

**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/m<sup>2</sup> 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