

Supplementary Table S1. ICAAN program: Phase 1-4

Session	Subject	Content
Phase 1 (1:1 intervention)		
Month 1	Learn my body	- Physical examination results - Goal setting
Month 2	Manage my body 1	Self-examination - Personal issues related to weight - The environment: family and lifestyle
Month 3	Manage my body 2	Physical activity - Activity level examination - Individualized exercise plan
Month 4	Manage my body 3	Motivational enhancement and Mindfulness - Encouraging health-related behavior choices - Identifying problems and strengths
Month 5	Manage my body 4	Physical activity 2 - Increasing activity - Decreasing inactivity
Month 6	Manage my body 5	Self-observation - Acknowledging changes: body image - Acknowledging changes: cognition
Phase 2 (group program)		
Month 7	Nutrition	Lose sugar and become super Enjoy your food with all 5 senses
Month 8	Physical activity	Zumba dance class
Month 9	Behavioral modification	A journey to finding myself
Month 10	Nutrition	Nutritional experimentation laboratory Become a healthy grown-up
Month 11	Physical activity	Pilates class
Month 12	Behavioral modification	Stop and Think
Phase 3 (1:1 booster session)		
Month 13	Changes in action 1	Self-evaluation of change - Changes in the last 12 months - Risk/protective factors
Month 14	Changes in action 2	Overcoming obstacles - Motivational changes - Resources for problem solving
Month 15	Changes in action 3	Finding strengths - Validation of the problem-solving trials - Encouraging individual strengths
Month 16	Maintaining change 1	Behavioral modification counseling - Healthy habits to continue after treatment - Expected difficulties and coping strategies
Month 17	Maintaining change 2	Nutritional counseling - Healthy eating habits to continue after treatment - Parental guide for weight loss maintenance
Month 18	Maintaining change 3	Exercise counseling - Physical activities to continue after treatment - Individualized goals after treatment termination
Phase 4 (group program)		
Month 20	Behavioral modification	Mindful eating: Learning my feelings and thoughts
Month 21	Nutrition	What is in my refrigerator? What can I eat in a convenience store?
Month 22	Exercise	Tae-Bo (Taekwondo & Boxing) class
Month 23	Behavioral modification	Learning to be on my own: making a resolution