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

<table>
<thead>
<tr>
<th>Hormone</th>
<th>HYPOCALORIC DIET PERIOD</th>
<th>FOLLOW UP PERIOD</th>
<th>P-value&lt;sup&gt;a&lt;/sup&gt;</th>
<th>P-value&lt;sup&gt;a&lt;/sup&gt;</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>T0 levels (change from T0 to T1; %)</td>
<td>T2 levels (change from T1 to T2; %)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Non-regainers</td>
<td>Regainers</td>
<td>Non-regainers</td>
<td>Regainers</td>
</tr>
<tr>
<td>Irisin (ng/mL)</td>
<td>369.7±29.9 (-15.1±4.0)</td>
<td>337.7±28.7 (-15.8±3.8)</td>
<td>0.452</td>
<td>260.5±25.1 (-2.1±0.5)</td>
</tr>
<tr>
<td>Leptin (ng/mL)</td>
<td>20.8±2.0 (-45.8±4.8)</td>
<td>21.8±7.9 (-30.7±4.8)&lt;sup&gt;*&lt;/sup&gt;</td>
<td>0.731</td>
<td>12.8±2.1 (34.7±15.6)</td>
</tr>
<tr>
<td>Adiponectin (ng/mL)</td>
<td>12.6±1.4 (49.4±69.4)</td>
<td>12.5±1.4 (122.5±67.5)</td>
<td>0.971</td>
<td>17.4±1.9 (38.7±9.2)</td>
</tr>
<tr>
<td>Ghrelin (pg/mL)</td>
<td>377.0±37.0 (29.2±9.5)</td>
<td>418.2± (27.4±10.3)</td>
<td>0.540</td>
<td>510.2±79.6 (7.8±7.3)</td>
</tr>
<tr>
<td>TNFα (pg/mL)</td>
<td>0.68±0.19 (35.3±18.4)</td>
<td>1.05±0.18 (14.0±17.8)</td>
<td>0.248</td>
<td>0.68±0.24 (18.1±27.6)</td>
</tr>
</tbody>
</table>

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

---

1