	2, 3, 4				
Description	Body weight of the participant in kg at the visit of the pharmacy.				
	Body weight in kg		520	412	316
vap4	Cholesterol level				
Data type	Integer, numerical				
Phase	2, 3, 4				
Description	Cholesterol level of the participant at the visit of the pharmacy.				
	Cholesterol level		266	211	158
vap4a	Measuring unit of the cholesterol level				
Data type	Byte, numerical				
Phase	2, 3, 4				
Description	Variable indicating the measuring unit of the cholesterol level of the participant at the visit of the pharmacy.				
	1 = mmol / l				
	2 = mg / dl		261	211	158
nahrung	Elapsed time since last food intake				
Data type	Byte, numerical				
Phase	2, 3, 4				
Description	Elapsed time since the last food intake of the participants prior to the visit of the pharmacy.				
	1 = Less than half an hour		15	18	7
	2 = Between half an hour and two hours		74	81	77
	3 = More than two hours		213	225	166
	33 = Wrongly coded				2

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		Phase 1 Obs.	Phase 2 Obs.	Phase 3 Obs.	Phase 4 Obs.
vap5	Wearing of shoes				
Data type	Byte, numerical				
Phase	2, 3, 4				
Description	Variable indicating whether the participant wore shoes when being weighted in the pharmacy.				
	1 = No		287	218	158
	2 = Yes		230	191	157
vap6	Assessment of worn shoes				
Data type	Byte, numerical				
Phase	2, 3, 4				
Description	Assessment of the participant's worn shoes by the pharmacist.				
	1 = Light		144	108	92
	2 = Heavy		86	91	61
vap7	Wearing of pullover				
Data type	Byte, numerical				
Phase	2, 3, 4				
Description	Variable indicating whether the participant wore a pullover when being weighted in the pharmacy.				
	1 = No		301	251	181
	2 = Yes		218	155	133
vap8	Wearing of long trousers				
Data type	Byte, numerical				
Phase	2, 3, 4				
Description	Variable indicating whether the participant wore long trousers when being weighted in the pharmacy.				
	1 = No		82	72	61
	2 = Yes		438	339	254
Informations from questionnaires	Family background, family situation and education				
va1	Year of birth				
Data type	Integer, numerical				
Phase	1				
Description	Year in which the participant was born.				
	Year of birth		691		

5. Variable Description

		Phase 1 Obs.	Phase 2 Obs.	Phase 3 Obs.	Phase 4 Obs.
va2	Sex				
Data type	Byte, numerical				
Phase	1				
Description	Indicator for the sex of the participant.				
	0 = Male	468			
	1 = Female	223			
va3a	Born in Germany				
Data type	Byte, numerical				
Phase	1				
Description	This variable indicates if the participant was born in Germany.				
	0 = No	147			
	1 = Yes	525			
va3b	Born in former German Democratic Republic (GDR)				
Data type	Byte, numerical				
Phase	1				
Description	This variable indicates if the participant was born in the former German Democratic Republic (GDR).				
	0 = No	298			
	1 = Yes	38			
va5	With whom grown up?				
Data type	Byte, numerical				
Phase	1				
Description	This variable indicates with whom the participant predominantly grew up during his hildhood.				
	1 = With both parents	575			
	2 = With the mother	68			
	3 = With the father	8			
	4 = With relatives	26			
	5 = With other persons	7			
	6 = With changing persons	12			
va6	Number of siblings				
Data type	Byte, numerical				
Phase	1				
Description	Number of siblings the participant grew up with.				
	Number of siblings	690			

The Effect of Financial Incentives on Weight Loss

		Phase 1 Obs.	Phase 2 Obs.	Phase 3 Obs.	Phase 4 Obs.
va7a	Educational attainment				
Data type	Byte, numerical				
Phase	1				
Description	Denotes the highest educational attainment of the participant.				
	1 = No graduation		16		
	2 = Completion of the 9th grade of secondary school (Haupt-/Volksschule)	421			
	3 = Completion of the 10th grade of secondary school (Realschule)	171			
	4 = University entrance diploma (Abitur / Fachhochschulreife)	47			
	5 = University degree	23			
	6 = Unknown	3			
va7b	Educational attainment of the mother				
Data type	Byte, numerical				
Phase	1				
Description	Denotes the highest educational attainment of the participant's mother.				
	1 = No graduation		53		
	2 = Completion of the 9th grade of secondary school (Haupt-/Volksschule)	448			
	3 = Completion of the 10th grade of secondary school (Realschule)	47			
	4 = University-entrance diploma (Abitur / Fachhochschulreife)	22			
	5 = University degree	5			
	6 = Unknown	58			
va7c	Educational attainment of the father				
Data type	Byte, numerical				
Phase	1				
Description	Denotes the highest educational attainment of the participant's father.				
	1 = No graduation		62		
	2 = Completion of the 9th grade of secondary school (Haupt-/Volksschule)	409			
	3 = Completion of the 10th grade of secondary school (Realschule)	45			
	4 = University entrance diploma (Abitur / Fachhochschulreife)	26			
	5 = University degree	14			
	6 = Unknown	68			

5. Variable Description

		Phase 1	Phase 2	Phase 3	Phase 4
		Obs.	Obs.	Obs.	Obs.
va7d	Vocational training				
Data type	Byte, numerical				
Phase	1				
Description	This variable indicates whether the participant has a completed vocational training.				
	1 = Completed vocational training	543			
	2 = No completed vocational training	99			
	3 = Unknown	4			
va7e	Vocational training of the mother				
Data type	Byte, numerical				
Phase	1				
Description	This variable indicates whether the participant's mother has a completed vocational training.				
	1 = Completed vocational training	275			
	2 = No completed vocational training	181			
	3 = Unknown	83			
va7f	Vocational training of the father				
Data type	Byte, numerical				
Phase	1				
Description	This variable indicates whether the participant's father has a completed vocational training.				
	1 = Completed vocational training	414			
	2 = No completed vocational training	82			
	3 = Unknown	59			
va8a	Family situation				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	Describes the family status of the participant.				
	1 = Married and living together with partner	408	308	252	191
	2 = Married and living separated from partner	20	16	12	10
	3 = Unmarried	142	96	71	52
	4 = Divorced	92	58	49	43
	5 = Widowed	23	22	15	9
va8b	Living together with a partner				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	Variable indicating if the participant lives together with a partner.				
	0 = No	199	115	106	79
	1 = Yes	264	134	88	74

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		Phase 1 Obs.	Phase 2 Obs.	Phase 3 Obs.	Phase 4 Obs.
va9	Employment status of partner				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	The employment status of the partner of the participant.				
	1 = Non-working	111	88	83	57
	2 = Part-time employed	145	113	78	66
	3 = Full-time employed	240	171	141	102
va10a	Own children				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	This variable indicates if the participant has own children.				
	0 = No	200	144	110	81
	1 = Yes	494	368	296	233
va10b	Number of children				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	The number of children the participant has.				
	Number of children	482	373	300	235
va10c	Number of children younger than 6 years				
Data type	Byte, numerical				
Phase	1				
Description	The number of children younger than 6 years the participant has.				
	Number of children younger than 6 years	90			
va10d	Number of children aged between 6 and 16 years				
Data type	Byte, numerical				
Phase	1				
Description	The number of children aged between 6 and 16 years the participant has.				
	Number of children aged between 6 and 16 years	180			
va10e	Number of children living in household				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	The number of children living with the participant in the household.				
	Number of children living in household	327	309	253	193

5. Variable Description

		Phase 1	Phase 2	Phase 3	Phase 4
		Obs.	Obs.	Obs.	Obs.
va11	Number of persons living in household				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	The number of persons living permanently in the participant's household.				
	Number of persons living in household	687	508	404	309
va_1	Change of residence				
Data type	Byte, numerical				
Phase	2, 3, 4				
Description	Variable indicating if the participant has changed his residence during the project.				
	0 = No		500	402	302
	1 = Yes		15	7	13
Employment					
vb1a	Employment status: Employed				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	The participant is currently employed.				
	1 = Yes	429	309	230	179
	0 = Wrongly coded		1		
vb1b	Employment status: Marginally employed				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	The participant is currently marginally employed only if he selected the status "Employed".				
	1 = Yes	29	18	17	16
vb1c	Employment status: Part-time employed				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	The participant is currently part-time employed only if he selected the status "Employed".				
	1 = Yes	61	45	41	32
vb1d	Employment status: Full-time employed				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	The participant is currently full-time employed only if he selected the status "Employed".				
	1 = Yes	477	357	284	200

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		Phase 1 Obs.	Phase 2 Obs.	Phase 3 Obs.	Phase 4 Obs.
vb1e	Employment status: Non-working				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	The participant is currently non-working. 1 = Yes	25	20	13	17
vb1f	Employment status: Currently in vocational training				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	The participant is currently in vocational training. 1 = Yes	2	7	7	3
vb1g	Employment status: Unemployed				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	The participant is currently unemployed. 1 = Yes	93	57	31	22
vb1h	Employment status: Retired				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	The participant is retired. 1 = Yes	4	7	9	17
vb1i	Employment status: Parental leave				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	The participant is currently on parental leave ("Elternzeit" or "Babypause"). 1 = Yes	1	0	1	2
vb1j	Employment status: House wife / House husband				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	The participant is currently a house wife or a house husband, respectively. 1 = Yes	14	10	5	4
vb1k	Employment status: Military service / Civilian service / Voluntary social year				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	The participant is currently fulfilling military service, civilian service or a voluntary social year. 1 = Yes	1			

5. Variable Description

		Phase 1	Phase 2	Phase 3	Phase 4
		Obs.	Obs.	Obs.	Obs.
vb1l	Employment status: Other				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	The participant has another employment status.				
	1 = Yes	22	9	15	14
vb1m	Employment status: Description of "Other"				
Data type	String				
Phase	1, 2, 3, 4				
Description	The description of the employment status "Other". German label.				
	Employment status: Description of "Other"	36	21	20	19
vb2a	Working hours per week				
Data type	Double, numerical				
Phase	1, 2, 3, 4				
Description	The number of weekly working hours of the participant.				
	Working hours per week	604	454	351	268
vb2a_neu	Working hours per week - Interval				
Data type	String				
Phase	1, 2, 3, 4				
Description	An interval of weekly working hours of the participant. This variable has only entries in case the participant has not inscribed the number but an interval of weekly working hours.				
	Working hours per week - Interval	31	17	18	9
vb2b	Frequent overtime hours				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	This variable indicates if the participant frequently works overtime.				
	0 = No	219	198	153	120
	1 = Yes	348	219	177	127
vb2c	Shift working				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	This variable indicates if the participant frequently works shifts.				
	0 = No	277	237	192	137
	1 = Yes	178	137	99	76
	2 = Wrongly coded	1			

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		Phase 1 Obs.	Phase 2 Obs.	Phase 3 Obs.	Phase 4 Obs.
vb3a	Occupational position				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	The occupational position of the participant.				
	1 = Unskilled or semi-skilled worker	176	141	97	72
	2 = Craftsman / skilled worker	274	193	167	136
	3 = Low-educated employee / official	57	43	43	23
	4 = High-educated or executive employee / official	76	57	39	36
	5 = Self-dependent / self-employed	14	13	7	5
	6 = Other	50	33	28	24
vb3b	Description of "Other"				
Data type	String				
Phase	1, 2, 3, 4				
Description	The description of the occupational position "Other". German label.				
	Description of "Other"	64	43	33	26
vb4a	Occupational activity - predominantly sitting				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	Describes the kind of main occupational activity of the participant. The participant is predominantly sitting in his occupation.				
	1 = Yes	218	154	129	107
	0 = Wrongly coded		1		
vb4b	Occupational activity - predominantly walking or standing				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	Describes the kind of main occupational activity of the participant. The participant is predominantly walking or standing in his occupation.				
	1 = Yes	311	230	213	155
vb4c	Occupational activity - physically demanding work				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	Describes the kind of main occupational activity of the participant. The participant has a predominantly physically demanding work.				
	1 = Yes	224	167	147	98

5. Variable Description

		Phase 1	Phase 2	Phase 3	Phase 4
		Obs.	Obs.	Obs.	Obs.
vb4d	Occupational activity - currently not working				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	Describes the kind of the main occupational activity of the participant. The participant is currently not working.				
	1 = Yes	98	76	48	41
vb5a	Unemployed in last 3 years				
Data type	Byte, numerical				
Phase	1				
Description	This variable indicates if the participant has experienced unemployment in the last 3 years.				
	0 = No	564			
	1 = Yes	121			
vb5b	Frequency of unemployment in last 3 years				
Data type	Byte, numerical				
Phase	1				
Description	Describes the frequency of unemployment in the last 3 years, i.e. how often the participant has been unemployed in the last 3 years.				
	Frequency of unemployment in last 3 years	92			
vb5c	Number of months unemployed in last 3 years				
Data type	Byte, numerical				
Phase	1				
Description	The number of months the participant has been unemployed in the last 3 years.				
	Number of months unemployed in last 3 years	96			
vb6	Monthly net household income in €				
Data type	String				
Phase	1, 2, 3, 4				
Description	The monthly net income of the participant's total household in €.				
	Monthly net household income in €	613	444	362	284
vb_1	Holiday within the last 4, 6 or 12 months, respectively				
Data type	Byte, numerical				
Phase	2, 3, 4				
Description	This variable indicates if the participant has had a holiday within the last 4, 6 or 12 months, respectively. The number of the respective period depends on the particular questionnaire (Q): in Q2 the last 4 months, in Q3 the last 6 months and in Q4 the last 12 months were considered.				
	0 = No		303	223	113
	1 = Yes		210	184	200

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		Phase 1 Obs.	Phase 2 Obs.	Phase 3 Obs.	Phase 4 Obs.
vb_2	Weeks of holiday				
Data type	Double, numerical				
Phase	2, 3, 4				
Description	Number of weeks of holiday the participant has had in the last 4, 6, or 12 months (depending on the respective questionnaire).				
	Weeks of holiday		209	187	200
vb_3	Change, loss or quit of the job within the last 4, 6 or 12 months				
Data type	Byte, numerical				
Phase	2, 3, 4				
Description	This variable indicates if the participant has changed, lost or quit his job within the last 4, 6 or 12 months, respectively. The number of the respective period depends on the particular questionnaire (Q): in Q2 the last 4 months, in Q3 the last 6 months and in Q4 the last 12 months were considered.				
	0 = No		456	361	271
	1 = Yes, change of job		14	19	12
	2 = Yes, loss or giving up of job		20	13	20
vb_4	Weeks of temporary unemployment due to change of job				
Data type	Byte, numerical				
Phase	2, 3, 4				
Description	The number of weeks of temporary unemployment, if the participant has changed his job within the last 4, 6 or 12 months (depending on the respective questionnaire).				
	Weeks of temporary unemployment due to change of job		17	13	14
vb_5	Weeks of unemployment since loss of job / quitting				
Data type	Integer, numerical				
Phase	2, 3, 4				
Description	The number of weeks of unemployment, if the participant has lost or quit his job within the last 4, 6 or 12 months (depending on the respective questionnaire).				
	Weeks of unemployment since loss of job / quitting		23	16	15
vb_7	Personal gross income				
Data type	Double, numerical				
Phase	3, 4				
Description	The personal gross income of the participant in €.				
	Personal gross income			323	239

5. Variable Description

		Phase 1 Obs.	Phase 2 Obs.	Phase 3 Obs.	Phase 4 Obs.
	Health and life style				
vc1a	Smoking				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	This variable indicates if the participant smokes.				
	0 = No	557	420	335	262
	1 = Yes	137	93	67	48
	2 = Wrongly coded	1			
vc1b	Formerly used to smoke				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	This variable indicates if the participant used to smoke in case he does not smoke currently.				
	0 = No	213	142	113	86
	1 = Yes	308	215	183	146
vc2a	Acute illness within the last 4 weeks: Not ill				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	This variable indicates if the participant has had an acute illness within the last 4 weeks. Four answering options are available with the possibility of multiple answers. This variable indicates if the participant marked "Not ill".				
	1 = Yes [Not ill]	498	347	278	197
vc2b	Acute illness within the last 4 weeks: Diarrhea or infection of the gastro-intestinal system				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	This variable indicates if the participant has had an acute illness within the last 4 weeks. Four answering options were available, with the possibility of multiple answers. This variable indicates if the participant marked "Diarrhea or infection of the gastro-intestinal system".				
	1 = Yes [Diarrhea or infection of the gastro-intestinal system]	24	35	24	19
vc2c	Acute illness within the last 4 weeks: Influenza or heavy cold				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	This variable indicates if the participant has had an acute illness within the last 4 weeks. Four answering options were available, with the possibility of multiple answers. This variable indicates if the participant marked "Influenza or heavy cold".				
	1 = Yes [Influenza or heavy cold]	57	64	41	43

