

Multimedia Appendix 1. Comparison of Virtual World (VW) versus Face-to-Face Implementation of the Women in Control Curriculum.

<i>Virtual World Condition</i>	<i>Face-to-Face (Control) Condition</i>
Intervention Preparation	
<i>Set-up</i>	
<p>Both conditions will include the following intervention materials:</p> <ul style="list-style-type: none"> ▪ Scripted intervention manual ▪ Slide set for each session ▪ Participants' binder ▪ Pedometer ▪ Calorie King book and exercise DVD 	
<ul style="list-style-type: none"> ▪ Sessions will be delivered in large, open-air virtual world (VW) Forum (see Figure 1) on Boston University Second Life (SL) island ▪ Simple landscape for ease of navigation and visual appeal ▪ Session space will be outfitted with cushions for sitting and various floor patterns (a confidence ruler, a color chart, and an agreement pie) to support group process. Exercise areas with yoga mats, tai chi balls, and an automated dance floor will be used ▪ Curriculum slides imported and displayed on large screens that ring Forum outer circle ▪ Individual sessions (session 1) will take place in private chat areas ▪ Avatars will be created for each participant prior to first session. Physical characteristics will be similar to the patient population (African American hair and skin and 70% body fat) and named according to a convention of first name, first initial of last name (eg, MaryS) 	<ul style="list-style-type: none"> ▪ Sessions will be delivered in a large conference room at Boston Medical Center ▪ The room will accommodate up to 15 participants, the interventionists, the display of educational self-management materials, and equipment (ie, a slide projector, easel) ▪ Participants will be seated around a large table that will facilitate their use of intervention binders and note-taking, if desired ▪ Session 1 (individual) will take place in a private office at Boston Medical Center
<i>Interventionists and Staff Training and Support</i>	
<p>A single set of interventionists (a dietitian and a diabetes educator) will:</p> <ul style="list-style-type: none"> ▪ Receive the same training consisting of motivational interviewing, delivery of the intervention 	

<p>protocol (ie, mock sessions for each condition)</p> <ul style="list-style-type: none"> Deliver both interventions (take turns in leading the sessions) Receive ongoing (weekly) oversight and support 	
<ul style="list-style-type: none"> In addition to the above training, interventionists receive approximately 20 hours of SL training Additional technical support staff include: <i>Instructional Technology and Operations staff:</i> will purchase, inventory, maintain, and support all computers and related equipment <i>Two Producers:</i> skilled in basic SL, will provide SL technical support and troubleshooting <i>Lead Producer:</i> overall SL project manager, manage the SL location and coordinate the producers 	<ul style="list-style-type: none"> No additional staff or training
<p><i>Pre-Intervention Computer Training</i></p>	
<ul style="list-style-type: none"> All participants will participate in two 2-hour computer training sessions (total of 4 hours). At the end of the second session, all participants will receive a laptop computer to take home and the intervention binders and other materials. 	
<p>Session #1:</p> <ul style="list-style-type: none"> VW participants will be instructed on their laptop kits (MacBook, power cord, headset, 4G wireless modem), the computer (keyboard, trackpad, basic commands), connecting to the Internet, and will receive a passive introduction to the SL environment (using a presentation screen) <p>Session #2:</p> <ul style="list-style-type: none"> VW participants will meet their avatar and will be taught how to use SL, log in, teleport, move, send messages via local chat and IM VW participants will have a SL skills check <p>Additional training or home visit as needed</p>	<p>Session #1:</p> <ul style="list-style-type: none"> Face-to-face participants will be instructed on their laptop kits (Dell laptop, power cord, 4G wireless modem), the computer (keyboard, trackpad, basic commands), and connecting to the Internet <p>Session #2:</p> <ul style="list-style-type: none"> Face-to-face participants will be taught how to use email and Skype, set up accounts, and how to use a web browser to search online
<p><i>Typical Session</i></p>	
<ul style="list-style-type: none"> Session 1 will be administered individually lasting approximately 30 minutes. Sessions 2-9 will be conducted in a group format lasting 90 minutes. 	
<ul style="list-style-type: none"> All encounters occur in SL 	<ul style="list-style-type: none"> All encounters occur in person

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| <ul style="list-style-type: none"> ▪ In a typical session, the VW group consists of the participants' avatars and two interventionists, and two producers provide technical support ▪ VW participants will be asked to arrive 30 minutes early to test their sound and troubleshoot any connection problems ▪ The interventionist not leading the session will take notes in local chat and provide general back ▪ Interventionists will lead discussions by walking participants around the perimeter of the Forum to see slides ▪ In addition to group discussions and review of materials in the participants' binder, participants will be involved in activities set up for their avatars. For example, <ul style="list-style-type: none"> ➤ When asked to indicate goal self-efficacy, avatars will stand on a number from 1 to 10 displayed on the floor (see Figure 2) ➤ Avatars will take field trips to a restaurant and a health club (Club One Island) to learn about exercise equipment and practice healthy food ordering and eating practices (see Figure 3) ➤ At the conclusion of each session, avatars will be invited to participate in some form of physical activity: dancing, tai chi, yoga, or a walk around the island (see Figure 4) | <ul style="list-style-type: none"> ▪ In a typical session, the face-to-face group consists of the participants and the two interventionists only ▪ No additional time requirements ▪ The interventionist not leading the session will assist with logistical issues (ie, late arrivals, setting up materials) ▪ Interventionists will lead discussions by using slides and an easel ▪ The curriculum will be implemented primarily through group discussions and review of selected materials in the participant's binder ▪ Interventionists will implement a 5-minute physical activity break at each session (ie, stretching demonstration; walking with pedometer) |
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