

Multimedia Appendix 2. Change in outcomes from baseline to 12 months using intent-to-treat analyses from linear mixed models.

Outcome	Strategy	Yes, mean change (95% CI)	No, mean change (95% CI)	Yes vs. No mean difference	P value
Change in HbA _{1c} (unit of %)					
	Daily Dietary Self-Monitoring (Yes/Daily, No/Monthly)	-0.55 (-0.99 to -0.11)	-1.02 (-1.54 to -0.51)	0.47	0.44
	Mindful Eating (Yes, No)	-0.90 (-1.37 to -0.43)	-0.67 (-1.16 to -0.18)	-0.23	0.84
	Positive Affect (Yes, No)	-0.61 (-1.07 to -0.15)	-0.96 (-1.45 to -0.46)	0.35	0.84
Change in Body Weight (lbs)					
	Daily Dietary Self-Monitoring (Yes, No)	-14.27 (-19.44 to -9.11)	-15.74 (-22.32 to -9.16)	1.47	0.91
	Mindful Eating (Yes, No)	-15.63 (-21.32 to -9.94)	-14.39 (-20.52 to -8.25)	-1.24	0.77
	Positive Affect (Yes, No)	-16.21 (-21.81 to -10.61)	-13.81 (-20.02 to -7.59)	-2.4	0.55
Change in Depressive symptoms (PHQ-8)					
	Daily Dietary Self-Monitoring (Yes, No)	-2.65 (-4.01 to -1.29)	-3.64 (-5.30 to -1.99)	0.99	0.48
	Mindful Eating (Yes, No)	-3.34 (-4.81 to -1.87)	-2.96 (-4.52 to -1.39)	-0.38	0.38
	Positive Affect (Yes, No)	-3.87 (-5.32 to -2.41)	-2.43 (-4.00 to -0.85)	-1.44	0.52

Note: The P values are for the mean differences between receiving and not receiving the behavioral factor.