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		Phase 1 Obs.	Phase 2 Obs.	Phase 3 Obs.	Phase 4 Obs.
vc2d	Acute illness within the last 4 weeks: Another acute illness				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	This variable indicates if the participant has had an acute illness within the last 4 weeks. Four answering options were available, with the possibility of multiple answers. This variable indicates if the participant marked "Another acute illness".				
	1 = Yes [Another acute illness]	125	88	94	67
	4 = Wrongly coded				1
vc3	Type of health insurance				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	The type of health insurance the participant holds.				
	1 = Statutory health insurance without complementary private health insurance	664	488	389	294
	2 = Statutory health insurance with complementary private health insurance	27	19	16	16
	3 = Private health insurance	6	6	5	3
vc4a	Self-assessed health status				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	The participant's self-assessed current health status.				
	1 = Very good	18	17	13	7
	2 = Good	174	162	107	71
	3 = Satisfactory	294	212	164	140
	4 = Poor	168	84	100	71
	5 = Bad	32	32	24	22
vc4b	Self-assessed physical well-being				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	The participant's self-assessed current physical well-being.				
	1 = Very good	11	19	10	4
	2 = Good	132	136	74	53
	3 = Satisfactory	261	193	157	129
	4 = Poor	214	105	109	67
	5 = Bad	49	44	43	42

5. Variable Description

		Phase 1	Phase 2	Phase 3	Phase 4
		Obs.	Obs.	Obs.	Obs.
vc5a	Limitations at daily tasks: climbing stairs				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	This variable indicates if the current health conditions limit the performance of daily tasks. Five answering options were available, with the possibility of multiple answers. This variable indicates if the participant is limited in climbing stairs.				
	1 = Yes	401	181	163	130
vc5b	Limitations at daily tasks: running fast or far				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	This variable indicates if the current health conditions limit the performance of daily tasks. Five answering options were available, with the possibility of multiple answers. This variable indicates if the participant is limited in running fast or far.				
	1 = Yes	431	244	225	176
	11 = Wrongly coded				1
vc5c	Limitations at daily tasks: lifting heavy objects				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	This variable indicates if the current health conditions limit the performance of daily tasks. Five answering options were available, with the possibility of multiple answers. This variable indicates if the participant is limited in lifting heavy objects.				
	1 = Yes	377	269	237	193
vc5d	Limitations at daily tasks: stooping, kneeling or leaning				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	This variable indicates if the current health conditions limit the performance of daily tasks. Five answering options were available, with the possibility of multiple answers. This variable indicates if the participant is limited in stooping, kneeling or leaning.				
	1 = Yes	446	321	262	217
vc5e	Limitations at daily tasks: no limitations				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	This variable indicates if the current health conditions limit the performance of daily tasks. Five answering options were available, with the possibility of multiple answers. This variable indicates if the participant is not limited in performing daily tasks.				
	1 = Yes	70	74	52	37

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		Phase 1 Obs.	Phase 2 Obs.	Phase 3 Obs.	Phase 4 Obs.
vc6	Number of days with limitations at the job due to health complaints within last 4 months				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	The number of days the participant has been limited at his job due to health complaints within the last 4 months.				
	Number of days with limitations at the job due to health complaints within last 4 months	611	462	383	157
vc6_neu	Number of days with limitations at the job due to health complaints within last 4 months - Interval				
Data type	String				
Phase	1, 2, 3, 4				
Description	This variable has only entries in case the participant has not inscribed the number but an interval of the number of days with limitations at the job. German label.				
	Number of days with limitations at the job due to health complaints within last 4 months - Interval	53	25	2	0
vc7	Number of days being on sick leave due to health complaints within last 4 months				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	The number of days the participant has been on sick leave due to health complaints within the last 4 months.				
	Number of days being on sick leave due to health complaints within last 4 months	632	476	386	182
vc7_neu	Number of days being on sick leave due to health complaints within last 4 months - Interval				
Data type	String				
Phase	1, 2, 3, 4				
Description	This variable has only entries in case the participant has not inscribed the number but an interval of the number of days being on sick leave. German label.				
	Number of days being on sick leave due to health complaints within last 4 months - Interval	25	13	1	0
vc8a	Number of doctor visits due to health complaints within last 4 months				
Data type	Double, numerical				
Phase	1, 2, 3, 4				
Description	The number of doctor visits by the participant due to health complaints within the last 4 months.				
	Number of doctor visits due to health complaints within last 4 months	633	486	389	229

5. Variable Description

		Phase 1	Phase 2	Phase 3	Phase 4
		Obs.	Obs.	Obs.	Obs.
vc8a_neu	Number of doctor visits due to health complaints within last 4 months - Interval				
Data type	String				
Phase	1, 2, 3, 4				
Description	An interval of the number of doctor visits by the participant due to health complaints within the last 4 months. This variable has only entries in case the participant has not inscribed the number but an interval of the number of doctor visits. German label.				
	Number of doctor visits due to health complaints within last 4 months - Interval	61	17	11	3
vc8b	Number of hospital visits due to health complaints within last 4 months				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	The number of hospital visits by the participant due to health complaints within the last 4 months.				
	Number of hospital visits due to health complaints within last 4 months	311	258	210	71
vc8b_neu	Number of hospital visits due to health complaints within last 4 months - Interval				
Data type	String				
Phase	1, 2, 3, 4				
Description	An interval of the number of hospital visits by the participant due to health complaints within the last 4 months. This variable has only entries in case the participant has not inscribed the number but an interval of the number of hospital visits. German label.				
	Number of hospital visits due to health complaints within last 4 months - Interval	2	1	0	0
vc8c	Number of visits of medical rehabilitation clinics due to health complaints within last 4 months				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	The number of visits of medical rehabilitation clinics by the participant due to health complaints within the last 4 months.				
	Number of visits of medical rehabilitation clinics due to health complaints within last 4 months	256	252	181	54
vc8c_neu	Number of visits of medical rehabilitation clinics due to health complaints within last 4 months - Interval				
Data type	String				
Phase	1, 2, 3, 4				
Description	An interval of the number of visits of medical rehabilitation clinics by the participant due to health complaints within the last 4 months. This variable has only entries in case the participant has not inscribed the number but an interval of the number of visits of medical rehabilitation clinics. German label.				
	Number of visits of medical rehabilitation clinics due to health complaints within last 4 months - Interval	0	2	0	0

The Effect of Financial Incentives on Weight Loss

		Phase 1 Obs.	Phase 2 Obs.	Phase 3 Obs.	Phase 4 Obs.
vc9a	Age of being overweight for the first time				
Data type	Double, numerical				
Phase	1				
Description	The age at which the participant had significant overweight for the first time.				
	Age of being overweight for the first time	680			
vc9b	Since than continuously being overweight				
Data type	Byte, numerical				
Phase	1				
Description	This variable indicates if the participant has been continuously overweight since the age at which overweight was first noticed.				
	0 = No	52			
	1 = Yes	546			
vc10a	Close relatives with overweight: indicator				
Data type	Byte, numerical				
Phase	1				
Description	This variable indicates if close relatives of the participant are currently overweight or used to be so in the past.				
	0 = No	237			
	1 = Yes	447			
vc10b	Close relatives with overweight: parents				
Data type	Byte, numerical				
Phase	1				
Description	This variable indicates if the parents of the participant are currently overweight or used to be so in the past.				
	1 = Yes	359			
vc10c	Close relatives with overweight: siblings				
Data type	Byte, numerical				
Phase	1				
Description	This variable indicates if the siblings of the participant are currently overweight or used to be so in the past.				
	1 = Yes	225			
vc10d	Close relatives with overweight: (marriage) partner				
Data type	Byte, numerical				
Phase	1				
Description	This variable indicates if the (marriage) partner of the participant is currently overweight or used to be so in the past.				
	1 = Yes	65			

5. Variable Description

		Phase 1	Phase 2	Phase 3	Phase 4
		Obs.	Obs.	Obs.	Obs.
vc10e	Close relatives with overweight: children				
Data type	Byte, numerical				
Phase	1				
Description	This variable indicates if the children of the participant are currently overweight or used to be so in the past.				
	1 = Yes	76			
vc11a	Frequency of eating fruits and vegetables				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	This variable indicates how often the participant eats fruits and vegetables.				
	1 = Never		1	1	1
	2 = At least once per month	27	8	8	8
	3 = At least once per week	152	81	86	64
	4 = Once a day	321	252	187	163
	5 = Several times a day	194	171	123	76
vc11b	Frequency of eating meat and meat products				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	This variable indicates how often the participant eats meat and meat products.				
	1 = Never	7	6	5	3
	2 = At least once per month	7	8	8	8
	3 = At least once per week	118	146	106	82
	4 = Once a day	332	271	223	169
	5 = Several times a day	223	78	60	48
vc11c	Frequency of eating whole-grain products				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	This variable indicates how often the participant eats whole-grain products.				
	1 = Never	38	20	15	18
	2 = At least once per month	55	43	32	21
	3 = At least once per week	205	142	110	90
	4 = Once a day	246	202	176	127
	5 = Several times a day	132	94	66	49

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		Phase 1	Phase 2	Phase 3	Phase 4
		Obs.	Obs.	Obs.	Obs.
vc12a	Paying attention on the meal: dietary composition				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	The participant was asked about his eating habits. This variable indicates in how far the participant pays attention on the dietary composition of his meals. The degree of paying attention is presented in form of a scale from 1 (= does not apply at all) to 6 (= does fully apply).				
	1 = Does not apply at all	118	17	27	23
	2	98	39	31	32
	3	152	90	90	73
	4	127	119	90	73
	5	96	126	98	73
	6 = Does fully apply	66	104	60	33
vc12b	Paying attention on the meal: caloric content				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	The participant was asked about his eating habits. This variable indicates in how far the participant pays attention on the caloric content of his meals. The degree of paying attention is presented in form of a scale from 1 (= does not apply at all) to 6 (= does fully apply).				
	1 = Does not apply at all	141	35	32	27
	2	124	52	43	33
	3	145	104	82	84
	4	127	131	115	79
	5	63	97	80	52
	6 = Does fully apply	44	69	39	27
vc12c	Paying attention on the meal: eating speed				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	The participant was asked about his eating habits. This variable indicates in how far the participant pays attention on his eating speed. The degree of paying attention is presented in form of a scale from 1 (= does not apply at all) to 6 (= does fully apply).				
	1 = Does not apply at all	184	47	49	34
	2	112	64	51	43
	3	142	104	106	74
	4	102	124	97	64
	5	57	86	54	55
	6 = Does fully apply	51	54	30	21

5. Variable Description

		Phase 1	Phase 2	Phase 3	Phase 4
		Obs.	Obs.	Obs.	Obs.
vc13a	Eating habits: often cooking on their own				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	This variable indicates if the participant often cooks on his own at home.				
	1 = Yes	541	420	334	244
vc13b	Eating habits: eating at fixed times				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	This variable indicates if the participant takes particular meals at fixed times.				
	1 = Yes	231	233	176	140
vc13c	Eating habits: eating together with relatives or other persons				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	This variable indicates if the participant often eats together with relatives or other persons.				
	1 = Yes	369	273	207	166
vc13d	Eating habits: often eating alongside				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	This variable indicates if the participant often eats during other activities.				
	1 = Yes	315	111	104	78
	0 = Wrongly coded	1			
vc14a	Efforts to reduce weight within the last 4 years				
Data type	Byte, numerical				
Phase	1				
Description	This variable indicates if the participant made efforts to reduce his weight within the last 4 years.				
	0 = No	302			
	1 = Yes	389			
vc14b	Temporary successful efforts in reducing weight				
Data type	Byte, numerical				
Phase	1				
Description	This variable indicates if the efforts in reducing weight were temporarily successful, in the case the participant had made efforts to reduce his weight within the last 4 years.				
	0 = No	137			
	1 = Yes	247			

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		Phase 1 Obs.	Phase 2 Obs.	Phase 3 Obs.	Phase 4 Obs.
vc15a	Frequency of exercise				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	This variable indicates the frequency of physical exercise of the participant.				
	1 = Never	138	48	54	43
	2 = Occasionally /during holidays	236	90	82	69
	3 = Once a week	158	150	112	102
	4 = Several times a week	131	190	127	67
	5 = Daily	13	29	24	19
vc15b	Intensity of exercise				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	This variable indicates the intensity of physical exercise of the participant. The intensity of physical exercise is presented in form of a scale from 1 (= low intensity) to 6 (= very intensive).				
	1 = Low intensity	150	54	53	36
	2	127	94	70	52
	3	157	121	89	67
	4	74	128	86	67
	5	33	45	32	27
	6 = Very intensive	11	14	4	3
	14 = Wrongly coded	0	0	0	1
vc15c	Frequency of climbing stairs				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	This variable indicates the frequency of climbing stairs instead of taking the elevator. The frequency of climbing stairs is presented in form of a scale from 1 (= never) to 6 (= always).				
	1 = Never	68	24	19	15
	2	80	28	24	26
	3	139	75	54	46
	4	98	83	60	49
	5	92	118	90	69
	6 = Always	104	134	89	57

5. Variable Description

		Phase 1	Phase 2	Phase 3	Phase 4
		Obs.	Obs.	Obs.	Obs.
vc16	Frequency of alcohol consumption				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	This variable indicates the frequency of alcohol consumption of the participant.				
	1 = Never	152	116	100	73
	2 = Occasionally / on special occasions	328	264	212	167
	3 = At least once a month	53	25	21	14
	4 = At least once a week	131	86	57	45
	5 = Daily	32	20	16	12
vc17a	Self-assessed satisfaction with financial situation				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	This variable indicates the participant's self-assessed satisfaction with his financial situation.				
	1 = Very satisfied	79	36	35	41
	2 = Rather satisfied	331	276	200	151
	3 = Rather unsatisfied	194	140	123	82
	4 = Very unsatisfied	78	56	43	32
vc17b	Self-assessed satisfaction with occupational situation				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	This variable indicates the participant's self-assessed satisfaction with his occupational situation.				
	1 = Very satisfied	119	68	59	37
	2 = Rather satisfied	280	243	185	133
	3 = Rather unsatisfied	162	115	101	71
	4 = Very unsatisfied	117	70	44	45
vc17c	Self-assessed satisfaction with family situation				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	This variable indicates the participant's self-assessed satisfaction with his family situation.				
	1 = Very satisfied	351	235	157	124
	2 = Rather satisfied	196	169	153	120
	3 = Rather unsatisfied	80	54	55	31
	4 = Very unsatisfied	35	36	25	26

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		Phase 1	Phase 2	Phase 3	Phase 4
		Obs.	Obs.	Obs.	Obs.
vc18	Clinic of the medical rehabilitation stay				
Data type	Byte, numerical				
Phase	1				
Description	The medical rehabilitation clinic where the participant has had his clinic stay.				
	1 = Bad Mergentheim	294			
	2 = Bad Kissingen	231			
	3 = Isny im Allgäu	126			
	4 = Glottertal	46			
vc_1	Reaction to affiliation to the group				
Data type	Byte, numerical				
Phase	2				
Description	The participant was asked how he felt when receiving the assignment to one of three groups (no reward, 150 € or 300 €). The feeling of the participant about the group assignment is presented in form of a scale from -3 (= very disappointed) to 3 (= very pleased).				
	1 = "-3" - Very disappointed		50		
	2 = "-2"		27		
	3 = "-1"		28		
	4 = "0"		105		
	5 = "+1"		40		
	6 = "+2"		66		
	7 = "+3" - Very pleased		162		
vc_2	Extraordinary eating behavior: immediately afterwards				
Data type	Byte, numerical				
Phase	2				
Description	In the case the participant has been assigned to the group receiving no financial reward, he was asked if this information led to extraordinary eating behavior. This variable indicates if the participant has eaten in excess immediately after receiving the assignment to the group.				
	0 = No		225		
	1 = Yes		18		
vc_3	Extraordinary eating behavior: until today				
Data type	Byte, numerical				
Phase	2				
Description	When assigned to the group receiving no financial reward, he was asked if this information led to extraordinary eating behavior. This variable indicates if the participant has eaten in excess until today after receiving the assignment to the group.				
	0 = No		218		
	1 = Yes		18		

5. Variable Description

		Phase 1	Phase 2	Phase 3	Phase 4
		Obs.	Obs.	Obs.	Obs.
vc_4	Hours per day of being outdoors				
Data type	Double, numerical				
Phase	3, 4				
Description	The number of (average) daily hours the participant spends outdoors.				
	Hours per day of being outdoors			395	304
vc_5	Hours per day of being in motion				
Data type	Double, numerical				
Phase	3, 4				
Description	The number of (average) daily hours the participant spends with being in motion.				
	Hours per day of being in motion			373	300
vc_6	Hours per day of sleeping				
Data type	Double, numerical				
Phase	3, 4				
Description	The number of (average) daily hours the participant spends sleeping.				
	Hours per day of sleeping			384	298
vc_7	Hours per day of watching television				
Data type	Double, numerical				
Phase	3, 4				
Description	The number of (average) daily hours the participant spends watching television.				
	Hours per day of watching television			386	300
vc_8	Hours per day of using a PC				
Data type	Double, numerical				
Phase	3, 4				
Description	The number of (average) daily hours the participant spends using a PC.				
	Hours per day of using a PC			361	293
vc_9	Hours per day of using the internet				
Data type	Double, numerical				
Phase	3, 4				
Description	The number of (average) daily hours the participant spends using the internet.				
	Hours per day of using the internet			359	293
vc6_1	Limitations at the job due to health complaints within the last 4 months				
Data type	Byte, numerical				
Phase	4				
Description	This variable indicates if the participant has faced difficulties at the job due to health complaints within the last 4 months.				
	0 = No				120
	1 = Yes				105

