

Supplementary File 8: Subgroup-specific effect estimates for primary health outcomes and test of interaction between subgroup variable and intervention status (Overall P value)

Supplementary Table 1: Age specific effect estimates for health outcomes

	Summary statistics		Effect estimates				Sample size		Overall <i>P</i> value
	(mean of continuous variables, prevalence of binary outcomes)		Rate ratio for binary outcomes, mean difference for continuous outcomes				Control	Intervention	
	Control (95% CI)	Intervention (95% CI)	Unadjusted (95% CI)	<i>P</i> value	Adjusted (95% CI)	<i>P</i> value			
<i>Primary health outcomes</i>									
Healthy eating – meeting five-a-day (fruit and vegetable portions) %									1.0
16-24 years	47.4 (39.3, 55.6)	52.2 (43.2, 61.2)	1.1 (0.8, 1.5)	0.5	1.1 (0.8, 1.5)	0.5	392	412	
25-34 years	58.5 (51.5, 65.5)	58.1 (52.3, 64.0)	1.0 (0.9, 1.2)	0.9	1.0 (0.9, 1.2)	1.0	475	466	
35-44 years	53.3 (46.3, 60.3)	56.1 (49.1, 63.2)	1.0 (0.8, 1.2)	1.0	1.0 (0.8, 1.2)	1.0	377	401	
45-54 years	53.0 (44.1, 61.9)	53.9 (46.4, 61.4)	1.1 (0.8, 1.4)	0.6	1.1 (0.8, 1.4)	0.5	281	256	

	Summary statistics		Effect estimates				Sample size		Overall <i>P</i> value
	(mean of continuous variables, prevalence of binary outcomes)		Rate ratio for binary outcomes, mean difference for continuous outcomes				Control	Intervention	
	Control (95% CI)	Intervention (95% CI)	Unadjusted (95% CI)	<i>P</i> value	Adjusted (95% CI)	<i>P</i> value	Control	Intervention	
55-64 years	53.6 (43.8, 63.4)	63.6 (53.1, 74.2)	1.1 (0.9, 1.4)	0.4	1.1 (0.9, 1.3)	0.3	153	121	
65+years	53.7 (44.0, 63.5)	52.2 (43.2, 61.3)	1.0 (0.8, 1.4)	0.8	1.1 (0.8, 1.4)	0.7	147	136	
Physical activity – meeting 5x30 mins moderate intensity activity per week %									0.9
16-24 years	74.6 (66.6, 82.5)	75.9 (71.1, 80.7)	1.0 (0.9, 1.2)	0.5	1.0 (0.9, 1.2)	0.6	405	456	
25-34 years	67.2 (59.1, 75.3)	73.0 (66.5, 79.6)	1.1 (0.9, 1.3)	0.5	1.1 (0.9, 1.3)	0.5	488	482	
35-44 years	69.8 (61.4, 78.3)	69.8 (62., 76.8)	1.0 (0.8, 1.2)	0.9	1.0 (0.8, 1.1)	0.5	388	411	
45-54 years	65.5 (55.9, 75.1)	60.9 (51.8, 69.9)	1.0 (0.7, 1.3)	0.8	0.9 (0.7, 1.2)	0.7	287	271	

	Summary statistics (mean of continuous variables, prevalence of binary outcomes)		Effect estimates Rate ratio for binary outcomes, mean difference for continuous outcomes				Sample size		Overall <i>P</i> value
	Control (95% CI)	Intervention (95% CI)	Unadjusted (95% CI)	<i>P</i> value	Adjusted (95% CI)	<i>P</i> value	Control	Intervention	
55-64 years	58.3 (50.0, 67.1)	58.7 (48.4, 69.1)	1.0 (0.8, 1.3)	0.9	1.0 (0.8, 1.3)	1.0	156	126	
65+years	44.7 (31.3, 58.0)	46.4 (37.5, 55.2)	1.1 (0.8, 1.6)	0.5	1.2 (0.9, 1.6)	0.2	150	138	
Mental health									
Abnormal/borderline GHQ12 score %									0.9
16-24 years	4.2 (2.1, 6.3)	5.3 (2.4, 8.2)	1.0 (0.7, 1.3)	1.0	1.1 (0.6, 1.3)	0.7	405	452	
25-34 years	5.8 (4.0, 7.5)	5.4 (2.8, 8.1)	1.0 (0.7, 1.5)	0.9	1.0 (0.7, 1.3)	0.9	485	479	
35-44 years	6.0 (3.4, 8.6)	6.8 (4.0, 9.7)	1.1 (0.8, 1.6)	0.7	1.0 (0.6, 1.5)	1.0	384	410	
45-54 years	7.1	9.6	0.9	0.7	1.1	0.7	283	271	

