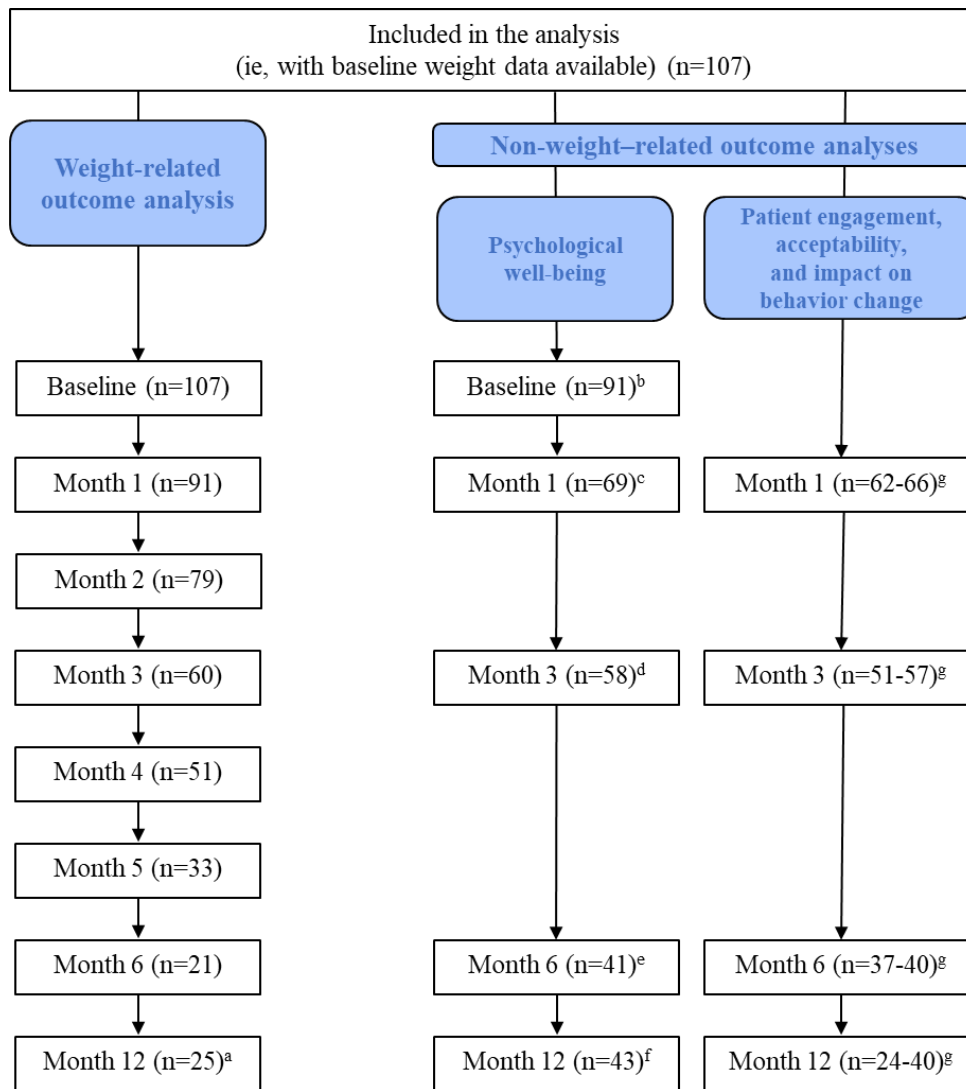


**Multimedia Appendix 2: Attrition diagram.**



Only the time points in which data were collected and included in the analyses are shown in the diagram.

<sup>a</sup>At month 12, weight data were obtained via the connected scale (n=11 participants) and via self-reporting through the participant-reported satisfaction surveys (n=14 participants).

<sup>b</sup>Except GAD-7 (n=90), WEL-SF (n=83), and BBAQ (n=90).

<sup>c</sup>Except WEL-SF (n=68) and BBAQ (n=66).

<sup>d</sup>Except WEL-SF (n=57) and BBAQ (n=57).

<sup>e</sup>Except WEMWBS (n=42), GAD-7 (n=42), and BBAQ (n=40).

<sup>f</sup>Except IWQOL-Lite-CT overall and physical and psychosocial domains (n=42), LOCES-Brief (n=41); WEL-SF (n=40), and BBAQ (n=40).

<sup>g</sup>Range indicated due to space constraints; see Multimedia Appendix 3 for the number of participants with available responses for each item.

BBAQ, Barriers to Being Active Quiz; GAD-7, Generalized Anxiety Disorder 7-item Scale; IWQOL-Lite-CT, Impact of Weight on Quality of Life-Lite-Clinical Trials Version scale; LOCES-Brief, Loss of Control Over Eating Scale-Brief Version; WEL-SF, Weight Efficacy Lifestyle Questionnaire-Short Form.