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		Phase 1 Obs.	Phase 2 Obs.	Phase 3 Obs.	Phase 4 Obs.
vc7_1	Being on sick leave due to health complaints within the last 4 months				
Data type	Byte, numerical				
Phase	4				
Description	This variable indicates if the participant has been on sick leave due to health complaints within the last 4 months.				
	0 = No				110
	1 = Yes				118
	11 = Wrongly coded				1
vc8a_1	Doctor visits due to health complaints within the last 4 months				
Data type	Byte, numerical				
Phase	4				
Description	This variable indicates if the participant has visited a doctor due to health complaints within the last 4 months.				
	0 = No				60
	1 = Yes				180
vc8b_1	Hospital visits due to health complaints within the last 4 months				
Data type	Byte, numerical				
Phase	4				
Description	This variable indicates if the participant has visited a hospital due to health complaints within the last 4 months.				
	0 = No				87
	1 = Yes				30
vc8c_1	Visits of medical rehabilitation clinics due to health complaints within the last 4 months				
Data type	Byte, numerical				
Phase	4				
Description	This variable indicates if the participant has visited a medical rehabilitation clinic due to health complaints within the last 4 months.				
	0 = No				96
	1 = Yes				12

5. Variable Description

		Phase 1	Phase 2	Phase 3	Phase 4
		Obs.	Obs.	Obs.	Obs.
	Stay at the medical rehabilitation clinic				
vd_1	Dietary recommendations for everyday life				
Data type	Byte, numerical				
Phase	2				
Description	Effectiveness of the dietary recommendations received at the clinic stay for daily life routines at home.				
	1 = Very helpful		274		
	2 = Rather helpful		203		
	3 = Rather useless		30		
	4 = Entirely useless		4		
vd_2	Permanent change of eating habits				
Data type	Byte, numerical				
Phase	2				
Description	This variable indicates if the dietary recommendations of the clinic have permanently changed the eating habits of the participant.				
	0 = No		147		
	1 = Yes		358		
vd_3a	Implementation problems with dietary recommendations: no problems				
Data type	Byte, numerical				
Phase	2				
Description	The participant was asked what kind of problems he had with the implementation of the dietary recommendations. Multiple answers were possible. This variable indicates if the participant has answered "No problems".				
	1 = Yes		225		
vd_3b	Implementation problems with dietary recommendations: frequent shift work				
Data type	Byte, numerical				
Phase	2				
Description	The participant was asked about the problems with the implementation of the dietary recommendations. Multiple answers were possible. This variable indicates if the participant has answered "Frequent shift work".				
	1 = Yes		111		
vd_3c	Implementation problems with dietary recommendations: frequently eating away from home				
Data type	Byte, numerical				
Phase	2				
Description	The participant was asked what kind of problems he had with the implementation of the dietary recommendations. Multiple answers were possible. This variable indicates if the participant has answered "Frequent eating away from home, e.g. in the canteen".				
	1 = Yes		100		

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		Phase 1 Obs.	Phase 2 Obs.	Phase 3 Obs.	Phase 4 Obs.
vd_3d	Implementation problems with dietary recommendations: not any longer aware of dietary recommendations				
Data type	Byte, numerical				
Phase	2				
Description	The participant was asked about the problems with the implementation of the dietary recommendations. Multiple answers were possible. This variable indicates if the participant has answered "I was not any longer aware of the dietary recommendations the clinic has given me".				
	1 = Yes		7		
vd_3e	Implementation problems with dietary recommendations: partner cooks				
Data type	Byte, numerical				
Phase	2				
Description	The participant was asked about the problems with the implementation of the dietary recommendations. Multiple answers were possible. This variable indicates if the participant has answered "My partner cooks".				
	1 = Yes		87		
vd_3f	Implementation problems with dietary recommendations: family did not changed eating habits				
Data type	Byte, numerical				
Phase	2				
Description	The participant was asked about the problems with the implementation of the dietary recommendations. Multiple answers were possible. This variable indicates if the participant has answered "My family did not wanted to change their eating habits".				
	1 = Yes		64		
vd_3g	Implementation problems with dietary recommendations: other				
Data type	Byte, numerical				
Phase	2				
Description	The participant was asked about the problems with the implementation of the dietary recommendations. Multiple answers were possible. This variable indicates if the participant has answered "Other".				
	1 = Yes		58		
vd_3h	Description of "Other"				
Data type	String				
Phase	2				
Description	The description "Other" in the context of implementation problems with dietary recommendations. German label.				
	Other problems with dietary recommendations (German label)		70		

5. Variable Description

		Phase 1	Phase 2	Phase 3	Phase 4
		Obs.	Obs.	Obs.	Obs.
vd_3i	Wishes for next rehab: more information				
Data type	Byte, numerical				
Phase	2				
Description	The participant was asked about his wishes for his next stay in a medical rehabilitation clinic. Multiple answers were possible. This variable indicates if the participant has answered "More information via training courses and presentations".				
	1 = Yes		110		
vd_3j	Wishes for next rehab: more practical exercises				
Data type	Byte, numerical				
Phase	2				
Description	The participant was asked about his wishes for his next stay in a medical rehabilitation clinic. Multiple answers were possible. This variable indicates if the participant has answered "More practical exercises in the demonstration kitchen of the clinic".				
	1 = Yes		256		
vd_3k	Wishes for next rehab: attendance at the purchase				
Data type	Byte, numerical				
Phase	2				
Description	The participant was asked about his wishes for his next stay in a medical rehabilitation clinic. Multiple answers were possible. This variable indicates if the participant has answered "More attendance at the purchase".				
	1 = Yes		78		
vd_3l	Wishes for next rehab: short-term repetitions of clinic stay				
Data type	Byte, numerical				
Phase	2				
Description	The participant was asked about his wishes for his next stay in a medical rehabilitation clinic. Multiple answers were possible. This variable indicates if the participant has answered "Short-term repetitions of the clinic stay (e.g. after 4 and 8 months) for learnt skills".				
	1 = Yes		309		
vd_3m	Wishes for next rehab: other				
Data type	Byte, numerical				
Phase	2				
Description	The participant was asked about his wishes for his next stay in a medical rehabilitation clinic. Multiple answers were possible. This variable indicates if the participant has answered "Other".				
	1 = Yes		54		

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		Phase 1 Obs.	Phase 2 Obs.	Phase 3 Obs.	Phase 4 Obs.
vd_3n	Description of "Other"				
Data type	String				
Phase	2				
Description	The description "Other" in the context of wishes for the next stay in a medical rehabilitation clinic. German label.				
	Description of "Other"		66		
	Weight reduction				
vd_4	Contact with other participants within 4 months after clinic stay				
Data type	Byte, numerical				
Phase	3				
Description	This variable indicates if the participant had contact with other participants of the experiment in the 4 months immediately after the clinic stay.				
	0 = No			362	
	1 = Yes			40	
vd_5	Contact with successful participants within 4 months after clinic stay				
Data type	Byte, numerical				
Phase	3				
Description	In the case of contact with other participants of the experiment in the 4 months immediate after the clinic stay, this variable indicates whether the other participants were successful in reducing their weight.				
	0 = No			22	
	1 = Yes			25	
vd_6	Contact with other participants in the last 6 or 12 months				
Data type	Byte, numerical				
Phase	3, 4				
Description	This variable indicates if the participant had contact with other participants of the experiment in the last 6 months (questionnaire for phase 3) or in the last 12 months (questionnaire for phase 4).				
	0 = No			347	278
	1 = Yes			30	16
vd_7	Contact with successful participants within 6 or 12 months after clinic stay				
Data type	Byte, numerical				
Phase	3, 4				
Description	In the case of contact with other participants of the experiment in the last 6 months (questionnaire for phase 3) or in the last 12 months (questionnaire for phase 4), this variable indicates whether the other participants were successful in reducing their weight.				
	0 = No			27	50
	1 = Yes			17	6

5. Variable Description

		Phase 1 Obs.	Phase 2 Obs.	Phase 3 Obs.	Phase 4 Obs.
vd_8	Common weight reduction within 4 months after clinic stay or in the last 12 months				
Data type	Byte, numerical				
Phase	3, 4				
Description	The participant was asked if persons from his personal environment (family, friends etc.) have also tried to reduce their weight at the same time. This variable indicates if this has been the case within 4 months after the clinic stay (questionnaire for phase 3) or in the last 12 months (questionnaire for phase 4).				
	0 = No			309	215
	1 = Yes			88	90
vd_9	Mutual support within 4 months after clinic stay or in the last 12 month				
Data type	Byte, numerical				
Phase	3, 4				
Description	In the case persons from the participant's personal environment (family, friends etc.) have supported each other at the same time within 4 months after the clinic stay (questionnaire for phase 3) or in the last 12 months (questionnaire for phase 4), this variable indicates whether the participant and the other person(s) have provided mutual support.				
	0 = No			42	64
	1 = Yes			83	75
vd_10	Contact with successful participants within 12 month after the clinic stay				
Data type	Byte, numerical				
Phase	3, 4				
Description	In the case persons from the participant's personal environment (family, friends etc.) have supported each other at the same time within 4 months after the clinic stay (questionnaire for phase 3) or in the last 12 months (questionnaire for phase 4), this variable indicates whether the other person(s) has / have been successful in reducing their weight.				
	0 = No			45	62
	1 = Yes			72	72
vd_11	Common weight reduction in the last 6 months				
Data type	Byte, numerical				
Phase	3				
Description	The participant was asked if persons from his personal environment (family, friends etc.) have supported each other at the same time. This variable indicates if this has been the case in the last 6 months.				
	0 = No			289	
	1 = Yes			82	

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		Phase 1 Obs.	Phase 2 Obs.	Phase 3 Obs.	Phase 4 Obs.
vd_12	Mutual supprt in last 6 months after clinic stay				
Data type	Byte, numerical				
Phase	3				
Description	In the case persons from the participant's personal environment (family, friends etc.) have also tried to reduce their weight at the same time in the last 6 months, this variable indicates whether the participant and the other person(s) have provided mutual support.				
	0 = No			38	
	1 = Yes			81	
vd_13	Contact with successful participants within 6 months after clinic stay				
Data type	Byte, numerical				
Phase	3				
Description	In the case persons from the participant's personal environment (family, friends etc.) have also tried to reduce their weight at the same time in the last 6 months, this variable indicates whether the other person(s) has / have been successful in reducing their weight.				
	0 = No			48	
	1 = Yes			65	
	11 = Wrongly coded			1	
vd_14	Taking of diet pills within 4 months after the clinic stay				
Data type	Byte, numerical				
Phase	3				
Description	This variable indicates if the participant has taken diet pills or other drugs for weight reduction within 4 months after the clinic stay.				
	0 = No			392	
	1 = Yes			12	
vd_15	Taking of diet pills in the last 6 months				
Data type	Byte, numerical				
Phase	3				
Description	This variable indicates if the participant has taken diet pills or other drugs for weight reduction in the last 6 months.				
	0 = No			376	
	1 = Yes			16	
vd_16	Surgery for weight loss within 4 months after the clinic stay				
Data type	Byte, numerical				
Phase	3				
Description	This variable indicates if the participant has undergone a surgery for weight loss within 4 months after the clinic stay.				
	0 = No			402	
	1 = Yes			4	

5. Variable Description

		Phase 1 Obs.	Phase 2 Obs.	Phase 3 Obs.	Phase 4 Obs.
vd_17	Surgery for weight loss in the last 6 months				
Data type	Byte, numerical				
Phase	3				
Description	This variable indicates if the participant has undergone a surgery for weight loss in the last 6 months. 0 = No 1 = Yes			388	5
vd_18	Advice by the general practitioner within 4 months after the clinic stay				
Data type	Byte, numerical				
Phase	3				
Description	This variable indicates if the participant has received advice by his general practitioner or if the practitioner has monitored the weight progress within 4 months after the clinic stay. 0 = No 1 = Yes			290	114
vd_19	Advice by the general practitioner in the last 6 months				
Data type	Byte, numerical				
Phase	3				
Description	This variable indicates if the participant has received advice by his general practitioner or if the practitioner has monitored the weight progress in the last 6 months. 0 = No 1 = Yes			288	99
vd_20	Diet program within 4 months after the clinic stay: no				
Data type	Byte, numerical				
Phase	3				
Description	The participant was asked, if he has participated in a diet or adiposity program within 4 months after the clinic stay. Four answering options were available with the possibility for multiple answers. This variable indicates if the participant answered "No participation in any diet or adiposity program". 1 = Yes			343	
vd_21	Diet program in the last 6 months: no				
Data type	Byte, numerical				
Phase	3				
Description	The participant was asked, if he has participated in a diet or adiposity program in the last 6 months. Four answering options were available with the possibility for multiple answers. This variable indicates if the participant answered "No participation in any diet or adiposity program". 1 = Yes			294	

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		Phase 1 Obs.	Phase 2 Obs.	Phase 3 Obs.	Phase 4 Obs.
vd_22	Diet program within 4 months after the clinic stay: via internet, book or magazines				
Data type	Byte, numerical				
Phase	3				
Description	The participant was asked, if he has participated in a diet or adiposity program within 4 months after the clinic stay. Four answering options were available with the possibility for multiple answers. This variable indicates if the participant answered "Participation in form of a diet and / or sport scheme from the internet, a book or a specialized magazine".				
	1 = Yes			18	
vd_23	Diet program in the last 6 months: via internet, book or magazines				
Data type	Byte, numerical				
Phase	3				
Description	The participant was asked, if he has participated in a diet or adiposity program in the last 6 months. Four answering options were available with the possibility for multiple answers. This variable indicates if the participant answered "Participation in form of a diet and / or sport scheme from the internet, a book or a specialized magazine".				
	1 = Yes			14	
vd_24	Diet program within 4 months after the clinic stay: via group sessions and movement units				
Data type	Byte, numerical				
Phase	3				
Description	The participant was asked, if he has participated in a diet or adiposity program within 4 months after the clinic stay. Four answering options were available with the possibility for multiple answers. This variable indicates if the participant answered "Participation in form of group sessions and movement units with additional support via one or more experts".				
	1 = Yes			16	
vd_25	Diet program in the last 6 months: via group sessions and movement units				
Data type	Byte, numerical				
Phase	3				
Description	The participant was asked, if he has participated in a diet or adiposity program in the last 6 months. Four answering options were available with the possibility for multiple answers. This variable indicates if the participant answered "Participation in form of group sessions and movement units with additional support via one or more experts".				
	1 = Yes			10	
vd_26	Diet program within 4 months after the clinic stay: other programs				
Data type	Byte, numerical				
Phase	3				
Description	The participant was asked, if he has participated in a diet or adiposity program within 4 months after the clinic stay. Four answering options were available with the possibility for multiple answers. This variable indicates if the participant answered "Participation in another program".				
	1 = Yes			17	

5. Variable Description

		Phase 1	Phase 2	Phase 3	Phase 4
		Obs.	Obs.	Obs.	Obs.
vd_27	Diet program in the last 6 months: other programs				
Data type	Byte, numerical				
Phase	3				
Description	The participant was asked, if he has participated in a diet or adiposity program in the last 6 months. Four answering options were available with the possibility for multiple answers. This variable indicates if the participant answered "Participation in another program".				
	1 = Yes			15	
vd_28	Change of dietary behavior due to recommendations				
Data type	Byte, numerical				
Phase	3, 4				
Description	This variable indicates if the participant has changed his dietary behavior permanently in his everyday life due to the dietary recommendations from the medical rehabilitation clinic.				
	0 = No			161	138
	1 = Yes			242	173
	2 = Wrongly coded				1
vd_29	Good informed about methods for losing weight				
Data type	Byte, numerical				
Phase	3, 4				
Description	This variable indicates if the participant feels well informed about methods for losing or keeping weight.				
	0 = No			109	74
	1 = Yes			287	232
vd_30	Cashing of the voucher check				
Data type	Byte, numerical				
Phase	3				
Description	The participant received a voucher for the amount of the expense allowance and where appropriate the premium (financial incentive) when achieving the weight loss target. He was asked in which time he has cashed the voucher check after the receipt.				
	1 = Within one week			115	
	2 = Within four weeks			199	