	Summary statistics		Effect estimates				Sample size		Overall <i>P</i> value
	(mean of continuous variables, prevalence of binary outcomes)		Rate ratio for binary outcomes, mean difference for continuous outcomes				Control	Intervention	
	Control (95% CI)	Intervention (95% CI)	Unadjusted (95% CI)	<i>P</i> value	Adjusted (95% CI)	<i>P</i> value	Control	Intervention	
	(3.7, 10.4)	(6.1, 13.1)	(0.7, 1.2)		(0.8, 1.5)				
55-64 years	9.0 (3.3, 14.6)	11.3 (5.2, 17.6)	1.7 (1.0, 2.7)	0.4	1.1 (0.8, 1.5)	0.8	156	123	
65+years	8.2 (1.4, 14.9)	11.7 (5.5, 17.9)	0.8 (0.4, 1.5)	0.8	0.4 (0.2, 0.7)	0.3	147	137	
Warwick Edinburgh Mental Wellbeing Scale- mean score									0.3
16-24 years	61.0 (58.9, 63.1)	59.8 (57.5, 62.3)	-1.48 (-4.31, 1.36)	0.3	-1.96 (-4.07, 0.14)	0.06	399	435	
25-34 years	59.9 (57.8, 62.0)	59.1 (56.7, 61.6)	-0.93 (-4.27, 2.41)	0.6	-1.58 (-3.94, 0.78)	0.2	487	475	
35-44 years	59.8 (58.0, 61.7)	58.5 (56.4, 60.7)	-1.41 (-4.62, 1.80)	0.4	-1.24 (-3.94, 1.46)	0.3	385	405	

	Summary statistics		Effect estimates				Sample size		Overall <i>P</i> value
	(mean of continuous variables, prevalence of binary outcomes)		Rate ratio for binary outcomes, mean difference for continuous outcomes				Control	Intervention	
	Control (95% CI)	Intervention (95% CI)	Unadjusted (95% CI)	<i>P</i> value	Adjusted (95% CI)	<i>P</i> value	Control	Intervention	
45-54 years	59.2 (57.3, 61.2)	57.4 (55.5, 59.2)	-1.81 (-4.49)	0.2	-1.95 (-4.34, 0.44)	0.09	281	265	
55-64 years	60.6 (57.8, 63.5)	57.5 (55.6, 59.4)	-3.68 (-6.96, -0.41)	0.03	-2.83 (-6.31, 0.65)	0.1	152	122	
65+years	60.4 (57.7, 63.1)	57.2 (54.6, 59.9)	-2.71 (-5.43, 0.00)	0.05	-2.16 (-5.03, -0.71)	0.1	148	133	

Supplementary Table 2: Gender specific effect estimates for health outcomes

	Summary statistics		Effect estimates				Sample size		Overall <i>P</i> value
	(mean of continuous variables, prevalence of binary outcomes)		Rate ratio for binary outcomes, mean difference for continuous outcomes				Control	Intervention	
	Control (95% CI)	Intervention (95% CI)	Unadjusted (95% CI)	<i>P</i> value	Adjusted (95% CI)	<i>P</i> value			
<i>Primary health outcomes</i>									
Healthy eating – meeting five-a-day (fruit and vegetable portions) %									0.9
Male	53.1 (46.5, 59.8)	55.1 (48.3, 61.9)	1.0 (0.9, 1.2)	0.7	1.1 (0.9, 1.2)	0.5	800	757	
Female	53.7 (47.5, 59.8)	56.0 (51.2, 60.9)	1.1 (0.9, 1.2)	0.5	1.1 (0.9, 1.2)	0.4	1025	1035	
Physical activity – meeting 5x30 mins moderate intensity activity per week %									0.9
Male	70.2 (63.3, 77.0)	71.6 (65.2, 77.9)	1.0 (0.9, 1.2)	0.9	1.0 (0.9, 1.2)	1.0	821	802	

