

**Supplement 1: Fixed intercept models for reduction in PD and CAL**

	3-month Estimate (SE)	<i>p</i>	6-month Estimate (SE)	<i>p</i>	12-month Estimate (SE)	<i>p</i>	3-month Estimate (SE)	<i>p</i>	6-month Estimate (SE)	<i>p</i>	12-month Estimate (SE)	<i>p</i>
<b>Patient-level</b>												
Age	-0.02 (0.01)	0.141	-0.02 (0.01)	0.222	-0.02 (0.02)	0.238	-0.02 (0.01)	0.107	-0.02 (0.01)	0.181	-0.02 (0.01)	0.239
Gender (female versus male)	0.22 (0.29)	0.691	0.22 (0.29)	0.438	0.11 (0.33)	0.748	0.01 (0.25)	0.981	0.12 (0.24)	0.615	0.01 (0.28)	0.973
Non Smoker (versus smoker)	0.41 (0.24)	0.299	0.41 (0.24)	0.087	0.36 (0.27)	0.173	0.25 (0.26)	0.347	0.16 (0.24)	0.513	-0.21 (0.27)	0.428
No Diabetes (versus diabetes)	-0.02 (0.51)	0.844	-0.2 (0.51)	0.704	-0.50 (0.58)	0.401	0.19 (0.46)	0.688	0.09 (0.43)	0.831	-0.22 (0.5)	0.661
No Hypertension (versus hypertension)	0.25 (0.23)	0.051	0.25 (0.23)	0.268	0.40 (0.25)	0.119	<b>0.47 (0.23)</b>	<b>0.043*</b>	0.24 (0.21)	0.254	0.34 (0.24)	0.161
BMI	0.05 (0.04)	0.081	0.05 (0.04)	0.183	0.06 (0.04)	0.166	0.02 (0.03)	0.508	0.01 (0.03)	0.827	0.02 (0.04)	0.539
Education background	0.52 (0.35)	0.273	0.52 (0.35)	0.141	0.26 (0.39)	0.508	0.26 (0.31)	0.410	0.40 (0.29)	0.183	0.14 (0.34)	0.676
Number of missing teeth	-0.06 (0.03)	0.683	<b>-0.06 (0.03)</b>	<b>0.050*</b>	-0.04 (0.03)	0.250	-0.00 (0.03)	0.922	<b>-0.05 (0.02)</b>	<b>0.050*</b>	-0.03 (0.03)	0.295
% of sites with PD ≥ 5 mm at baseline	-0.00 (0.02)	0.301	-0.00 (0.02)	0.917	-0.00 (0.02)	0.937	-0.01 (0.01)	0.513	0.01 (0.01)	0.542	-0.00 (0.02)	0.761
<b>Tooth-level</b>												
Molars (reference)												
Anteriors	<b>0.36 (0.08)</b>	<b>0.002**</b>	<b>0.36 (0.08)</b>	<b>&lt;0.001***</b>	<b>0.33 (0.08)</b>	<b>&lt;0.001***</b>	<b>0.22 (0.09)</b>	<b>0.014*</b>	<b>0.33 (0.08)</b>	<b>&lt;0.001***</b>	<b>0.29 (0.09)</b>	<b>0.001**</b>
Premolars	<b>0.24 (0.08)</b>	<b>0.035*</b>	<b>0.24 (0.08)</b>	<b>0.005**</b>	<b>0.26 (0.09)</b>	<b>0.004**</b>	0.17 (0.1)	0.069	<b>0.23 (0.09)</b>	<b>0.009**</b>	<b>0.25 (0.09)</b>	<b>0.009**</b>
Degree III (reference)												
Degree 0	<b>0.89 (0.31)</b>	<b>0.001**</b>	<b>0.89 (0.31)</b>	<b>0.004**</b>	0.60 (0.34)	0.075	<b>1.14 (0.36)</b>	<b>0.001**</b>	<b>0.92 (0.32)</b>	<b>0.004**</b>	0.60 (0.35)	0.084
Degree I	<b>0.83 (0.31)</b>	<b>0.006**</b>	<b>0.83 (0.31)</b>	<b>0.008**</b>	0.39 (0.33)	0.244	<b>0.91 (0.36)</b>	<b>0.011*</b>	<b>0.79 (0.32)</b>	<b>0.014*</b>	0.34 (0.35)	0.333
Degree II	<b>0.65 (0.31)</b>	<b>0.018*</b>	<b>0.65 (0.31)</b>	<b>0.036*</b>	0.32 (0.34)	0.344	<b>0.82 (0.36)</b>	<b>0.023*</b>	<b>0.65 (0.32)</b>	<b>0.044*</b>	0.30 (0.35)	0.396