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		Phase 1 Obs.	Phase 2 Obs.	Phase 3 Obs.	Phase 4 Obs.
	3 = After four weeks			45	
	4 = Not considering the cashing of the voucher			2	
	5 = Will still cash the voucher check			34	
vd_34	Self-gained weight in kg				
Data type	Double, numerical				
Phase	4				
Description	The participant was asked about his self-gained weight in kg. This variable contains the participant's self-gained body weight .				
	Self-gained weight in kg				286
vd_36	Weighting prior to the visit of a pharmacy				
Data type	Byte, numerical				
Phase	4				
Description	This variable indicates if the participant has weighted himself prior to the visit of a pharmacy.				
	0 = No				138
	1 = Yes				154
vd_37	Advisory by the general practitioner within the last year				
Data type	Byte, numerical				
Phase	4				
Description	This variable indicates if the participant has received advisory by his general practitioner within the last year or if the general practitioner has monitored the development of the participant's weight.				
	0 = No				173
	1 = Yes				137
Before the clinic stay					
ve_1	Before clinic stay: weight is a problem				
Data type	Byte, numerical				
Phase	3				
Description	The variable indicates if the participant has considered his weight as a problem before the clinic stay.				
	1 = Yes			254	
ve_2	Today: weight is a problem				
Data type	Byte, numerical				
Phase	3				
Description	The variable indicates if the participant considers his weight as a problem today.				
	1 = Yes			182	

5. Variable Description

		Phase 1	Phase 2	Phase 3	Phase 4
		Obs.	Obs.	Obs.	Obs.
ve_3	Before clinic stay: feeling uncomfortable due to weight				
Data type	Byte, numerical				
Phase	3				
Description	The variable indicates if the participant has felt uncomfortable due to his weight before the clinic stay. 1 = Yes			223	
ve_4	Today: feeling uncomfortable due to weight				
Data type	Byte, numerical				
Phase	3				
Description	The variable indicates if the participant feels uncomfortable due to his weight today. 1 = Yes			156	
ve_5	Before clinic stay: feeling unaccepted due to weight				
Data type	Byte, numerical				
Phase	3				
Description	The variable indicates if the participant has felt unaccepted by others due to his weight before the clinic stay. 1 = Yes			46	
ve_6	Today: feeling unaccepted due to weight				
Data type	Byte, numerical				
Phase	3				
Description	The variable indicates if the participant feels unaccepted by others due to his weight today. 1 = Yes			28	
ve_7	Before clinic stay: feeling discriminated against due to weight				
Data type	Byte, numerical				
Phase	3				
Description	The variable indicates if the participant has felt discriminated against by others due to his weight before the clinic stay. 1 = Yes			35	
ve_8	Today: feeling discriminated against due to weight				
Data type	Byte, numerical				
Phase	3				
Description	The variable indicates if the participant feels discriminated against by others due to his weight today. 1 = Yes			20	

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		Phase 1 Obs.	Phase 2 Obs.	Phase 3 Obs.	Phase 4 Obs.
ve_9	Before clinic stay: no intention in reducing weight				
Data type	Byte, numerical				
Phase	3				
Description	The variable indicates if the participant had no intention to reduce his weight before the clinic stay. 1 = Yes			7	
ve_10	Today: no intention in reducing weight				
Data type	Byte, numerical				
Phase	3				
Description	The variable indicates if the participant has no intention to reduce his weight today. 1 = Yes			6	
ve_11	Before clinic stay: reducing weight would be a not a bad idea				
Data type	Byte, numerical				
Phase	3				
Description	The variable indicates if the participant thought about losing weight would be not a bad idea before the clinic stay. 1 = Yes			188	
ve_12	Today: reducing weight would be a not a bad idea				
Data type	Byte, numerical				
Phase	3				
Description	The variable indicates if the participant thinks about losing weight would be not a bad idea today. 1 = Yes			220	
ve_13	Before clinic stay: reducing weight is very important				
Data type	Byte, numerical				
Phase	3				
Description	The variable indicates if reducing weight has been very important for the participant before the clinic stay. 1 = Yes			168	
ve_14	Today: reducing weight is very important				
Data type	Byte, numerical				
Phase	3				
Description	The variable indicates if reducing weight is very important for the participant today. 1 = Yes			248	
ve_15	Investments in reducing weight prior to the clinic stay				

5. Variable Description

		Phase 1	Phase 2	Phase 3	Phase 4
		Obs.	Obs.	Obs.	Obs.
Data type	Byte, numerical				
Phase	3				
Description	The participant was asked, if he has made investments in reducing weight, i.e. in particular spending money for literature, diet pills, gym, etc. This variable indicates if the participant has spent money for it before the clinic stay.				
	0 = No			293	
	1 = Yes			108	
ve_16	Investments in reducing weight within 4 months after the clinic stay				
Data type	Byte, numerical				
Phase	3				
Description	The participant was asked, if he has made investments in reducing weight, i.e. in particular spending money for literature, diet pills, gym, etc. This variable indicates if the participant has spent money for it within 4 months after the clinic stay.				
	0 = No			305	
	1 = Yes			88	
ve_17	Investments in reducing weight in the last 6 months				
Data type	Byte, numerical				
Phase	3				
Description	The participant was asked, if he has made investments in reducing weight, i.e. in particular spending money for literature, diet pills, gym, etc. This variable indicates if the participant has spent money for it in the last 6 months.				
	0 = No			295	
	1 = Yes			90	
ve_18	Insistence on reducing weight prior to the clinic stay: due to partner				
Data type	Byte, numerical				
Phase	3				
Description	The participant was asked, if other persons insisted on the participant reducing weight before the clinic stay. Nine answering options were available with the possibility for multiple answers. This variable indicates if the (marriage) partner has insisted on reducing weight.				
	1 = Yes			85	
	0 = Wrongly coded			1	
ve_19	Insistence on reducing weight prior to the clinic stay: due to family				
Data type	Byte, numerical				
Phase	3				
Description	The participant was asked, if other persons insisted on the participant reducing weight before the clinic stay. Nine answering options were available with the possibility for multiple answers. This variable indicates if the family except the (marriage) partner has insisted on reducing weight.				
	1 = Yes			51	

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		Phase 1 Obs.	Phase 2 Obs.	Phase 3 Obs.	Phase 4 Obs.
ve_20	Insistence on reducing weight prior to the clinic stay: due to employer				
Data type	Byte, numerical				
Phase	3				
Description	The participant was asked, if other persons insisted on the participant reducing weight before the clinic stay. Nine answering options were available with the possibility for multiple answers. This variable indicates if the employer has insisted on reducing weight.				
	1 = Yes			16	
ve_21	Insistence on reducing weight prior to the clinic stay: due to friends				
Data type	Byte, numerical				
Phase	3				
Description	The participant was asked, if other persons insisted on the participant reducing weight before the clinic stay. Nine answering options were available with the possibility for multiple answers. This variable indicates if friends have insisted on reducing weight.				
	1 = Yes			50	
ve_22	Insistence on reducing weight prior to the clinic stay: due to general practitioner				
Data type	Byte, numerical				
Phase	3				
Description	The participant was asked, if other persons insisted on the participant reducing weight before the clinic stay. Nine answering options were available with the possibility for multiple answers. This variable indicates if the participant's general practitioner has insisted on reducing weight.				
	1 = Yes			198	
ve_23	Insistence on reducing weight prior to the clinic stay: due to pension fund				
Data type	Byte, numerical				
Phase	3				
Description	The participant was asked, if other persons insisted on the participant reducing weight before the clinic stay. Nine answering options were available with the possibility for multiple answers. This variable indicates if the pension fund has insisted on reducing weight.				
	1 = Yes			12	
ve_24	Insistence on reducing weight prior to the clinic stay: due to other practitioners				
Data type	Byte, numerical				
Phase	3				
Description	The participant was asked, if other persons insisted on the participant reducing weight before the clinic stay. Nine answering options were available with the possibility for multiple answers. This variable indicates if other practitioners have insisted on reducing weight.				
	1 = Yes			83	

5. Variable Description

		Phase 1	Phase 2	Phase 3	Phase 4
		Obs.	Obs.	Obs.	Obs.
ve_25	Insistence on reducing weight prior to the clinic stay: due to health insurance				
Data type	Byte, numerical				
Phase	3				
Description	The participant was asked, if other persons insisted on the participant reducing weight before the clinic stay. Nine answering options were available with the possibility for multiple answers. This variable indicates if the health insurance has insisted on reducing weight.				
	1 = Yes			12	
ve_26	Insistence on reducing weight prior to the clinic stay: no insistence				
Data type	Byte, numerical				
Phase	3				
Description	The participant was asked, if other persons insisted on the participant reducing weight before the clinic stay. Nine answering options were available with the possibility for multiple answers. This variable indicates if there has been no insistence on reducing weight.				
	1 = Yes			145	
ve_27	Comparison: partner weighted less 6 months ago				
Data type	Byte, numerical				
Phase	3				
Description	The participant is requested to compare the weight of persons from his personal environment with the weight they had before the clinic stay of the participant. This variable indicates if the partner of the participant had lost weight 6 months ago, compared with the time before the clinic stay of the participant.				
	1 = Yes			74	
	0 = Wrongly coded			8	
ve_28	Comparison: partner weights less today				
Data type	Byte, numerical				
Phase	3				
Description	The participant is requested to compare the weight of persons from his personal environment with the weight they had before the clinic stay of the participant. This variable indicates if the partner of the participant weights less today, compared with the time before the clinic stay of the participant.				
	1 = Yes			90	
	0 = Wrongly coded			8	

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		Phase 1 Obs.	Phase 2 Obs.	Phase 3 Obs.	Phase 4 Obs.
ve_29	Comparison: children weighted less 6 months ago				
Data type	Byte, numerical				
Phase	3				
Description	The participant is requested to compare the weight of persons from his personal environment with the weight they had before the clinic stay of the participant. This variable indicates if the children of the participant have weighted less 6 months ago, compared with the time before the clinic stay of the participant.				
	1 = Yes			31	
	0 = Wrongly coded			8	
ve_30	Comparison: children weight less today				
Data type	Byte, numerical				
Phase	3				
Description	The participant is requested to compare the weight of persons from his personal environment with the weight they had before the clinic stay of the participant. This variable indicates if the children of the participant weight less today, compared with the time before the clinic stay of the participant.				
	1 = Yes			40	
	0 = Wrongly coded			8	
ve_31	Comparison: children weighted less 6 months ago (number of children)				
Data type	Byte, numerical				
Phase	3				
Description	The participant is requested to compare the weight of persons from his personal environment with the weight they had before the clinic stay of the participant. In the case that children of the participant have weighted less 6 months ago, compared with the time before the clinic stay of the participant, this variable contains the number of the respective children.				
	Number of children that weighted less 6 months ago			76	
ve_32	Comparison: children weight less today (number of children)				
Data type	Byte, numerical				
Phase	3				
Description	The participant is requested to compare the weight of persons from his personal environment with the weight they had before the clinic stay of the participant. In the case that children of the participant weight less today, compared with the time before the clinic stay of the participant, this variable contains the number of the respective children.				
	Number of children that weight less today			82	

5. Variable Description

		Phase 1	Phase 2	Phase 3	Phase 4
		Obs.	Obs.	Obs.	Obs.
ve_33	Comparison: friends weighted less 6 months ago				
Data type	Byte, numerical				
Phase	3				
Description	The participant is requested to compare the weight of persons from his personal environment with the weight they had before the clinic stay of the participant. This variable indicates if friends of the participant have weighted less 6 months ago, compared with the time before the clinic stay of the participant.				
	1 = Yes			23	
	0 = Wrongly coded			7	
	8 = Wrongly coded			1	
ve_34	Comparison: friends weight less today				
Data type	Byte, numerical				
Phase	3				
Description	The participant is requested to compare the weight of persons from his personal environment with the weight they had before the clinic stay of the participant. This variable indicates if friends of the participant weight less today, compared with the time before the clinic stay of the participant.				
	1 = Yes			16	
	0 = Wrongly coded			8	
ve_35	Comparison: friends weighted less 6 months ago (number of friends)				
Data type	Byte, numerical				
Phase	3				
Description	The participant is requested to compare the weight of persons from his personal environment with the weight they had before the clinic stay of the participant. In the case that friends of the participant have weighted less 6 months ago, compared with the time before the clinic stay of the participant, this variable contains the number of the respective friends.				
	Number of friends that weighted less 6 months ago			75	
ve_36	Comparison: friends weight less today (number of friends)				
Data type	Byte, numerical				
Phase	3				
Description	The participant is requested to compare the weight of persons from his personal environment with the weight they had before the clinic stay of the participant. In the case that friends of the participant weight less today, compared with the time before the clinic stay of the participant, this variable contains the number of the respective friends.				
	Comparison: friends weight less today (number of friends)			75	

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		Phase 1	Phase 2	Phase 3	Phase 4
		Obs.	Obs.	Obs.	Obs.
Sexuality					
vs_1	Sexual partner in the last 12 months				
Data type	Byte, numerical				
Phase	4				
Description	This variable indicates if the participant has had a sexual partner in the last 12 months.				
	0 = No				45
	1 = Yes				111
vs_2	Frequency of sex within the last 12 months				
Data type	Byte, numerical				
Phase	4				
Description	This variable indicates how often the participant has had sex in the last 12 months.				
	1 = No sex				32
	2 = Rather rarely				35
	3 = Monthly (once or frequently a month)				33
	4 = Weekly (once or frequently a week)				48
	5 = Almost daily (once or frequently a day)				4
	0 = Wrongly coded				1
Preferences and approach to risk					
vf_1	Self-assessed willingness to assume risk				
Data type	Byte, numerical				
Phase	3				
Description	The participant was asked about his willingness to assume risk. The degree of the willingness to assume risk is presented in form of a scale from 0 (= not willing to assume any risk) to 10 (= high willingness to assume risk).				
	0 = Not willing to assume any risk				22
	1				13
	2				40
	3				64
	4				51
	5				87
	6				33
	7				51
	8				27
	9				7
	10 = High willingness to assume risk				4

5. Variable Description

		Phase 1	Phase 2	Phase 3	Phase 4
		Obs.	Obs.	Obs.	Obs.
vf_2	Payoff - scenario (a)				
Data type	Byte, numerical				
Phase	3				
Description	<p>A hypothetical scenario was presented to the participant. He had to assume two options of receiving a payoff, i.e. a particular amount of money. If the participant chose option A, he would receive a payoff of € 1,000 the day after tomorrow. In case of option B the participant would receive a payoff with another amount in 9 days. The participant had to compare the respective payoffs and the payment date. Seven different scenarios (a) - (f) with varying payoffs in option B were available. For each scenario the participant had to decide either for option A or option B. This variable indicates if the participant chose option A or option B in the respective scenario.</p> <p>1 = Option A (Payoff of € 1,000 the day after tomorrow) 273</p> <p>2 = Option B (Payoff of € 1,000 in 9 days) 53</p>				
vf_3	Payoff - scenario (b)				
Data type	Byte, numerical				
Phase	3				
Description	<p>A hypothetical scenario was presented to the participant. He had to assume two options of receiving a payoff, i.e. a particular amount of money. If the participant chose option A, he would receive a payoff of € 1,000 the day after tomorrow. In case of option B the participant would receive a payoff with another amount in 9 days. The participant had to compare the respective payoffs and the payment date. Seven different scenarios (a) - (f) with varying payoffs in option B were available. For each scenario the participant had to decide either for option A or option B. This variable indicates if the participant chose option A or option B in the respective scenario.</p> <p>1 = Option A (Payoff of € 1,000 the day after tomorrow) 162</p> <p>2 = Option B (Payoff of € 1,001.9 in 9 days) 104</p>				
vf_4	Payoff - scenario (c)				
Data type	Byte, numerical				
Phase	3				
Description	<p>A hypothetical scenario was presented to the participant. He had to assume two options of receiving a payoff, i.e. a particular amount of money. If the participant chose option A, he would receive a payoff of € 1,000 the day after tomorrow. In case of option B the participant would receive a payoff with another amount in 9 days. The participant had to compare the respective payoffs and the payment date. Seven different scenarios (a) - (f) with varying payoffs in option B were available. For each scenario the participant had to decide either for option A or option B. This variable indicates if the participant chose option A or option B in the respective scenario.</p> <p>1 = Option A (Payoff of € 1,000 the day after tomorrow) 145</p> <p>2 = Option B (Payoff of € 1,003.8 in 9 days) 125</p>				