	Summary statistics		Effect estimates				Sample size		Overall <i>P</i> value
	(mean of continuous variables, prevalence of binary outcomes)		Rate ratio for binary outcomes, mean difference for continuous outcomes				Control	Intervention	
	Control (95% CI)	Intervention (95% CI)	Unadjusted (95% CI)	<i>P</i> value	Adjusted (95% CI)	<i>P</i> value	Control	Intervention	
Female	63.7 (55.3, 72.2)	66.0 (60.9, 71.1)	1.1 (0.9, 1.3)	0.5	1.0 (0.9, 1.2)	0.8	1053	1082	
Mental health									
Abnormal/borderline GHQ12 score %									0.5
Male	5.0 (3.1, 6.9)	6.9 (4.5, 9.4)	1.3 (0.8, 2.0)	0.4	1.2 (0.7, 1.9)	0.5	816	794	
Female	7.0 (4.9, 9.1)	7.3 (5.6, 9.1)	1.1 (0.8, 1.5)	0.5	1.0 (0.8, 1.3)	0.9	1044	1078	
Warwick Edinburgh Mental Wellbeing Scale-mean score									0.6
Male	60.4 (58.8, 62.1)	59.3 (57.1, 61.5)	-1.56 (-4.42, 1.30)	0.3	-1.87 (-4.28, 0.6)	0.1	809	782	
Female	59.9	58.2	-1.76	0.1	-1.81	0.08	1043	1053	

Summary statistics (mean of continuous variables, prevalence of binary outcomes)		Effect estimates Rate ratio for binary outcomes, mean difference for continuous outcomes				Sample size		Overall <i>P</i> value
Control (95% CI)	Intervention (95% CI)	Unadjusted (95% CI)	<i>P</i> value	Adjusted (95% CI)	<i>P</i> value	Control	Intervention	
(57.9, 61.9)	(56.4, 59.9)	(-4.09, 0.57)		(-3.93, 0.30)				

Supplementary Table 3: Ethnicity specific effect estimates for health outcomes

	Summary statistics		Effect estimates				Sample size		Overall <i>P</i> value
	(mean of continuous variables, prevalence of binary outcomes)		Rate ratio for binary outcomes, mean difference for continuous outcomes				Control	Intervention	
	Control (95% CI)	Intervention (95% CI)	Unadjusted (95% CI)	<i>P</i> value	Adjusted (95% CI)	<i>P</i> value			
<i>Primary health outcomes</i>									
Healthy eating – meeting five-a-day (fruit and vegetable portions) %									0.9
White British	46.2 (36.3, 56.1)	50.6 (43.5, 57.8)	1.2 (1.0, 1.4)	0.09	1.2 (1.0, 1.4)	0.1	420	462	
White other	57.0 (45.5, 68.4)	64.5 (55.2, 73.8)	1.0 (0.8, 1.3)	0.8	1.0 (0.8, 1.3)	0.8	237	310	
Black Caribbean	50.7 (42.0, 59.5)	48.9 (40.8, 57.0)	1.0 (0.8, 1.2)	0.8	0.9 (0.8, 1.1)	0.5	203	186	
Black African	50.9 (41.6, 60.1)	52.1 (43.8, 60.4)	1.0 (0.7, 1.4)	0.8	0.9 (0.7, 1.3)	0.7	403	382	
Indian/Pakistani/Bangladeshi	62.8 (50.8, 74.9)	59.6 (51.5, 67.8)	1.1 (0.9, 1.4)	0.3	1.2 (0.9, 1.5)	0.3	363	208	

