Supplementary Table 1a.

Estimates of fixed effects from individual growth curve analyses of weight change (kg) during exergame intervention from cooperative exergame, competitive exergame, and control conditions.

	Model A	Model B
Intercept	61.41**	59.51**
	21.42	21.14
Time (in weeks)	0.00	-0.05
	0.19	0.19
Cooperative	-3.25	-1.36
	6.55	6.35
Cooperative x Time	**-0.15***	-0.10
	0.06	0.06
Competitive	-1.89	
	6.59	
Competitive x Time	-0.06	
	0.06	
Control		1.89
		6.59
Control x Time		0.06
		0.06
Baseline Self Efficacy	0.17	0.17
	0.21	0.21
Baseline Self Efficacy x Time	0.00	0.00
	0.00	0.00
Baseline Self Esteem	**1.03†**	**1.03†**
	0.00	0.56
Baseline Self Esteem x Time	0.01	0.01
	0.00	0.00
Baseline Peer Support	-0.03	-0.03
	0.18	0.18
Baseline Peer Support x Time	**-0.01†**	**-0.01†**
	0.00	0.00
Male	**16.78***	**16.78****
	5.46	5.46
Male x Time	-0.08	-0.08
	0.05	0.05
Akaike's information criterion	910.7	910.7

Note. ** $p < .01$. * $p < .05$. † $p < .10$. Bold indicates significance and trend. In Model A, Cooperative Exergame = 1 for the cooperative exergame participants, Competitive Exergame = 1 for the competitive exergame participants, and Control = 0 for the control participants. In Model B, Cooperative Exergame = 1 for the cooperative exergame participants, Control = 1 for the control participants, and Competitive = 0 for the competitive participants.

Supplementary Table 1b.

Estimates of fixed effects from individual growth curve analyses of change in self-efficacy during exergame intervention by condition.

		Model A		Model B	
Intercept	B	37.06	**	36.31	**
	SE	3.00		2.75	
Time	B	-0.02		0.03	
	SE	0.02		0.02	
Cooperative	B	0.83		1.57	
	SE	4.05		3.87	
Cooperative x Time	B	0.08	**	0.03	
	SE	0.03		0.02	
Competitive	B	-0.74			
	SE	4.07			
Competitive x Time	B	0.05	†		
	SE	0.03			
Control	B			0.74	
	SE			4.07	
Control x Time	B			-0.05	†
	SE			0.03	

Note. ** $p < .01$. * $p < .05$. † $p < .10$. In Model A, Cooperative Exergame = 1 for the cooperative exergame participants, Competitive Exergame = 1 for the competitive exergame participants, and Control = 0 for the control participants. In Model B, Cooperative Exergame = 1 for the cooperative exergame participants, Control = 1 for the control participants, and Competitive Exergame = 0 for the competitive exergame participants.

Supplementary Table 1c.

Estimates of fixed effects from individual growth curve analyses of change in peer support during exergame intervention by condition.

		Model A		Model B	
Intercept	B	71.70	**	66.16	**
	SE	3.87		3.51	
Time	B	-0.06	*	0.07	**
	SE	0.03		0.02	
Cooperative	B	1.11		6.65	
	SE	5.24		4.98	
Cooperative x Time	B	0.10	*	-0.03	
	SE	0.04		0.03	
Competitive	B	-5.54			
	SE	5.22			
Competitive x Time	B	0.12	**		
	SE	0.03			
Control	B			5.54	
	SE			5.22	
Control x Time	B			-0.12	**
	SE			0.03	

Note. ** $p < .01$. * $p < .05$. In Model A, Cooperative Exergame = 1 for the cooperative exergame participants, Competitive Exergame = 1 for the competitive exergame participants, and Control = 0 for the control participants. In Model B, Cooperative Exergame = 1 for the cooperative exergame participants, Control = 1 for the control participants, and Competitive Exergame = 0 for the competitive exergame participants.