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		Phase 1 Obs.	Phase 2 Obs.	Phase 3 Obs.	Phase 4 Obs.
vf_5	Payoff - scenario (d)				
Data type	Byte, numerical				
Phase	3				
Description	<p>A hypothetical scenario was presented to the participant. He had to assume two options of receiving a payoff, i.e. a particular amount of money. If the participant chose option A, participant would receive a payoff of € 1,000 the day after tomorrow. In case of option B the participant would choose option B, he can receive a payoff with another amount in 9 days. The participant had to compare the respective payoffs and the payment date. Seven different scenarios (a) - (f) with varying payoffs in option B were available. For each scenario the participant had to decide either for option A or option B. This variable indicates if the participant chose option A or option B in the respective scenario.</p> <p>1 = Option A (Payoff of € 1,000 the day after tomorrow) 116</p> <p>2 = Option B (Payoff of € 1,005.8 in 9 days) 152</p>				
vf_6	Payoff - scenario (e)				
Data type	Byte, numerical				
Phase	3				
Description	<p>A hypothetical scenario was presented to the participant. He had to assume two options of receiving a payoff, i.e. a particular amount of money. If the participant chose option A, he would receive a payoff of € 1,000 the day after tomorrow. In case of option B the participant, he can receive a payoff with another amount in 9 days. The participant had to compare the respective amounts of the payoff and the payment date. Seven different scenarios (a) - (f) with varying payoffs in option B were available. For each scenario the participant had to decide either for option A or option B. This variable indicates if the participant chose option A or option B in the respective scenario.</p> <p>1 = Option A (Payoff of € 1,000 the day after tomorrow) 109</p> <p>2 = Option B (Payoff of € 1,007.7 in 9 days) 159</p>				
vf_7	Payoff - scenario (f)				
Data type	Byte, numerical				
Phase	3				
Description	<p>A hypothetical scenario was presented to the participant. He had to assume two options of receiving a payoff, i.e. a particular amount of money. If the participant chose option A,, he would receive a payoff of € 1,000 the day after tomorrow. In case of option B the participant receive a payoff with another amount in 9 days. The participant had to compare the respective payoffs and the payment date. Seven different scenarios (a) - (f) with varying payoffs in option B were available. For each scenario the participant had to decide either for option A or option B. This variable indicates if the participant chose option A or option B in the respective scenario.</p> <p>1 = Option A (Payoff of € 1,000 the day after tomorrow) 101</p> <p>2 = Option B (Payoff of € 1,009.6 in 9 days) 207</p>				

5. Variable Description

		Phase 1	Phase 2	Phase 3	Phase 4
		Obs.	Obs.	Obs.	Obs.
vf_8	Payoff - scenario (g)				
Data type	Byte, numerical				
Phase	3				
Description	<p>For this question, the time frame changes. Instead of receiving the payoff the day after tomorrow, the participant receives the payoff in 90 days (when choosing option A) or in 97 days (when choosing option B), respectively. For each of the following scenarios (g) - (l) the participant had to decide either for option A or option B. This variable indicates if the participant chose option A or option B in the respective scenario.</p> <p>1 = Option A (Payoff of € 1,000 in 90 days) 274</p> <p>2 = Option B (Payoff of € 1,000 in 97 days) 51</p>				
vf_9	Payoff - scenario (h)				
Data type	Byte, numerical				
Phase	3				
Description	<p>For this question, the time frame changes. Instead of receiving the payoff the day after tomorrow, the participant receives the payoff in 90 days (when choosing option A) or in 97 days (when choosing option B), respectively. For each of the following scenarios (g) - (l) the participant had to decide either for option A or option B. This variable indicates if the participant chose option A or option B in the respective scenario.</p> <p>1 = Option A (Payoff of € 1,000 in 90 days) 171</p> <p>2 = Option B (Payoff of € 1,001.9 in 97 days) 101</p> <p>22 = Wrongly coded 1</p>				
vf_10	Payoff - scenario (i)				
Data type	Byte, numerical				
Phase	3				
Description	<p>For this question, the time frame changes. Instead of receiving the payoff the day after tomorrow, the participant receives the payoff in 90 days (when choosing option A) or in 97 days (when choosing option B), respectively. For each of the following scenarios (g) - (l) the participant had to decide either for option A or option B. This variable indicates if the participant chose option A or option B in the respective scenario.</p> <p>1 = Option A (Payoff of € 1,000 in 90 days) 151</p> <p>2 = Option B (Payoff of € 1,003.8 in 97 days) 120</p>				
vf_11	Payoff - scenario (j)				
Data type	Byte, numerical				
Phase	3				
Description	<p>For this question, the time frame changes. Instead of receiving the payoff the day after tomorrow, the participant receives the payoff in 90 days (when choosing option A) or in 97 days (when choosing option B), respectively. For each of the following scenarios (g) - (l) the participant had to decide either for option A or option B. This variable indicates if the participant chose option A or option B in the respective scenario.</p> <p>1 = Option A (Payoff of € 1,000 in 90 days) 123</p> <p>2 = Option B (Payoff of € 1,005.8 in 97 days) 145</p> <p>22 = Wrongly coded 1</p>				

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		Phase 1	Phase 2	Phase 3	Phase 4
		Obs.	Obs.	Obs.	Obs.
vf_12	Payoff - scenario (k)				
Data type	Byte, numerical				
Phase	3				
Description	For this question, the time frame changes. Instead of receiving the payoff the day after tomorrow, the participant receives the payoff in 90 days (when choosing option A) or in 97 days (when choosing option B), respectively. For each of the following scenarios (g) - (l) the participant had to decide either for option A or option B. This variable indicates if the participant chose option A or option B in the respective scenario.				
	1 = Option A (Payoff of € 1,000 in 90 days)			118	
	2 = Option B (Payoff of € 1,007.7 in 97 days)			150	
vf_13	Payoff - scenario (l)				
Data type	Byte, numerical				
Phase	3				
Description	For this question, the time frame changes. Instead of receiving the payoff the day after tomorrow, the participant receives the payoff in 90 days (when choosing option A) or in 97 days (when choosing option B), respectively. For each of the following scenarios (g) - (l) the participant had to decide either for option A or option B. This variable indicates if the participant chose option A or option B in the respective scenario.				
	1 = Option A (Payoff of € 1,000 in 90 days)			114	
	2 = Option B (Payoff of € 1,009.6 in 97 days)			194	
vf_14	Payment - scenario (m)				
Data type	Byte, numerical				
Phase	3				
Description	Now, the scenario has changed. Instead of receiving a payoff the participant had to assume he has to pay this amount of money in the respective time of 90 days (option A) or 97 days (option B). For each of the following scenarios (m) - (r) the participant had to decide either for option A or option B. This variable indicates, if the participant has chosen option A or option B in the respective scenario.				
	1 = Option A (Payment of € 1,000 in 90 days)			237	
	2 = Option B (Payment of € 1,000 in 97 days)			123	
vf_15	Payment - scenario (n)				
Data type	Byte, numerical				
Phase	3				
Description	Now, the scenario has changed. Instead of receiving a payoff the participant had to assume he has to pay this amount of money in the respective time of 90 days (option A) or 97 days (option B). For each of the following scenarios (m) - (r) the participant had to decide either for option A or option B. This variable indicates, if the participant has chosen option A or option B in the respective scenario.				
	1 = Option A (Payment of € 1,000 in 90 days)			198	
	2 = Option B (Payment of € 1,001.9 in 97 days)			74	

5. Variable Description

		Phase 1	Phase 2	Phase 3	Phase 4
		Obs.	Obs.	Obs.	Obs.
vf_16	Payment - scenario (o)				
Data type	Byte, numerical				
Phase	3				
Description	<p>Now, the scenario has changed. Instead of receiving a payoff the participant had to assume he has to pay this amount of money in the respective time of 90 days (option A) or 97 days (option B). For each of the following scenarios (m) - (r) the participant had to decide either for option A or option B. This variable indicates, if the participant has chosen option A or option B in the respective scenario.</p> <p>1 = Option A (Payment of € 1,000 in 90 days) 206</p> <p>2 = Option B (Payment of € 1,003.8 in 97 days) 63</p>				
vf_17	Payment - scenario (p)				
Data type	Byte, numerical				
Phase	3				
Description	<p>Now, the scenario has changes. Instead of receiving a payoff the participant had to assume he has to pay this amount of money in the respective time of 90 days (option A) or 97 days (option B). For each of the following scenarios (m) - (r) the participant had to decide either for option A or option B. This variable indicates, if the participant has chosen option A or option B in the respective scenario.</p> <p>1 = Option A (Payment of € 1,000 in 90 days) 208</p> <p>2 = Option B (Payment of € 1,005.8 in 97 days) 60</p>				
vf_18	Payment - scenario (q)				
Data type	Byte, numerical				
Phase	3				
Description	<p>Now, the scenario has changed. Instead of receiving a payoff the participant had to assume he has to pay this amount of money in the respective time of 90 days (option A) or 97 days (option B). For each of the following scenarios (m) - (r) the participant had to decide either for option A or option B. This variable indicates, if the participant has chosen option A or option B in the respective scenario.</p> <p>1 = Option A (Payment of € 1,000 in 90 days) 208</p> <p>2 = Option B (Payment of € 1,007.7 in 97 days) 59</p>				
vf_19	Payment - scenario (r)				
Data type	Byte, numerical				
Phase	3				
Description	<p>Now, the scenario has changed. Instead of receiving a payoff the participant had to assume he has to pay this amount of money in the respective time of 90 days (option A) or 97 days (option B). For each of the following scenarios (m) - (r) the participant had to decide either for option A or option B. This variable indicates, if the participant has chosen option A or option B in the respective scenario.</p> <p>1 = Option A (Payment of € 1,000 in 90 days) 212</p> <p>2 = Option B (Payment of € 1,009.6 in 97 days) 66</p>				

The Effect of Financial Incentives on Weight Loss

		Phase 1 Obs.	Phase 2 Obs.	Phase 3 Obs.	Phase 4 Obs.
Generated variables by the RWI					
GEN_dropout	Dropouts				
Data type	Byte, numerical				
Phase	2, 3, 4				
Description	Indicates whether the participant dropped out during the experiment, i.e. when information of the participant's weight were missing in phase "x" while it was available in phase "x-1".				
	1 = Yes		180	109	96
	0 = No		520	412	316
GEN_größe_cm	Recoded variable for the body height in cm				
Data type	Float, numerical				
Phase	1				
Description	Contains data of the variable "vm1". When "vm1" was recorded in meters (m), the value will be rescaled into centimeters (cm). When "vm1" was initially recorded in cm, the entry is not rescaled.				
	Recoded variable for the body height in cm	697			
GEN_bmi_aufn	BMI at the beginning of the clinic stay				
Data type	Float, numerical				
Phase	1				
Description	The participant's BMI at the beginning of the clinic stay.				
	BMI at the beginning of the clinic stay	678			
GEN_bmi	BMI by the end of each phase				
Data type	Float, numerical				
Phase	1, 2, 3, 4				
Description	The participant's BMI by the end of each phase.				
	BMI by the end of each phase	700	520	412	316
GEN_zielred	Recoded variable for "Kg to lose for achieving the individual weight loss target"				
Data type	Float, numerical				
Phase	1				
Description	Analogous to variable "vm6", i.e. "Kg to lose for achieving the individual weight loss target".				
	Recoded variable for "Kg to lose for achieving the individual weight loss target"	700			
GEN_proz_zielred	Recoded variable for the relative weight loss in percent				
Data type	Float, numerical				
Phase	1				
Description	Analogous to $(\text{"vm6"} / \text{"vm2"}) * 100$, i.e. the relative weight loss recommended by the practitioner in percent.				
	Recoded variable for the relative weight loss in percent	700			

5. Variable Description

		Phase 1	Phase 2	Phase 3	Phase 4
		Obs.	Obs.	Obs.	Obs.
GEN_proz_zielred_alternativ	Recoded variable for the relative weight loss in percent (alternative calculation)				
Data type	Float, numerical				
Phase	1				
Description	Alternative calculation of the variable "GEN_proz_zielred". Recoded variable for the relative weight loss in percent (alternative calculation)	700			
GEN_vc6	Number of days with limitations at the job due to health complaints				
Data type	Float, numerical				
Phase	1, 2, 3, 4				
Description	Number of days with limitations at the job due to health complaints. Missings in variable "vc6" were replaced by means in variable "vc6_neu". Number of days with limitations at the job due to health complaints	615	466	385	157
GEN_vc7	Number of days being on sick leave due to health complaints				
Data type	Float, numerical				
Phase	1, 2, 3, 4				
Description	Number of days being on sick leave due to health complaints. Missings in variable "vc7" were replaced by means in variable "vc7_neu". Number of days being on sick leave due to health complaints	634	478	387	182
GEN_vc8a	Number of doctor visits due to health complaints				
Data type	Float, numerical				
Phase	1, 2, 3, 4				
Description	Number of doctor visits due to health complaints. Missings in variable "vc8a" were replaced by means in variable "vc8a_neu". Number of doctor visits due to health complaints	664	492	399	232
GEN_vc8b	Number of hospital visits due to health complaints				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	Number of hospital visits due to health complaints. Missings in variable "vc8b" were replaced by means in variable "vc8b_neu". Number of hospital visits due to health complaints	313	259	210	71

The Effect of Financial Incentives on Weight Loss

		Phase 1	Phase 2	Phase 3	Phase 4
		Obs.	Obs.	Obs.	Obs.
GEN_vc8c	Number of visits of medical rehabilitation clinics due to health complaints				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	Number of visits of medical rehabilitation clinics due to health complaints. Missings in variable "vc8c" were replaced by means in variable "vc8c_neu".				
	Number of visits of medical rehabilitation clinics due to health complaints	256	253	181	54
GEN_vb2a	Working hours per week				
Data type	Float, numerical				
Phase	1, 2, 3, 4				
Description	Working hours per week. Missings in variable "vb2a" were replaced by means in variable "vb2a_neu".				
	Working hours per week	616	463	369	277
GEN_vb6	Monthly net household income in €				
Data type	Double, numerical				
Phase	1, 2, 3, 4				
Description	Monthly net household income in €. Information that has been reported in intervals in variable "vb6" were replaced by their means.				
	Monthly net household income in €	611	441	360	284
GEN_einkommen	Binary indicator for the average household income				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	Indicates whether the average household income is available.				
	1 = Yes	316	227	173	148
	0 = No	384	473	527	552
GEN_beruf_situation	Employment status - summarization of the variables vb1a-m				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	Indicates the participant's employment status. In particular this variable summarizes the variables vb1a-m. All possible answers in the questionnaire have been summarized into the following categories:				
	1 = Parental leave ("Elternzeit" or "Babypause")	1		1	2
	2 = House wife / House husband	7	5	5	3
	3 = Retired	5	8	10	12
	4 = Unemployed	86	48	26	20
	5 = Unemployed, temporarily unable to work	2	6	1	1
	6 = Employed	561	420	339	252

5. Variable Description

		Phase 1	Phase 2	Phase 3	Phase 4
		Obs.	Obs.	Obs.	Obs.
	7 = Employed, temporarily unable to work	12	6	8	2
	8 = Currently in vocational training	2	4	7	3
	9 = Non-working	23	17	13	15
GEN_derzeit_nicht_tätig	Recoding of the variable "Occupational activity - currently not working"				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	Analogous to variable "vb4d". If the questions "vb4a" to "vb4c" have been answered positively and if the participant is non-working, then the variable "vb4d" is coded with the value 1.				
	1 = Yes	116	91	60	55
GEN_al_3jahre	Binary indicator for unemployment within the last 3 years				
Data type	Byte, numerical				
Phase	1				
Description	Binary indicator for unemployment within the last 3 years. Variable "vb5a" (unemployment within the last 3 years) has been coded as 1, when variables "vb5b" (how often unemployed) or "vb5c" (how many months unemployed) have no missings and are recorded with values larger than 0.				
	1 = Yes	124			
	0 = No	561			
GEN_gering_tätig	Recoding of the variable "Marginally employed"				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	Analogous to variable "vb1b" (marginally employed). Recoding: marginally employed (vb1b=1) dependent on the working hours per week (vb2a < 15), if the participant is employed.				
	Recoding of the variable "Marginally employed"	42	24	22	19
GEN_teilzeit_tätig	Recoding of the variable "Part-time employed"				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	Analogous to variable "vb1c" (part-time employed). Recoding: part-time employed (vb1c=1) dependent on the working hours per week (15<=vb2a < 35), if the participant is employed.				
	Recoding of the variable "Part-time employed"	74	55	51	42

The Effect of Financial Incentives on Weight Loss

		Phase 1 Obs.	Phase 2 Obs.	Phase 3 Obs.	Phase 4 Obs.
GEN_vollzeit_tätig	Recoding of the variable "Full-time employed"				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	Analogous to variable "vb1d" (full-time employed). Recoding: full-time employed (vb1d=1) dependent on the working hours per week (vb2a>=35), if the participant is employed. Recoding of the variable "Full-time employed"	489	364	291	205
GEN_arbeitsplatz_verg_mon	Recoding of the variable "Change or loss of the job within the last 4 or 12 months"				
Data type	Byte, numerical				
Phase	2, 3, 4				
Description	Analogous to variable "vb_3" (Change or loss of the job within the last 4 or 12 months). The missings of variable "vb_3" have been adjusted dependent on the records of variables "vb_4" and "vb_5". 2 = Yes, loss or giving up of job 1 = Yes, change of job 0 = No		20 15 456	16 19 361	20 12 271
GEN_bildung_niveau	Education level - summarization of the variables va7a - va7f				
Data type	Byte, numerical				
Phase	1				
Description	Indicates the participant's education level. In particular this variable summarizes the variables "va7a" to "va7f" from the first questionnaire. 0 = Missing information 1 = Very low education level 2 = Low education level 3 = Medium education level 4 = High education level	22 102 335 171 70			
GEN_CL_vm4	Cholesterol level in mg/dl (collected by medical rehabilitation clinics)				
Data type	Integer, numerical				
Phase	1				
Description	The cholesterol level collected by medical rehabilitation clinics has been rescaled from mmol/l in mg/dl. Cholesterol level in mg/dl (collected by medical rehabilitation clinics)	685			