	Summary statistics		Effect estimates				Sample size		Overall <i>P</i> value
	(mean of continuous variables, prevalence of binary outcomes)		Rate ratio for binary outcomes, mean difference for continuous outcomes						
	Control (95% CI)	Intervention (95% CI)	Unadjusted (95% CI)	<i>P</i> value	Adjusted (95% CI)	<i>P</i> value	Control	Intervention	
Other/Mixed	55.3 (46.5, 64.1)	61.1 (54.1, 68.1)	1.0 (0.8, 1.3)	0.8	1.0 (0.8, 1.3)	0.6	199	244	0.8
Physical activity – meeting 5x30 mins moderate intensity activity per week %									
White British	70.5 (63.5, 77.6)	67.1 (62.7, 71.6)	1.0 (0.9, 1.1)	0.9	1.0 (0.9, 1.1)	0.8	431	484	
White other	71.8 (64.3, 79.3)	38.2 (26.7, 49.6)	1.1 (0.9, 1.4)	0.4	1.1 (0.9, 1.4)	0.4	330	249	
Black Caribbean	69.3 (59.8, 78.7)	69.9 (60.2, 79.6)	1.0 (0.8, 1.2)	0.8	0.9 (0.7, 1.2)	0.5	205	196	
Black African	66.7 (57.8, 75.7)	70.8 (62.9, 78.7)	1.0 (0.8, 1.2)	0.9	1.0 (0.8, 1.2)	1.0	418	397	
Indian/Pakistani/Bangladeshi	55.4 (42.6, 68.2)	61.5 (51.4, 71.7)	1.1 (0.8, 1.5)	0.6	1.0 (0.8, 1.4)	0.8	368	221	

	Summary statistics (mean of continuous variables, prevalence of binary outcomes)		Effect estimates Rate ratio for binary outcomes, mean difference for continuous outcomes				Sample size		Overall <i>P</i> value
	Control (95% CI)	Intervention (95% CI)	Unadjusted (95% CI)	<i>P</i> value	Adjusted (95% CI)	<i>P</i> value	Control	Intervention	
Other/Mixed	65.0 (53.4, 76.7)	67.2 (58.2, 76.1)	1.1 (0.8, 1.5)	0.7	1.1 (0.8, 1.5)	0.7	203	256	
Mental health									
Abnormal/borderline GHQ12 score %									0.4
White British	6.8 (3.3, 10.3)	10.0 (6.1, 13.9)	1.0 (0.6, 1.7)	0.9	1.2 (0.7, 1.8)	0.6	426	480	
White other	7.8 (3.9, 11.7)	6.1 (2.0, 10.2)	0.9 (0.6, 1.3)	0.8	1.0 (0.6, 1.5)	0.9	244	328	
Black Caribbean	7.8 (4.6, 11.0)	6.7 (2.9, 10.4)	1.0 (0.7, 1.5)	1.0	0.9 (0.6, 1.3)	0.7	205	195	
Black African	4.1 (1.6, 6.6)	3.5 (0.9, 6.2)	1.2 (0.8, 1.7)	0.7	1.1 (0.9, 1.4)	0.6	413	396	

	Summary statistics (mean of continuous variables, prevalence of binary outcomes)		Effect estimates Rate ratio for binary outcomes, mean difference for continuous outcomes				Sample size		Overall <i>P</i> value
	Control (95% CI)	Intervention (95% CI)	Unadjusted (95% CI)	<i>P</i> value	Adjusted (95% CI)	<i>P</i> value	Control	Intervention	
Indian/Pakistani/Bangladeshi	4.3 (1.7, 6.9)	6.8 (2.4, 11.3)	4.6 (0.5, 41.3)	0.1	3.8 (2.6, 5.5)	0.05	369	219	0.4
Other/Mixed	8.4 (5.0, 11.7)	9.4 (4.8, 14.1)	1.0 (0.8, 1.2)	0.9	1.4 (1.0, 2.0)	0.3	203	254	
Warwick Edinburgh Mental Wellbeing Scale- mean score									
White British	59.3 (57.8, 60.7)	57.2 (55.4, 59.1)	-0.2 (-0.3, 0.01)	0.07	-2.4 (-4.5, -0.3)	0.03	427	473	
White other	60.9 (59.5, 62.3)	58.6 (55.7, 61.4)	-1.5 (-5.0, 2.0)	0.4	-2.0 (-4.6, 0.5)	0.1	248	318	
Black Caribbean	57.6 (54.2, 60.9)	59.6 (57.0, 62.1)	0.5 (-3.2, 4.1)	0.8	-0.3 (-4.0, 3.4)	0.9	200	187	
Black African	59.8 (57.0, 62.6)	59.1 (56.3, 61.8)	-1.2 (-4.2, 1.7)	0.4	-1.5 (-4.0, 1.1)	0.2	410	391	