FI	0.20 (0.11)	0.178	0.20 (0.11)	0.080	0.11 (0.13)	0.400	0.14 (0.13)	0.281	0.18 (0.12)	0.144	0.08 (0.13)	0.572
<b>Site-level</b>												
Surface (Interproximal vs. Center)	<b>0.44 (0.07)</b>	<b>&lt;0.001***</b>	<b>0.44 (0.07)</b>	<b>&lt;0.001***</b>	<b>0.46 (0.07)</b>	<b>&lt;0.001***</b>	<b>0.28 (0.08)</b>	<b>&lt;0.001***</b>	<b>0.41 (0.07)</b>	<b>&lt;0.001***</b>	<b>-0.43 (0.07)</b>	<b>&lt;0.001***</b>
Surface (B vs. L)	0.16 (0.05)	0.075	0.16 (0.05)	<b>0.001**</b>	0.17 (0.05)	<b>&lt;0.001***</b>	0.07 (0.05)	0.171	0.15 (0.05)	<b>0.002**</b>	0.15 (0.05)	<b>0.002**</b>
Plaque	-0.00 (0.01)	0.856	-0.00 (0.01)	0.691	-0.00 (0.01)	0.789	-0.00 (0.01)	0.950	-0.00 (0.01)	0.838	-0.00 (0.01)	0.886
BoP	-0.01 (0.01)	0.893	-0.01 (0.01)	0.383	-0.02 (0.02)	0.320	-0.00 (0.01)	0.689	-0.01 (0.01)	0.614	-0.01 (0.01)	0.438
Baseline PD	<b>0.78 (0.03)</b>	<b>&lt;0.001***</b>	<b>0.78 (0.03)</b>	<b>&lt;0.001***</b>	<b>0.83 (0.03)</b>	<b>&lt;0.001***</b>	<b>0.56 (0.04)</b>	<b>&lt;0.001***</b>	<b>0.70 (0.03)</b>	<b>&lt;0.001***</b>	<b>0.76 (0.03)</b>	<b>&lt;0.001***</b>
Baseline CAL	-0.04 (0.02)	0.138	<b>-0.04 (0.02)</b>	<b>0.039*</b>	<b>-0.06 (0.02)</b>	<b>0.014*</b>	0.03 (0.02)	0.221	0.02 (0.02)	0.342	-0.00 (0.02)	0.859
<b>Variance</b>												
Patient	<b>0.57 (0.18)</b>	<b>0.002**</b>	<b>0.50 (0.15)</b>	<b>0.001**</b>	<b>0.65 (0.21)</b>	<b>0.002**</b>	<b>0.33 (0.11)</b>	<b>0.002**</b>	<b>0.28 (0.08)</b>	<b>&lt;0.001***</b>	<b>0.46 (0.15)</b>	<b>0.003**</b>
Tooth	<b>0.20 (0.03)</b>	<b>&lt;0.001***</b>	<b>0.15 (0.03)</b>	<b>&lt;0.001***</b>	<b>0.23 (0.03)</b>	<b>&lt;0.001***</b>	<b>0.20 (0.03)</b>	<b>&lt;0.001***</b>	<b>0.20 (0.03)</b>	<b>&lt;0.001***</b>	<b>0.29 (0.04)</b>	<b>&lt;0.001***</b>
Site	<b>0.85 (0.04)</b>	<b>&lt;0.001***</b>	<b>0.69 (0.03)</b>	<b>&lt;0.001***</b>	<b>0.68 (0.03)</b>	<b>&lt;0.001***</b>	<b>0.67 (0.03)</b>	<b>&lt;0.001***</b>	<b>0.68 (0.03)</b>	<b>&lt;0.001***</b>	<b>0.67 (0.03)</b>	<b>&lt;0.001***</b>
<b>Total variance % change in variance</b>												
Patient	-22.6%		-4.8%		28.5%		1.9%		-36.1%		10.3%	
Tooth	-9.1%		-46.3%	-	-30.5%	-	-12.7%	-	-27.5%	-	15.0%	-
Site	-30.3%		-42.3%		-45.9%		-44.3%		-42.0%		-45.4%	

BMI – Body Mass Index, PD – Pocket Depth, BoP – Bleeding on Probing, B – Buccal, L – Lingual, CAL – Clinical Attachment Loss, SE – Standard Error  
\*bold face representative  $P < 0.05$ . \*\*bold face representative  $P < 0.01$ . \*\*\*bold face representative  $P < 0.001$