5. Variable Description

		Phase 1	Phase 2	Phase 3	Phase 4
		Obs.	Obs.	Obs.	Obs.
EN_CL_vm4a	Measuring unit of the cholesterol level: mg / dl (collected by medical rehabilitation clinics)				
Data type	Byte, numerical				
Phase	1				
Description	Measuring unit of the cholesterol level in variable "vm4a" has been recoded in mg / dl only.				
	Measuring unit of the cholesterol level: mg / dl (collected by medical rehabilitation clinics)	662			
GEN_CL_vap4	Cholesterol level in mg / dl (collected by pharmacies)				
Data type	Integer, numerical				
Phase	2, 3, 4				
Description	The cholesterol level collected by pharmacies has been rescaled from mmol / l in mg / dl.				
	Cholesterol level in mg / dl (collected by pharmacies)		266	211	158
GEN_CL_vap4a	Measuring unit of the cholesterol level: mg / dl (collected by pharmacies)				
Data type	Byte, numerical				
Phase	2, 3, 4				
Description	Measuring unit of the cholesterol level in variable "vap4a" has been recoded in mg / dl only.				
	Measuring unit of the cholesterol level: mg / dl (collected by pharmacies)		261	211	158
GEN_cl_test	Binary indicator whether the necessary equipment for the control measurements was available in the pharmacy				
Data type	Byte, numerical				
Phase	2, 3, 4				
Description	Indicates whether the necessary equipment for the control measurements was available in the pharmacy.				
	1 = Yes		398	401	399
	0 = No		302	299	301
GEN_BZ_vap2	Blood glucose level in mg / dl (collected by pharmacies)				
Data type	Float, numerical				
Phase	2, 3, 4				
Description	The blood glucose level collected by pharmacies has been rescaled from mmol / l in mg / dl.				
	Blood glucose level in mg / dl (collected by pharmacies)		396	332	258

The Effect of Financial Incentives on Weight Loss

		Phase 1 Obs.	Phase 2 Obs.	Phase 3 Obs.	Phase 4 Obs.
GEN_BZ_vap2a	Measuring unit of the blood glucose level: mg / dl (collected by pharmacies)				
Data type	Byte, numerical				
Phase	2, 3, 4				
Description	Measuring unit of the blood glucose level in variable "vap2" has been recoded in mg / dl only. Measuring unit of the blood glucose level: mg / dl (collected by pharmacies)		388	332	258
GEN_bz_test	Binary indicator whether the necessary equipment for the control measurements was available in the pharmacy				
Data type	Byte, numerical				
Phase	2, 3, 4				
Description	Indicates whether the necessary equipment for the control measurements was available in the pharmacy. 1 = Yes 0 = No		578 122	579 121	579 121
GEN_pharma_in_town	Binary indicator whether pharmacy is in same town				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	Indicates whether the pharmacy is located in the same ZIP code area where the participant lives. 1 = Yes 0 = No	446 254	446 254	273 427	210 490
GEN_mis_pharma_in_town	Missing ZIP code of pharmacy and residence				
Data type	Byte, numerical				
Phase	-				
Description	Indicates whether the ZIP code of the pharmacy or the participant's residence is missing. 1 = Yes 0 = No	2 698	0 523	0 419	0 324
GEN_dur_abnehmphase	Duration between clinic stay and first weighting in pharmacy (2. phase)				
Data type	Byte, numerical				
Phase	2				
Description	The duration between the clinic stay and the first weighting in the pharmacy (for the 2. phase). 0 = Missing duration		203		

5. Variable Description

		Phase 1	Phase 2	Phase 3	Phase 4
		Obs.	Obs.	Obs.	Obs.
	1 = Less than four months		19		
	2 = Four months		151		
	3 = Four months and one week		211		
	4 = Four months and two weeks		73		
	5 = Four months and three weeks		18		
	6 = More than five months		25		
GEN_dur_haltephase	Duration between first and second weighting in pharmacy (3. phase)				
Data type	Byte, numerical				
Phase	3				
Description	The duration between the first and the second weighting in the pharmacy (for the 3. phase).				
	0 = Missing duration			119	
	1 = Less than six months			9	
	2 = Six months			63	
	3 = Six months and one week			149	
	4 = Six months and two weeks			106	
	5 = Six months and three weeks			31	
	6 = More than seven months			44	
GEN_dur_followupphase	Duration between second and third weighting in pharmacy (4. phase)				
Data type	Byte, numerical				
Phase	3, 4				
Description	The duration between the second and the third weighting in the pharmacy (for the 4. phase).				
	0 = Missing duration			0	103
	1 = Less than twelve months			0	8
	2 = Twelve months			63	0
	3 = Twelve months and one week			0	137
	4 = Twelve months and two weeks			0	77
	5 = Twelve months and three weeks			0	31
	6 = More than thirteen months			0	38

The Effect of Financial Incentives on Weight Loss

		Phase 1 Obs.	Phase 2 Obs.	Phase 3 Obs.	Phase 4 Obs.
GEN_town	Participant lives in urban area				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	Indicates whether the participant lives in an urban area.				
	1 = Yes	162	105	85	62
	0 = No	529	409	325	252
GEN_pop_density	Population density				
Data type	Integer, numerical				
Phase	1,2,3,4				
Description	Population density in the ZIP code area where the participant lives.				
	Population density	686	509	408	313
GEN_Raumtyp	Regional type				
Data type	Byte, numerical				
Phase	1, 2, 3, 4				
Description	Indicates the regional type of the ZIP code area where the participant lives.				
	1 = Highly compressed agglomeration center (Defined by a regional center of more than 100,000 inhabitants or a population density of more than 300 inhabitants / square kilometer)	313	230	185	141
	2 = Agglomeration area with prominent centers (Defined by a regional center of more than 100,000 inhabitants and a population density of less than 300 inhabitants / square kilometer)	1	1	0	0
	3 = Urbanised areas with a high density (Defined by a population density of more than 200 inhabitants / square kilometer)	215	161	129	98
	4 = Urbanised areas with a medium density and a huge regional center (Defined by a regional center of more than 100,000 inhabitants or a population density of 100-200 inhabitants / square kilometer)	104	76	58	45
	5 = Urbanised areas with a medium density and without a huge regional center (Defined by a population density of 150-200 inhabitants / square kilometer and without a regional center of more than 100,000 inhabitants)	52	40	35	27

6. Literature

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Alfredo R. Paloyo, Arndt R. Reichert, Monika Reuss-Borst, Harald Tauchmann, Who responds to financial incentives for weight loss? Evidence from a randomized controlled trial, *Social Science & Medicine*, Volume 145, November 2015, Pages 44-52.

The Effect of Financial Incentives on Weight Loss

7. Appendix

A1: Medical Sheet

Attachment 2

Medical Questionnaire

Please as possible fill out this form with a pen (not erasable).

The following measurements are certified to the participant with the identification number xxx.

(Please cancel inapplicable measuring units!)

Height: vm1 cm
Weight: vm2 kg
Blood glucose: vm3¹ mmol/l / vm3a² mg/dl
Cholesterol: vm4¹ mmol/l / vm4a² mg/dl.

For the 4-month weight reduction phase, I assign a target weight of vm5 kg to the participant. This equals a weight reduction of vm6 kg.

Please only fill in the medical weight indicators below if these were gathered at the beginning of the stay in the rehabilitation clinic.

The examination at intake on vm7 (DD-MM-YY) yielded the following measurements:

(Please cancel inapplicable measuring units!)

Weight: vm8 kg Blood pressure: vm9 mmHG
Cholesterol: vm10¹ mmol/l / vm10a² mg/dl Waist measurement: vm11 cm
Blood glucose: vm12¹ mmol/l / vm12a² mg/dl Triglycerides: vm13¹ mmol/l / vm13a² mg/dl
Hip measurement: vm14 cm CRP: vm15¹ mmol/l / vm15a² mg/dl

The participation of the patient at the study “Die Wirkung finanzieller Anreize zur Reduktion von Übergewicht (Obesity),” does not raise any medical concerns. A pregnancy, psychiatric disorder, eating disorder, a tumor disease within the last five years, the misuse of drugs or alcohol, a significant language barrier or a severe system disease could not be detected.

Date, Signature

vm16 vm17

7. Appendix

A2: Pharmacy Sheet

Sheet for pharmacy

Please as possible fill out this form with a **pen** (not erasable).

Following measurements are certified to the participant with the identification number xxx.

(Please cancel inapplicable measuring units!)

Height: vap1 cm Blood glucose: vap2 ¹ mmol/l / mg/dl vap2a
Weight: vap3 kg Cholesterol: vap4 ¹ mmol/l / ² mg/dl. vap2a

When being weighted, the participant has worn following clothes:

vap5 1. Shoes

1 No

2 Yes → How heavy do you assess these shoes? Light 1 vap6

Heavy 2

vap7 2. Pullover

1 No

2 Yes

vap8 3. Long trousers

1 No (short trousers, skirt, etc.)

2 Yes

(Please **necessarily** fill out; otherwise the measurements will be regarded as **invalid!**)

Date, Signature

vap9 vap10

Stamp of the pharmacy vap11

The Effect of Financial Incentives on Weight Loss

A3: Questionnaire 1

-1. Questionnaire for participants-
 Research project for the evaluation of financial incentives for weight reduction

Identification number of participant: **eID#**

A Family situation

va1 1. Year of birth: _____
 Please fill in your year of birth in the designated field.

va2 2. Gender: male 0 female 1
 Please mark what applies to you.

3. What applies to your origin and nationality?

va3a Are you born in Germany? Yes No

va3b Are you born in the former DDR? Yes No

1 0

Please mark what applies to you.

va4 4. Where do you live?
 The ZIP-code (PLZ) of my residence is: _____
 Please enter your ZIP-code in the designated field.

va5 5. Where did you grow up predominantly as a child?

1 with both parents

2 with the mother

3 with the father

4 with relatives (grandparents, aunt, uncle, older siblings)

5 with others

6 with whom I grew up as a child changed

Please mark the field that best characterizes your situation.

va6 6. How many siblings did you grow up with?
 I grew up with _____ siblings.
 Please fill in the respective number of your siblings in the designated field. If you grew up without siblings then please fill in the value 0.

7. What is your and your family highest educational attainment?

Highest graduation:	va7a Yourself	va7b Mother	va7c Father
No educational attainment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 1
Main/ Board school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 2
Middle school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 3
Abitur or advanced technical certificate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 4
Graduate degree	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 5
I don't know	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 6
Apprenticeship (e.g.: company apprenticeship, no graduate degree):			
Completed vocational training	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 1
Not completed vocational training	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 2
I don't know	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 3

Please mark for yourself, your father and your mother a field for graduation and apprenticeship.

8. What is your current family situation?

va8a 1 married, living together with partner

2 married, permanently living apart

3 single

4 divorced

5 widowed

1 0

va8b Are you living together with a partner? Yes No

Please mark what applies to you.

9. Is your partner employed?

va9 1 non-working

2 part-time

3 full-time

Please mark if you are living together with a partner.

10. Do you have own children?

va10a 0 No Yes ⇐ How many children? **va10b** Children

Therefrom under 6 years old? **va10c** Children

Therefrom between 6 and 16 years old? **va10d** Children

How many of your children are living in your household? **va10e** Children

Please mark and fill in the respective number of children (if necessary, the value 0).

11. How many persons – including yourself – are living permanently in your household? _____ Persons

va11 Please fill in the number of persons living in your household.

B Employment

12. What applies to your current employment situation?

vb1a Employed, to be specific:

vb1b Marginally employed

vb1c Part-time employed

vb1e Full-time employed

vb1f Non-working

vb1g In vocational training

vb1h Unemployed

In retirement

vb1i On parental leave ("Elternzeit" or "Babypause")

vb1j House wife or house husband

vb1k Fulfilling military service, civil service or a voluntary social year

vb1l None of these apply, I am **vb1m** _____

Please mark. Multiple answers are possible! When none of the options applies to you, please explain your situation in the designated field.

13. How many hours do you usually work per week?
 Usually I work **vb2a** hours per week

vb2b Do you frequently work overtime? Yes No

vb2c Do you work in shifts? Yes No

Please fill in the average hours you work per week in the designated field (if you are not working fill in the value 0) and mark what apply to you.

14. What is your occupational position, or what was your position in case you are currently not working?

vb3a 1 Unskilled or semi-skilled worker

2 Craftsman / skilled worker

3 Low-educated employee/official

4 High-educated or executive employee/official

5 Self-dependent / self-employed

6 None of these apply, I am/was **vb3b** _____

Please mark the field that best characterizes your occupational position. When none of the options apply to you, please explain your position in the designated field.

15. What applies to your current occupational activity?

vb4a 1 Predominantly sitting

2 Predominantly walking or standing

3 Predominantly physically demanding work

4 Currently not working

Please mark the field that best characterizes your occupational activity.

16. Have you been unemployed in the last 3 years?

vb5a 0 No

1 Yes ⇐ How often? **vb5b** during the last 3 years

How long have you been unemployed during the last 3 years? **vb5c** months

Please mark and fill in the number of unemployment phases and the total time. If you are currently unemployed, please include this to your answers.

Please turn the page!

7. Appendix

-1. Questionnaire for participants-
 Research project for the evaluation of financial incentives for weight reduction v1

Identification number of participant: «ID»

17. What is the amount of your monthly net household income? That means, how much money does your household have at its disposal per month for rent, food, etc.? vb6

approx. € _____

Please estimate and fill in the amount in Euro in the designated field.

C Health and life style

18. Do you smoke? vc1a

1 Yes vc1b 1 0
 0 No Did you use to smoke? Yes No

Please mark what applies to you.

19. Have you been acutely ill within the last 4 weeks?

vc2a Not ill
 vc2b Yes, diarrhea or infection of the gastro-intestinal system
 vc2c Yes, influenza or heavy cold
 vc2d Yes, another acute illness

Please mark. Multiple answers are possible!

20. What is your type of health insurance?

1 Statutory health insurance, without complementary private health insurance
 vc3 2 Statutory health insurance, with complementary private health insurance
 3 Private health insurance

Please mark what applies to you.

21. How would you assess your current health status and physical well-being?

	vc4a	vc4b
	Health status	Physical well-being
1 Very good	<input type="checkbox"/>	<input type="checkbox"/>
2 Good	<input type="checkbox"/>	<input type="checkbox"/>
3 Satisfactory	<input type="checkbox"/>	<input type="checkbox"/>
4 Poor	<input type="checkbox"/>	<input type="checkbox"/>
5 Bad	<input type="checkbox"/>	<input type="checkbox"/>

Please mark the field that best characterizes your situation.

22. Do you feel your health status has handicapped you at any of the following tasks?

vc5a Climbing stairs
 vc5b Running fast or far
 vc5c Lifting heavy objects
 vc5d Stopping, kneeling or leaning
 vc5e None of these applies

Please mark what applies to you. Multiple answers are possible!

23. How many days have you been limited at your job due to health complaints within the last 4 months (before the start of rehabilitation)?

vc6 _____ Days

Please fill in the number of days in the applicable field (if necessary, the value 0).

24. How many days have you been on sick leave due to health complaints within the last 4 months (before the start of rehabilitation)?

vc7 _____ Days

Please fill in the number of days in the applicable field (if necessary, the value 0).

25. How often have you visited a ... due to health complaints within the last 4 months (before the start of rehabilitation)?

Doctor	vc8a	times
Hospital	vc8b	times
Medical rehabilitation clinic	vc8c	times

Please fill in the number of visits in the applicable field (if necessary, the value 0).

26. In which age did you have a clearly too high body weight the first time?

vc9a At the age of _____ years
 vc9b Since then I had (almost) always overweight No Yes

Please fill in the age and mark what applies to you.

27. Are close relatives suffering or suffered from overweight? vc10a

0 No
 1 Yes, namely: parents vc10b
 siblings vc10c
 partner vc10d
 children vc10e

Please mark. Multiple answers are possible!

28. How often do you eat? vc11a vc11b vc11c

	Fruits/	Meat/Meat	Whole-grain
	Vegetables	products	products
Never	1 <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
At least once per month	2 <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
At least once per week	3 <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Once a day	4 <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Several times a day	5 <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please mark the field that best characterizes your eating habits.

29. On my meals I pay attention to:

does not apply at all 1 2 3 4 5 6 does fully apply

vc12a Dietary composition
 vc17a Caloric content
 vc12c Eating speed

Please rate on a scale from 1 (does not apply at all) to 6 (does fully apply) in how far the statement corresponds with your eating habits. Please mark.

30. Which of the following statements apply to your eating habits?

vc13a I often cook on my own at home
 vc13b I eat meals at fixed times
 vc13c I often eat together with other persons (e.g. family members)
 vc13d I often eat „alongside“ other activities

Please mark what applies to you. Multiple answers are possible!

31. Have you make effort (e.g. diets) within the last 4 years to reduce your body weight? vc14a

0 No vc14b 1 0
 1 Yes ⇨ Have they (temporarily) been successful? Yes No

Please mark what applies to you.

