Supplementary Material 1

<div align="center">WCSS</div>

<u>Instructions:</u> The following statements describe strategies and behaviors that individuals may engage in when they are trying to lose weight or maintain their weight loss. Using the scale below, circle the number that best describes how often you did each of the following **during the past month**. Please respond to every item.

0 = Never
1 = Occasionally
2 = About half the time
3 = Most of the time
4 = Always

	Never	Occasionally	About half the time	Most of the time	Always
1. I set a daily calorie goal for myself.	0	1	2	3	4
2. I had several servings of fruits and/or vegetables each day.	0	1	2	3	4
3. I kept a record of the type and amount of food I ate.	0	1	2	3	4
4. I set exercise goals for myself.	0	1	2	3	4
5. If I overate, I thought about what led up to my overeating.	0	1	2	3	4
6. I kept high calorie, high fat foods (e.g., chips, cookies, cakes) out of sight so they would not tempt me.	0	1	2	3	4
7. I avoided fried foods.	0	1	2	3	4
8. I had a plan for getting my exercise in if the weather was bad and I couldn't exercise outside.	0	1	2	3	4
9. If I overate on one day, I made up for it by eating less the next day.	0	1	2	3	4
10. I kept low-calorie foods (e.g., fruit, raw vegetables, unbuttered popcorn) accessible for a healthy snack.	0	1	2	3	4
11. I engaged in moderate-intensity exercise like brisk walking or something similar to brisk walking for at least 30 minutes a day.	0	1	2	3	4
12. I weighed and/or measured the foods I ate.	0	1	2	3	4
13. I limited my intake of regular soda.	0	1	2	3	4

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	Never	Occasionally	About half the time	Most of the time	Always
14. When I reached my calorie goal for the day but still felt hungry, I tried a pleasant activity to take my mind off of the hunger.	0	1	2	3	4
15. I kept a record of the calories and fat in the foods I ate.	0	1	2	3	4
16. I kept a record of my minutes of exercise.	0	1	2	3	4
17. I ate lower-fat meats (e.g., chicken, turkey, fish) or meat substitutes (e.g., lentils).	0	1	2	3	4
18. If I got off track with my eating or exercise, I encouraged myself by thinking positively.	0	1	2	3	4
19. When eating dairy products (e.g., milk, yogurt, cheese), I chose reduced fat or fat free options.	0	1	2	3	4
20. When I met a goal related to my eating, exercise, or weight loss, I rewarded myself with something special that did not involve food.	0	1	2	3	4
21. I ate meats, fish, or vegetables that were baked, broiled, or grilled.	0	1	2	3	4
22. If I missed exercising on one day, I made up for it by exercising longer another day.	0	1	2	3	4
23. I weighed myself daily.	0	1	2	3	4
24. I scheduled exercise into my day.	0	1	2	3	4
25. If I had negative thoughts about my weight loss progress, I tried to catch myself and stop that kind of thinking.	0	1	2	3	4
26. I kept my exercise clothes or shoes where I could see them as a reminder to exercise.	0	1	2	3	4
27. I chose low-calorie and/or low-fat foods to eat instead of higher calorie options.	0	1	2	3	4

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	Never	Occasionally	About half the time	Most of the time	Always
28. I kept a graph of my weight.	0	1	2	3	4
29. If I regained weight, I thought about my past successes and reminded myself that I could get back on track.	0	1	2	3	4
30. I ate high-fiber foods (e.g., whole grain breads or cereals, fruit, vegetables).	0	1	2	3	4

Scoring Information

To obtain a total WCSS score that ranges from 0-4, add all item scores and divide by 30. To obtain WCSS subscale scores, add item scores for each subscale and divide by the number of items in that subscale as follows:

WCSS-DC (10 items): 2, 6, 7, 10, 13, 17, 19, 21, 27, 30
WCSS-SM (7 items): 1, 3, 12, 15, 16, 23, 28
WCSS-PA (6 items): 4, 8, 11, 22, 24, 26
WCSS-PC (7 items): 5, 9, 14, 18, 20, 25, 29

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