

Supplemental table 1: Subject characteristics

ID	Age	Height [cm]	Weight (baseline) [kg]	Weight (post mirtazapine) [kg]	BMI (baseline) [kg/m ²]	BMI (post mirtazapine) [kg/m ²]
1	24	178.5	73.4	72.9	23.04	22.88
2	21	181.5	77.7	77.4	23.59	23.50
3	22	191.4	78.2	78.0	21.35	21.29
4	22	174.6	70.4	70.0	23.09	22.96
5	23	180.0	68.0	67.6	20.99	20.86
6	21	187.0	75.6	74.4	21.62	21.28
7	21	180.5	65.1	64.7	19.98	19.86
8	24	181.8	74.9	73.6	22.66	22.27
9	21	172.0	69.7	69.0	23.56	23.32
10	23	174.5	74.6	74.2	24.50	24.37
Mean	22.2	180.2	72.8	72.2	22.4	22.3
SD	1.2	5.6	4.3	4.3	1.4	1.4

Body mass index (BMI), standard deviation (SD).

Supplemental table 2: Correlation matrix

		Hunger (baseline)	Appetite for sweets (baseline)	Hunger (mirtazapine)	Appetite for sweets (mirtazapine)	baseline RQ	baseline REE	Δ RQ	Δ REE	baseline AUC _{Gk}	baseline AUC _{Ins}	baseline AUC _{C-pep}	Δ AUC _{Gk}	Δ AUC _{Ins}	Δ AUC _{C-pep}
Hunger (baseline)	r_s	1	.685*	.830**	.697*	-.561	.018	.723*	-.467	.018	-.188	-.03	.224	-.309	.042
	P	.	.029	.003	.025	.092	.96	.018	.174	.96	.603	.934	.533	.385	.907
Appetite for sweets (baseline)	r_s	.685*	1	.43	.721*	-.677*	-.236	.705*	-.152	-.212	-.091	-.261	.321	-.406	-.03
	P	.029	.	.214	.019	.032	.511	.023	.676	.556	.803	.467	.365	.244	.934
Hunger (mirtazapine)	r_s	.830**	.43	1	.745*	-.555	-.067	.602	-.236	.37	-.188	.37	-.152	.091	.079
	P	.003	.214	.	.013	.096	.855	.066	.511	.293	.603	.293	.676	.803	.829
Appetite for sweets (mirtazapine)	r_s	.697*	.721*	.745*	1	-.659*	-.297	.809**	-.067	-.067	-.273	.236	.164	-.103	-.006
	P	.025	.019	.013	.	.038	.405	.005	.855	.855	.446	.511	.651	.777	.987
baseline RQ	r_s	-.561	-.677*	-.555	-.659*	1	.152	-.599	.293	-.213	-.104	-.396	-.104	.274	.293
	P	.092	.032	.096	.038	.	.674	.067	.412	.554	.776	.257	.776	.443	.412
baseline REE	r_s	.018	-.236	-.067	-.297	.152	1	-.249	-.479	.224	.576	.236	-.467	-.636*	-.745*
	P	.96	.511	.855	.405	.674	.	.487	.162	.533	.082	.511	.174	.048	.013
Δ RQ	r_s	.723*	.705*	.602	.809**	-.599	-.249	1	-.31	.024	-.347	.134	.298	-.158	-.043
	P	.018	.023	.066	.005	.067	.487	.	.383	.947	.327	.713	.403	.663	.907
Δ REE	r_s	-.467	-.152	-.236	-.067	.293	-.479	-.31	1	-.03	-.297	-.212	-.006	.503	.358
	P	.174	.676	.511	.855	.412	.162	.383	.	.934	.405	.556	.987	.138	.31
baseline AUC _{Gk}	r_s	.018	-.212	.37	-.067	-.213	.224	.024	-.03	1	.321	.636*	-.758*	.309	-.212
	P	.96	.556	.293	.855	.554	.533	.947	.934	.	.365	.048	.011	.385	.556
baseline AUC _{Ins}	r_s	-.188	-.091	-.188	-.273	-.104	.576	-.347	-.297	.321	1	.273	-.576	-.442	-.43
	P	.603	.803	.603	.446	.776	.082	.327	.405	.365	.	.446	.082	.2	.214
baseline AUC _{C-pep}	r_s	-.03	-.261	.37	.236	-.396	.236	.134	-.212	.636*	.273	1	-.552	.127	-.479
	P	.934	.467	.293	.511	.257	.511	.713	.556	.048	.446	.	.098	.726	.162
Δ AUC _{Gk}	r_s	.224	.321	-.152	.164	-.104	-.467	.298	-.006	-.758*	-.576	-.552	1	-.176	.309
	P	.533	.365	.676	.651	.776	.174	.403	.987	.011	.082	.098	.	.627	.385
Δ AUC _{Ins}	r_s	-.309	-.406	.091	-.103	.274	-.636*	.503	-.442	.309	-.442	.127	-.176	1	.661*
	P	.385	.244	.803	.777	.443	.048	.663	.138	.385	.2	.726	.627	.	.038
Δ AUC _{C-pep}	r_s	.042	-.03	.079	-.006	.293	-.745*	-.043	.358	-.212	-.43	-.479	.309	.661*	1
	P	.907	.934	.829	.987	.412	.013	.907	.31	.556	.214	.162	.385	.038	.

Nominal significant correlations (Spearman rank coefficients; r_s) are in bold and indicated with stars (* $P < 0.05$; ** $P < 0.01$).