32. How often do you practice exercises?

vc15a 1 Never
 2 Occasionally / only in holidays
 3 Once a week
 4 Several times a week
 5 Daily

1 2 3 4 5 6

vc15h How intensive is your exercise? low very intensive
 vc15c I take the stairs instead of an elevator. never always

Please mark the field that best characterizes your situation.

33. How often do you consume alcohol?

vc16 1 Never
 2 Occasionally / on special occasions
 3 At least once a month
 4 At least once a week
 5 Daily

Please mark the field that best characterizes your consumption of alcohol.

The Effect of Financial Incentives on Weight Loss

-1. Questionnaire for participants-

Research project for the evaluation of financial incentives for weight reduction

Identification number of participant: **«ID»**

34. How satisfied are you with your current situation of life?

	vc11a financial	vc11b occupational	vc11c family/partnership
Very satisfied	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 1
Rather satisfied	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 2
Rather unsatisfied	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 3
Very unsatisfied	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 4

Please mark for every category the field that best characterizes your situation.

35. Regarding your current rehabilitation stay: in which rehabilitation clinic are you treated?

- vc18
- Bad Mergentheim
 - Bad Kissingen
 - Isny im Allgäu
 - Glöttental

Please mark in which rehabilitation clinic you are treated currently.

We thank you for your cooperation! If you have further questions or any uncertainties with respect to this questionnaire you can contact the staff of the RWI on telephone number 0201/8149-0.

7. Appendix

A4: Questionnaire 2

-2. Questionnaire for participants-
 Research project for the evaluation of financial incentives for weight reduction
Identification number of participant: «ID»

Important note on this questionnaire: You may know many of the questions from the last questionnaire. For the success of the project it is very important you fill out these questions (even though nothing in your situation has changed in the last 4 months).

A Family situation

1. Has your address changed since the last inquiry/you answered the last questionnaire 4 months ago?

va_1 No
 Yes, the ZIP-code (PLZ) of my new residence is va_2 _____

Please mark what applies to you. Please enter your ZIP-code, if necessary.

2. What applies to your current family situation?

va8a Married and living together with the partner
 Married and living separated from the partner
 Unmarried
 Divorced
 Widowed

va8b Do you live together with a partner? Yes No

Please mark what applies to you.

3. Is your partner employed?

va9 Unemployed
 Part-time employed
 Full-time employed

Please mark, if you are living together with a partner.

4. Do you have own children?

va10a No Yes ⇔ How many children? va10b _____
 How many of your children are living in your household? va10c _____

Please mark and fill in the respective number of your children (if necessary, the value 0).

5. How many persons – inclusive yourself – are living permanently in your household? _____ persons

va11 Please fill in the number of persons living in your household.

B Employment

6. What applies to your current employment situation?

a Employed, to be specific:
 b Marginally employed
 vb1 Part-time employed
 c Part-time employed
 d Full-time employed

e Non-working
 f In vocational training
 g Unemployed
 h In retirement
 i On parental leave ("Elternzeit" or "Babypause")
 j House wife or house husband
 k Fulfilling military service, civil service or a voluntary social year
 l Non of these applies, I am vb1m _____

Please mark. Multiple answers are possible! When none of the options applies to you, please explain your situation in the designated field.

7. How many hours do you usually work per week?

vb2a Usually I work _____ hours per week

vb2b Do you frequently work overtime? Yes No

vb2c Do you work in shifts? Yes No

Please fill in the average hours you work per week in the designated field (if you are not working fill in the value 0) and mark what applies to you.

8. What applies to your current occupational activity?

vb4 a Predominantly sitting
 b Predominantly walking or standing
 c Predominantly physically demanding work
 d Currently not working

Please mark the field that best characterizes your occupational activity.

9. What is your occupational position, or rather what was your position in case you are non-working?

vb3a Unskilled or semi-skilled worker
 Craftsman / skilled worker
 Low-educated employee/official
 High-educated or executive employee/official
 Self-dependent / self-employed
 None of these applies, I am/was vb3b _____

Please mark the field that best characterizes your occupational position. When none of the options applies to you, please explain your position in the designated field.

10. Have you been on holidays within the last 4 months?

vb_1 No
 Yes ⇔ How long? vb_2 _____ weeks

Please mark what applies to you and fill in the length of your holiday (in weeks) in the designated field.

11. Have you changed, lost or quit your job within the last 4 months?

vb_3 No
 Yes, changed ⇔ How long have you been temporarily unemployed? vb_4 _____ weeks
 Yes, lost / quit ⇔ How long have you been unemployed? vb_5 _____ weeks

Please mark and fill in the number of weeks (exclusive remaining leave).

12. What is the amount of your monthly net household income? That means, how much money does your household have at its disposal per month for rent, food, etc.?

vb6 approx. € _____

Please estimate and fill in the amount in Euro in the designated field.

C Health and life style

13. Have you been acutely ill within the last 4 weeks?

a Not ill
 vb2 b Yes, diarrhea or infection of the gastro-intestinal system
 c Yes, influenza or heavy cold
 d Yes, another acute illness

Please mark. Multiple answers are possible!

14. What is your type of health insurance?

Statutory health insurance, without complementary private health insurance
 vb3 Statutory health insurance, with complementary private health insurance
 Private health insurance

Please mark what applies to you.

15. Do you smoke?

vc1a Yes
 No ⇔ Did you use to smoke? Yes No vc1b

Please mark what applies to you.

16. How many days have you been limited at your job due to health complaints within the last 4 months?

vc6 _____ Days

Please fill in the number of days in the applicable field (if necessary, the value 0).

17. How many days have you been on sick leave due to health complaints within the last 4 months?

vc7 _____ Days

Please fill in the number of days in the applicable field (if necessary, the value 0).

Please turn the page!

The Effect of Financial Incentives on Weight Loss

-2. Questionnaire for participants-
 Research project for the evaluation of financial incentives for weight reduction
 Identification number of participant: **eIDn**

18. How often have you visited a ... due to health complaints within the last 4 months?

vc4a Doctor _____ times
 vc8b Hospital _____ times
 vc8c Medical rehabilitation clinic _____ times

Please fill in the number of visits in the applicable field (if necessary, the value 0).

19. How would you assess your current health status and physical well-being?

	vc4a	Health status	vc4b	Physical well-being
Very good	<input type="checkbox"/>		<input type="checkbox"/>	
vc4 Good	<input type="checkbox"/>		<input type="checkbox"/>	
Satisfactory	<input type="checkbox"/>		<input type="checkbox"/>	
Poor	<input type="checkbox"/>		<input type="checkbox"/>	
Bad	<input type="checkbox"/>		<input type="checkbox"/>	

Please mark the field that best characterizes your situation.

20. How often do you eat?

	Fruits/ Vegetables	Meat/ Meat products	Whole-grain products
Never	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
vc11 At least once per month	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
At least once per week	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Once a day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Several times a day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please mark the field that best characterizes your eating habits.

21. On my meals I pay attention to:

_____ does not apply at all 1 2 3 4 5 6 does fully apply

vc12 a Dietary composition
 b Caloric content
 c Eating speed

Please rate on a scale from 1 (does not apply at all) to 6 (does fully apply) in how far the statement corresponds with your eating habits. Please mark.

22. Which of the following statements apply to your eating habits?

vc13 a I often cook on my own at home
 b I eat particular meals at fixed times
 c I often eat together with other persons (e.g. family members)
 d I often eat „alongside“ during other activities

Please mark what applies to you. Multiple answers are possible!

23. How did you react when receiving the information about your allocation to a group of participants (no reward, reward up to €150 or € 300, respectively)?

vc_1 very disappointed _____ -3 -2 -1 0 +1 +2 +3 very pleased _____

In the case, you were assigned to the group receiving no reward, did this information has led to any extraordinary eating behavior?

vc_2 Immediately afterwards Yes No
 vc_3 Until today Yes No

Please rate on a scale from -3 (very disappointed) to +3 (very pleased) and mark, if necessary, what applies to you.

24. How often do you practice exercises?

vc15a Never
 Occasionally / only in holidays
 Once a week
 Several times a week
 Daily

vc15b How intensive do you practice it? low very intensive
 vc15c I take stairs instead of an elevator: never always

Please mark the field that best characterizes your situation.

25. Do you feel limited in performing the following tasks due to your current health conditions?

vc5 a Climbing stairs
 b Running fast or far
 c Lifting heavy objects
 d Stopping, kneeling or leaning
 e None of these applies

Please mark what applies to you. Multiple answers are possible!

26. How often do you consume alcohol?

vc16 Never
 Occasionally / on special occasions
 At least once a month
 At least once a week
 Daily

Please mark the field that best characterizes your consumption of alcohol.

27. How satisfied are you with your current situation of life?

	vc17a	vc17b	vc17c
	financial	occupational	family/partnership
vc17 Very satisfied	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rather satisfied	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rather unsatisfied	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Very unsatisfied	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please mark for every category the field that best characterizes your situation.

D Stay at the medical rehabilitation clinic

28. How helpful were the dietary recommendations you received during the clinic stay for your everyday life at home?

vc1 d Very helpful
 Rather helpful
 Rather useless
 Completely useless

Please mark what applies to you.

29. Did these dietary recommendations change your dietary behavior permanently? Yes No

vc_2 Please mark.

30. Which problems did you have with implementing the dietary recommendations in your everyday life?

vc_3 a No problems
 b I frequently do shift work
 c I frequently eat away from home, e.g. in the canteen
 d I cannot recall the dietary recommendations the clinic has given me
 e My partner cooks
 f My family did not want to change their eating habits
 g Other _____

Please mark what applies to you. Multiple answers are possible!

31. What would you wish to see improved for your next clinic stay?

vc_d_3 i More information via training courses and presentations
 j More practical exercises in the demonstration kitchen of the clinic
 k More attendance at the purchase
 l Short-term repetitions of the clinic stay (e.g. after 4 and 8 months) for refreshing the skills
 m Other _____

Please mark what applies to you. Multiple answers are possible!

We thank you for your cooperation! If you have further questions or any uncertainties with respect to this questionnaire you can contact the staff of the RWI via telephone number 0201/8149-0.

7. Appendix

A5: Questionnaire 3

-3. Questionnaire for participants- Research project for the evaluation of financial incentives for weight reduction

(Identification number of participant: «ID»)

Important note on this questionnaire: You may know many of the questions from the last questionnaire. For the success of the project it is very important you fill out these questions (even though nothing in your situation has changed in the last 6 months).

A Family situation

1. Has your address changed since the last inquiry/you answered the last questionnaire 6 months ago?

No
 Yes, the ZIP-code (PLZ) of my new residence is _____

Please mark what applies to you. Please enter your ZIP-code, if necessary.

2. What is your current family situation?

Married, living together with partner
 Married, permanently living apart
 Unmarried
 Divorced
 Widowed

Do you live together with a partner? Yes No
Please mark what applies to you.

3. Is your partner employed?

non-working
 Part-time employed
 Full-time employed

Please mark, if you are living together with a partner.

4. Do you have own children?

No Yes How many children? _____
How many of your children are living in your household? _____

Please mark and fill in the respective number of your children (if necessary, the value 0).

5. How many persons – inclusive yourself – are living permanently in your household? _____ persons

Please fill in the number of persons living in your household.

B Employment

6. What applies to your current employment situation?

Employed, to be specific:
 Marginally employed
 Part-time employed
 Full-time employed
 Non-working
 In vocational training
 Unemployed
 In retirement
 On parental leave ("Elternzeit" or "Babypause")
 House wife or house husband
 Fulfilling military service, civil service or a voluntary social year
 Non of these applies, I am _____

Please mark. Multiple answers are possible! When none of the options applies to you, please explain your situation in the designated field.

7. How many hours are you working per week?

Usually I am working _____ hours per week
Do you frequently work overtime? Yes No
Do you work in shifts? Yes No

Please fill in the average hours you work per week in the designated field (if you are not working fill in the value 0) and mark what applies to you.

8. What applies to your current occupational activity?

Predominantly sitting
 Predominantly walking or standing
 Predominantly physically demanding work
 Currently not working

Please mark the fields that best characterize your occupational activity.

9. What is your occupational position, or rather what was your position in case you are non-working?

Unskilled or semi-skilled worker
 Craftsman / skilled worker
 Low-educated employee/official
 High-educated or executive employee/official
 Self-dependent / self-employed
 None of these applies, I am/was _____

Please mark the field that best characterizes your occupational position. When none of the options applies to you, please explain your position in the designated field.

10. Have you been on holidays within the last 6 months?

No Yes How long? _____ Weeks

Please mark what applies to you and fill in the length of your holiday (in weeks) in the designated field.

11. Have you changed, lost or quit your job within the last 4 months?

No
Yes, changed How long have you been temporarily unemployed? _____ weeks
Yes, lost / quit How long have you been unemployed? _____ weeks

Please mark and fill in the number of weeks (exclusive remaining leave).

12. What is the amount of your monthly net household income? That means, how much money does your household have at its disposal per month for rent, food, etc.?

approx. € _____

Please estimate and fill in the amount in Euro in the designated field.

13. What is your personal gross income (i.e. income or salary before deduction of taxes and social security benefits)?

vb. 7 approx. € _____

Please estimate and fill in the amount in Euro in the designated field.

C Health and life style

14. Have you been acutely ill within the last 4 weeks?

Not ill
 Yes, diarrhea or infection of the gastro-intestinal system
 Yes, influenza or heavy cold
 Yes, another acute illness

Please mark. Multiple answers are possible!

15. What is your type of health insurance?

Statutory health insurance, without complementary private health insurance
 Statutory health insurance, with complementary private health insurance
 Private health insurance

Please mark what applies to you.

16. How many days have you been limited at your job due to health complaints within the last 4 months?

_____ Days

Please fill in the number of days in the designated field (if necessary, the value 0).

17. How often have you visited a ... due to health complaints within the last 4 months?

Doctor _____ times
Hospital _____ times
Medical rehabilitation clinic _____ times

Please fill in the number of visits in the designated field (if necessary, the value 0).

Please turn the page!

The Effect of Financial Incentives on Weight Loss

-3. Questionnaire for participants-
 Research project for the evaluation of financial incentives for weight reduction
Identification number of participant: «ID»

18. How many days have you been on sick leave due to health complaints within the last 4 months?
 _____ Days
Please fill in the number of days in the designated field (if necessary, the value 0).

19. How often do you consume alcohol?
 Never
 Occasionally / on special occasions
 At least once a month
 At least once a week
 Daily
Please mark the field that best characterizes your consumption of alcohol.

20. How would you assess your current health status and physical well-being?

	Health status	Physical well-being
Very good	<input type="checkbox"/>	<input type="checkbox"/>
Good	<input type="checkbox"/>	<input type="checkbox"/>
Satisfactory	<input type="checkbox"/>	<input type="checkbox"/>
Poor	<input type="checkbox"/>	<input type="checkbox"/>
Bad	<input type="checkbox"/>	<input type="checkbox"/>

Please mark the field that best characterizes your situation.

21. How often do you eat? Fruits/ Meats/ Meat Whole-grain

	Vegetables	products	products
Never	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
At least once per month	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
At least once per week	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Once a day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Several times a day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please mark the field that best characterizes your eating habits.

22. On my meals I pay attention to:
 _____ does not apply at all. 1 2 3 4 5 6 _____ does fully apply

Dietary composition	<input type="checkbox"/>
Caloric content	<input type="checkbox"/>
Eating speed	<input type="checkbox"/>

Please rate on a scale from 1 (does not apply at all) to 6 (does fully apply) in how far the statement corresponds with your eating habits. Please mark.

23. Which of the following statements apply to your eating habits?

I often cook on my own at home
 I eat particular meals at fixed times
 I often eat together with other persons (e.g. family members)
 I often eat „alongside“ during other activities

Please mark what applies to you. Multiple answers are possible!

24. How often do you practice exercises?
 Never
 Occasionally / only in holidays
 Once a week
 Several times a week
 Daily

How intensive do you practice it? low 1 2 3 4 5 6 very intensive
 I take stairs instead of an elevator: never always

Please mark the field that best characterizes your situation.

25. How much time do you spend on average per day ...
 being outdoors? approx. _____ hours
 being in motion (exercise etc.)? approx. _____ hours
 sleeping? approx. _____ hours
 watching TV/videos? approx. _____ hours
 using a personal computer (PC)? approx. _____ hours
 using the Internet? approx. _____ hours

Please estimate and fill in the number of hours (if necessary, also half or quarters of hours, or 0 hours, if you do not spend any time with an activity at all).

26. Do you feel limited in performing the following tasks due to your current health conditions?

Climbing stairs
 Running fast or far
 Lifting heavy objects
 Stooping, kneeling or leaning
 None of these applies

Please mark what applies to you. Multiple answers are possible!

27. Do you smoke?
 Yes
 No Were you formerly a smoker? Yes No

Please mark what applies to you.

28. How satisfied are you with your current situation of life?

	financial	occupational	family/partnership
Very satisfied	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rather satisfied	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rather unsatisfied	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Very unsatisfied	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please mark for every category the field that best characterizes your situation.

