

Appendix 1 International Weight management in Pregnancy (i-WIP) Individual Participant Data (IPD) meta-analysis

Research question: Does the effects of diet and/or physical activity based interventions vary according to women's body mass index (BMI), age, parity, ethnicity, and pre-existing medical condition?

Population: Pregnant women over 16 years of age with BMI \geq 18.5 kg/m² with singleton pregnancy

Intervention: Diet, physical activity or combination of both

Comparator: Routine standard care

Outcomes: Gestational weight gain, maternal and offspring outcomes

Study design: Randomised controlled trials

Method: Two-stage IPD meta-analysis

Size: 36 studies (\geq 12,000 women)

Countries: 16 countries

Collaborators: 45 collaborators

PROSPERO registration number: CRD42013003804