

ADDITIONAL FILE 2. Overview of indicators, methods, and time points of data collection

Outcomes	Indicators	Method	Time points		
			Baseline (T0)	12 months (T1)	18 months (T2)
Socio-demographics	Age, gender, education, ethnic background,	Participant questionnaire [31]	X		
	Non-response data (age, gender, education, perceived health, reason for non-participation,)	Non-response survey [31]	X		
	Marital status, job status, smoking	Participant questionnaire [31]	X	X	X
	Family history of diabetes	Participant questionnaire [25]	X	X	X
	Disease history	Participant questionnaire [32]	X	X	X
Overall	Quality of life	SF-36 questionnaire [33, 34]	X	X	X
Long-term	Fasting and 2h insulin, fasting and 2h glucose, HbA1c, HOMA index	Oral Glucose Tolerance Test (OGTT)	X	X	X
	Cholesterol (total, HDL, LDL), triglycerides	Oral Glucose Tolerance Test (OGTT)	X	X	X
	Body weight, height, Body mass index (BMI), waist and hip circumference	Anthropometry	X	X	X
	Body fat percentage	Bio-impedance analysis (Tanita BC-418)	X	X	X

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	Physical fitness	Six-minute walk test [36]; Borg scale [38]	X	X	X
	Blood pressure	Omron Digital Blood Pressure Monitor HEM-907	X	X	X
	Medication use	Participant questionnaire [39]	X	X	X
	Diabetes incidence	Participant questionnaire [39]	X	X	X
	Cardiovascular events	Participant questionnaire [32]	X	X	X
	Economic indicators - health care use - absence from work	Participant questionnaire	X	X	X
Intermediate	Nutrient intake	Food Frequency Questionnaire [40, 41]	X	X	X
	Food intake behaviours - eating 200 grams of fruit every day - eating 200 grams of vegetables every day - eating more whole grain bread - eating less unhealthy snacks - replacing fat bread spreads with lean bread spreads - drinking less soft drinks	Food Frequency Questionnaire [40, 41]	X	X	X

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	Physical activity behaviour <ul style="list-style-type: none"> <li>- mode</li> <li>- frequency</li> <li>- duration</li> <li>- intensity</li> <li>- activity score</li> <li>- compliance to physical activity guidelines</li> </ul>	SQUASH [44]	X	X	X
	Sedentary behaviour	AQuAA [46]	X	X	X
	Social participation	Participant questionnaire		X	X
Initial	Behavioural determinants <ul style="list-style-type: none"> <li>- intention</li> <li>- attitude</li> <li>- social influences</li> <li>- self-efficacy</li> <li>- motivation</li> <li>- action control</li> <li>- skills</li> </ul>	Participant questionnaire (items based on [49-51])	X	X	X
Outputs	Recruitment (procedures used to approach and attract	Project logbook	X		

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participants at individual or organisational levels)				
Reach (proportion of intended target audience that participated in an intervention)	Participant questionnaire, non-response survey, attendance lists	X	X	
Dose delivered (number of amount of intended units of each intervention or component delivered or provided by interventionists)	Registration forms	X	X	X
Dose received (extent to which participants actively engage with, interact with, are receptive to, and use materials or recommended resources)	Participant questionnaire, registration forms, attendance lists		X	X
Acceptability (extent to which participants and health care professionals are satisfied with the intervention)	Participant questionnaire, semi-structured interviews with professionals		X	X
Implementation integrity (extent to which the intervention was implemented as planned)	Semi-structured interviews with professionals	X	X	
Applicability (extent to which an intervention process could be implemented in the real-life setting)	Semi-structured interviews with professionals	X	X	
Context (aspects of the larger physical, social, and political environment that either directly or indirectly affects intervention implementation)	Participant questionnaire, semi-structured interviews with professionals	X	X	X

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Economic	Intervention costs - personnel (practice nurses, dieticians, physiotherapists, providers of sports clinics, project coordinator) - materials	Project logbook, registration forms, attendance lists	X	X	X
	Patient costs (e.g. sports expenditures, time costs)	Participants questionnaire, registration forms	X	X	X
	Willingness-to-pay	Participant questionnaire	X	X	X

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