D Weight reduction

29. Have you had contact with other participants of this study?

vd_4 In the 4 months immediate after the clinic stay:
 No Yes Were the other participants successful in reducing their weight? No Yes
 0 1

In the last 6 months:
 vd_6 No Yes Were the other participants successful in reducing their weight? No Yes
 0 1

Please mark the field that best characterizes your situation.

30. Have persons in your environment (family, relatives, friends etc.) also tried to reduce or keep their weight at the same time you were reducing yours?

In the 4 months after the clinic stay:
 vd_8 No Yes Have you supported each other? vd_9
 0 1 No Yes
 Were these persons successful? vd_10
 No Yes
 0 1

In the last 6 months:
 vd_11 No Yes Have you supported each other? vd_12
 0 1 No Yes
 Were these persons successful? vd_13
 No Yes
 0 1

Please mark the field that best characterizes your situation.

31. Have you taken diet pills or other drugs for weight reduction?

vd_14 In the 4 months after the clinic stay No Yes
 vd_15 In the last 6 months No Yes
 0 1

Please mark what applies to you.

32. Have you undergone a surgery for weight loss?

vd_17 In the 4 months after the clinic stay No Yes
 In the last 6 months No Yes
 0 1

Please mark what applies to you.

33. Have you received counselling by your general practitioner or has he monitored your weight progress?

vd_18 In the 4 months after the clinic stay No Yes
 vd_19 In the last 6 months No Yes
 0 1

Please mark what applies to you.

Please fill out also the third page!

7. Appendix

-3. Questionnaire for participants-
 Research project for the evaluation of financial incentives for weight reduction

Identification number of participant: «ID»

34. Have you participated in a diet or adiposity program? What kind of program have you participated?

In the 4 months after the clinic stay In the last 6 months

Does not apply vd_20 vd_21

Diet and/or sport scheme from the internet, a book or a specialized magazine vd_22 vd_23

group sessions and movement units with additional support of one or more experts another program vd_24 vd_25

vd_26 vd_27

Please mark the field that best characterizes your situation. Programs or treatments during your clinic stay 10 months ago are not asked for here.

35. Have you changed your dietary behavior permanently in everyday life due to the dietary recommendations from the medical rehabilitation clinic?

No Yes

Please mark what applies to you.

36. Do you feel well informed about methods for loosing or keeping weight?

No Yes

Please mark what applies to you.

37. You have received a voucher check in the amount of the expense allowance and where appropriate the premium. How long did you take to cash in the voucher check after receiving it?

Within one week

Within four weeks

After four weeks

Not yet, and not planning to cash in the voucher check

Not yet, will still cash in the voucher check

Please mark the field that best characterizes your situation.

41. Compare the weight of persons from your personal environment with the weight they had before your clinic stay.

Have they weighed less 6 months ago compared... Do they weigh less today compared...
 ...to the time before the clinic stay?

ve_27 Partner ve_28

ve_29 1 or more of your children ve_30

ve_31 if so how many? children children ve_32

ve_33 1 or more of your friends friends friends ve_34

ve_35 if so how many? friends friends ve_36

Please mark what applies to you and fill in the respective number (if necessary, the value 0).

F Preferences and approach to risk

42. How do you see yourself: Are you in general willing to assume risk or do you try to avoid risks?

Not willing to assume any risk at all High willingness to assume risk

0 1 2 3 4 5 6 7 8 9 10

vf_1

Please rate on a scale from 0 (not willing to assume risk) to 10 (willing to assume risk) in how far the statement corresponds with your risk attitude. Please mark.

43. Assume you have two options of receiving a payoff. When choosing option A, you receive 1,000€ the day after tomorrow. When choosing option B, you receive another payoff in 9 days. Compare the payoffs and the payment dates of both options and mark in each row (a - f) your preferred option.

	Option A (day after tomorrow)	Option B (in 9 days)	Payoff	Please mark A or B
vf 2	1,000 €	1,000.0 €	A	<input type="checkbox"/> B <input type="checkbox"/>
vf 3	1,000 €	1,001.9 €	A	<input type="checkbox"/> B <input type="checkbox"/>
vf 4	1,000 €	1,001.9 €	1 A	<input type="checkbox"/> B <input type="checkbox"/> 2
vf 5	1,000 €	1,003.8 €	A	<input type="checkbox"/> B <input type="checkbox"/>
vf 6	1,000 €	1,005.5 €	A	<input type="checkbox"/> B <input type="checkbox"/>
vf 7	1,000 €	1,007.7 €	A	<input type="checkbox"/> B <input type="checkbox"/>

Now, the options have changed. Instead of receiving the payoff the day after tomorrow, you receive the payoff in 90 days (option A) or in 97 days instead of 9 days (option B), respectively. Please mark in each row (g - l) your preferred option.

	Option A (in 90 days)	Option B (in 97 days)	Payoff	Please mark A or B
vf 8	1,000 €	1,000.0 €	A	<input type="checkbox"/> B <input type="checkbox"/>
vf 9	1,000 €	1,001.9 €	A	<input type="checkbox"/> B <input type="checkbox"/>
vf 10	1,000 €	1,003.8 €	1 A	<input type="checkbox"/> B <input type="checkbox"/> 2
vf 11	1,000 €	1,005.8 €	A	<input type="checkbox"/> B <input type="checkbox"/>
vf 12	1,000 €	1,007.7 €	A	<input type="checkbox"/> B <input type="checkbox"/>
vf 13	1,000 €	1,009.6 €	A	<input type="checkbox"/> B <input type="checkbox"/>

Assume you have to choose between option A and B, when you would have to pay the respective amount of money. Please mark your preferred option.

	Option A (in 90 days)	Option B (in 97 days)	Payoff	Please mark A or B
vf 14	1,000 €	1,000.0 €	A	<input type="checkbox"/> B <input type="checkbox"/>
vf 15	1,000 €	1,001.9 €	A	<input type="checkbox"/> B <input type="checkbox"/>
vf 16	1,000 €	1,003.8 €	1 A	<input type="checkbox"/> B <input type="checkbox"/> 2
vf 17	1,000 €	1,005.8 €	A	<input type="checkbox"/> B <input type="checkbox"/>
vf 18	1,000 €	1,007.7 €	A	<input type="checkbox"/> B <input type="checkbox"/>
vf 19	1,000 €	1,009.6 €	A	<input type="checkbox"/> B <input type="checkbox"/>

E Before the clinic stay

38. Which of the statements apply regarding your previous weight? And which apply today?

	before rehab	today
My weight is a problem for me	ve_1 <input type="checkbox"/>	<input type="checkbox"/> ve_2
Due to my weight I feel ...uncomfortable	ve_3 <input type="checkbox"/>	<input type="checkbox"/> ve_4
...unaccepted by others	ve_5 <input type="checkbox"/>	<input type="checkbox"/> ve_6
...discriminated against by others	ve_7 <input type="checkbox"/>	<input type="checkbox"/> ve_8
I have no intention to reduce my weight	ve_9 <input type="checkbox"/>	<input type="checkbox"/> ve_10
Reducing weight would not be a bad idea	ve_11 <input type="checkbox"/>	<input type="checkbox"/> ve_12
Reducing weight is very important for me	<input type="checkbox"/> ve_13	<input type="checkbox"/> ve_14

Please mark what applies to you. Multiple answers are possible!

39. Have you spent money on reducing weight (e.g. for literature, diet pills, gym, etc.)?

Already before the clinic stay? Yes No ve_15

And afterwards? 1 0

In the 4 months after the clinic stay Yes No ve_16

In the last 6 months Yes No ve_17

Please mark what applies to you.

40. Have other persons insisted on you reducing weight before the clinic stay?

Namely: 1

ve_18 (Marriage) partner	<input type="checkbox"/> Family (except the partner)	<input type="checkbox"/> ve_19
ve_20 Employer	<input type="checkbox"/> Friends	<input type="checkbox"/> ve_21
ve_22 General practitioner	<input type="checkbox"/> Pension fund	<input type="checkbox"/> ve_23
ve_24 Other practitioners	<input type="checkbox"/> Health insurance	<input type="checkbox"/> ve_25
ve_26 Nobody	<input type="checkbox"/>	

Please mark what applies to you. Multiple answers are possible!

The Effect of Financial Incentives on Weight Loss

A6: Questionnaire 4

4. Questionnaire for participants-
Research project for the evaluation of financial incentives for weight reduction

Identification number of participant: «ID»

Important note on this questionnaire: You may know many of the questions from the last questionnaire. For the success of the project it is very important you fill out these questions (even though nothing in your situation has changed in the last year).

A Family situation

1. Has your address changed since the last inquiry/you answered the last questionnaire 12 months ago?

va_1 No
 Yes, the ZIP-code (PLZ) of my new residence is va_2

Please mark what applies to you. Please enter your ZIP-code, if necessary.

2. What applies to your current family situation?

va8a Married and living together with the partner
 Married and living separated from the partner
 Unmarried
 Divorced
 Widowed

va8b Do you live together with a partner? Yes No

Please mark what applies to you.

3. Is your partner employed?

va9 Unemployed
 Part-time employed
 Full-time employed

Please mark, if you are living together with a partner.

4. Do you have own children?

va10a No Yes How many children? va10b
How many of your children are living in your household? va10c

Please mark and fill in the respective number of your children (if necessary, the value 0).

5. How many persons – inclusive yourself – are living permanently in your household? _____ Persons

va11

Please fill in the number of persons living in your household.

B Employment

6. What applies to your current employment situation?

a Employed, to be specific:
b Marginally employed
c Part-time employed
d Full-time employed

vb1

e Non-working
f In vocational training
g Unemployed
h In retirement
i In a parental leave ("Elternzeit" or "Babypause")
j House wife or house husband
k Fulfilling military service, civilian service or a voluntary social year
l None of these applies, I am vb1m

Please mark. Multiple answers are possible! When none of the options applies to you, please explain your situation in the designated field.

7. How many hours are you working per week?

Usually I am working vb2a hours per week

vb2b Do you frequently work overtime? Yes No

vb2c Do you work in shifts? Yes No

Please fill in the average hours you work per week in the designated field (if you are not working fill in the value 0) and mark what applies to you.

8. What applies to your current occupational activity?

vb4 a Predominantly sitting
b Predominantly walking or standing
c Predominantly physically demanding work
d Currently not working

Please mark the fields that best characterize your occupational activity.

9. What is your occupational position, or rather what was your position in case you are non-working?

vb3a Unskilled or semi-skilled worker
 Craftsman / skilled worker
 Low-educated employee/official
 High-educated or executive employee/official
 Self-dependent / self-employed
 None of these applies, I am/was vb3b

Please mark the field that best characterizes your occupational position. When none of the options applies to you, please explain your position in the designated field.

10. Have you been on holidays within the last 12 months?

vb_1 No
Yes How long? vb_2 weeks

Please mark what applies to you and fill in the length of your holiday (in weeks) in the designated field.

11. Have you changed, lost or quit your job within the last 4 months?

No
Yes, changed How long have you been temporarily unemployed? vb_4 weeks

vb_3 Yes, lost / quit How long have you been unemployed? vb_5 weeks

Please mark and fill in the number of weeks (exclusive remaining leave).

12. What is the amount of your monthly net household income? That means, how much money does your household have at its disposal per month for rent, food, etc.?

approx. € vb6

Please estimate and fill in the amount in Euro in the designated field.

13. What is your personal gross income (i.e. income or salary before deduction of taxes and benefits for social security)?

approx. € vb_7

Please estimate and fill in the amount in Euro in the designated field.

C Health and life style

14. Have you been acutely ill within the last 4 weeks?

va2 a Not ill
b Yes, diarrhea or infection of the gastro-intestinal system
c Yes, influenza or heavy cold
d Yes, another acute illness

Please mark. Multiple answers are possible!

15. What is your type of health insurance?

vc3 Statutory health insurance, without complementary private health insurance
 Statutory health insurance, with complementary private health insurance
 Private health insurance

Please mark what applies to you.

16. Have you been limited at your job due to health complaints within the last 4 months?

vc6_1 No Yes if so, how many days? vc6 days

Please mark what applies to you and if necessary fill in the number of days in the designated field.

17. Have you visited a ... due to health complaints within the last 4 months?

vc8a Doctor No Yes if so, how often? _____ times vc8a
vc8b Hospital No Yes if so, how often? _____ times vc8b
vc8c_1 Med. rehab. clinic No Yes if so, how often? _____ times vc8c

Please mark what applies to you and if necessary fill in the number of visits.

7. Appendix

-4. Questionnaire for participants-
 Research project for the evaluation of financial incentives for weight reduction
 Identification number of participant: «ID»

Please turn the page!

18. Have you been on sick leave due to health complaints within the last 4 months?
 vc7_1 No Yes if so, how many days? vc7_ days
 Please mark what applies to you and if necessary fill in the number of days.

19. How often do you consume alcohol?
 vc16 Never
 Occasionally / on special occasions
 At least once a month
 At least once a week
 Daily
 Please mark the field that best characterizes your consumption of alcohol.

20. How would you assess your current health status and physical well-being?
 vc4

	vc4a Health status	vc4b Physical well-being
Very good	<input type="checkbox"/>	<input type="checkbox"/>
Good	<input type="checkbox"/>	<input type="checkbox"/>
Satisfactory	<input type="checkbox"/>	<input type="checkbox"/>
Poor	<input type="checkbox"/>	<input type="checkbox"/>
Bad	<input type="checkbox"/>	<input type="checkbox"/>

Please mark the field that best characterizes your situation.

21. How often do you eat?
 vc11

	vc11a Fruits/ Vegetables	vc11b Meat/ Meat products	vc11c Whole-grain products
Never	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
At least once per month	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
At least once per week	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Once a day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Several times a day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please mark the field that best characterizes your eating habits.

22. On my meals I pay attention to:
 does not apply at all 1 2 3 4 5 6 does fully apply

vc12

a Dietary composition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h Caloric content	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c Eating speed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please rate on a scale from 1 (does not apply at all) to 6 (does fully apply) in how far the statement corresponds with your eating habits. Please mark.

23. Which of the following statements apply to your eating habits?
 vc13

a I often cook on my own at home
 b I eat particular meals at fixed times
 c I often eat together with other persons (e.g. family members)
 d I often eat „alongside“ during other activities
 Please mark what applies to you. Multiple answers are possible!

24. How often do you practice exercises?
 vc15a Never
 Occasionally / only in holidays
 Once a week
 Several times a week
 Daily

vc15b How intensive do you practice it? low 1 2 3 4 5 6 very intensive
 vc15c I take stairs instead of an elevator: never always

Please mark the field that best characterizes your situation.

25. How much time do you spend on average per day ...

being outdoors?	approx. _____ hours	vc 4
being in motion (sport/exercises, etc.)?	approx. _____ hours	vc 5
sleeping?	approx. _____ hours	vc 6
watching TV/videos?	approx. _____ hours	vc 7
using a personal computer (PC)?	approx. _____ hours	vc 8
using the internet?	approx. _____ hours	vc 9

Please turn the page!

D Weight reduction

29. Have you received advisory by your general practitioner or has he monitored your weight progress during the last year?
 vc37 No Yes
 Please mark what applies to you.

30. Have your dietary behavior changed permanently in your everyday life due to the dietary recommendations from the medical rehabilitation clinic?
 vc28 No Yes
 Please mark what applies to you.

31. Do you feel good informed about methods for losing or keeping weight?
 vc29 No Yes
 Please mark what applies to you.

32. Did you have had contact with other participants of this study in the last 12 months?
 vc6 No Yes Were the other participants successful in reducing their weight? No Yes vc7
 Please mark the field that best characterizes your situation.

33. Have persons from your environment (family, relatives, friends etc.) tried to reduce or to keep their weight in the last 12 months?
 vc8 No Yes Have you supported each other? No Yes vc9
Were these persons successful? No Yes vc10
 Please mark the field that best characterizes your situation.

34. Please fill in your self-measured weight and when you have weighed yourself. (Please go to the pharmacy for measuring weight irrespective of this question.)
 vc34 Weight: _____ kg Date: _____ (dd.mm.yyyy) vc35
 Have you weighed yourself before the visit in the pharmacy?
 vc36 No Yes
 Please fill in the weight and mark what applies to you. Please fill in the date.

Please turn the page!

The Effect of Financial Incentives on Weight Loss

-4. Questionnaire for participants-

Research project for the evaluation of financial incentives for weight reduction

Identification number of participant: «ID»

E Sexuality

35. Did you have a sexual partner in the last 12 months?

vs_1 No Yes

Please mark what applies to you.

36. How often did you have sex in the last 12 months?

- vs_2
- 1 No sex
 - 2 Rather rarely
 - 3 Monthly (once or frequently a month)
 - 4 Weekly (once or frequently a week)
 - 5 Almost daily (once or frequently a day)

Please mark what applies to you.

We thank you for your cooperation! If you have further questions or any uncertainties with respect to this questionnaire, you can contact the staff of the RWI via telephone number 0201/8149-0.