	Summary statistics (mean of continuous variables, prevalence of binary outcomes)		Effect estimates Rate ratio for binary outcomes, mean difference for continuous outcomes				Sample size		Overall <i>P</i> value
	Control (95% CI)	Intervention (95% CI)	Unadjusted (95% CI)	<i>P</i> value	Adjusted (95% CI)	<i>P</i> value	Control	Intervention	
Indian/Pakistani/Bangladeshi	62.1 (58.3, 65.9)	61.0 (57.7, 64.4)	-1.4 (-5.6, 2.8)	0.5	-1.9 (-5.4, 1.7)	0.3	365	215	
Other/Mixed	60.7 (59.2, 62.3)	58.1 (55.8, 60.5)	-3.0 (-6.7, 0.7)	0.1	-2.4 (-5.8, 1.1)	0.2	202	251	

Supplementary Table 4: Employment-status specific effect estimates for health outcomes

	Summary statistics		Effect estimates				Sample size		Overall <i>P</i> value
	(mean of continuous variables, prevalence of binary outcomes)		Rate ratio for binary outcomes, mean difference for continuous outcomes				Control	Intervention	
	Control (95% CI)	Intervention (95% CI)	Unadjusted (95% CI)	<i>P</i> value	Adjusted (95% CI)	<i>P</i> value			
<i>Primary health outcomes</i>									
Healthy eating – meeting five-a-day (fruit and vegetable portions) %									0.3
In paid employment	58.7 (52.7, 64.7)	61.0 (54.2, 67.7)	1.0 (0.9, 1.2)	0.7	1.0 (0.9, 1.2)	0.4	782	766	
ILO unemployed (seeking work)	46.9 (38.7, 55.1)	44.9 (37.9, 51.9)	0.9 (0.7, 1.3)	0.7	0.9 (0.7, 1.3)	0.7	194	216	
Full time education	49.4 (41.4, 57.4)	51.2 (40.6, 61.6)	0.9 (0.6, 1.3)	0.6	0.9 (0.6, 1.3)	0.7	251	268	
Unable to work (disability/illness)	40.9 (31.4, 50.3)	46.5 (36.1, 56.9)	1.1 (0.8, 1.5)	0.5	1.0 (0.8, 1.4)	0.4	115	114	
Not employed not seeking/retired/ Carer/Other	52.6	56.8	1.1	0.3	1.1	0.3	483	428	

	Summary statistics		Effect estimates				Sample size		Overall <i>P</i> value
	(mean of continuous variables, prevalence of binary outcomes)		Rate ratio for binary outcomes, mean difference for continuous outcomes				Control	Intervention	
	Control (95% CI)	Intervention (95% CI)	Unadjusted (95% CI)	<i>P</i> value	Adjusted (95% CI)	<i>P</i> value	Control	Intervention	
	(43.8, 61.4)	(50.7, 62.8)	(0.9, 1.4)		(0.9, 1.3)				
Physical activity – meeting 5x30 mins moderate intensity activity per week %									0.06
In paid employment	73.0 (65.2, 80.8)	70.8 (64.8, 76.7)	1.0 (0.8, 1.1)	0.6	0.9 (0.8, 1.1)	0.6	803	797	
ILO unemployed (seeking work)	64.8 (55.4, 74.3)	75.6 (67.8, 83.3)	1.1 (1.0, 1.4)	0.1	1.1 (1.0, 1.3)	0.2	199	225	
Full time education	73.6 (61.6, 82.5)	77.5 (71.7, 83.4)	1.1 (0.9, 1.3)	0.3	1.1 (0.9, 1.2)	0.3	307	261	
Unable to work (disability/illness)	44.0 (31.9, 56.0)	40.9 (31.3, 50.5)	0.9 (0.7, 1.2)	0.7	0.9 (0.7, 1.2)	0.7	116	115	
Not employed not seeking/retired/ Carer/Other	58.4 (49.1, 67.7)	61.1 (54.3, 68.0)	1.0 (0.7, 1.4)	0.9	1.0 (0.7, 1.3)	0.9	495	440	

	Summary statistics		Effect estimates				Sample size		Overall <i>P</i> value
	(mean of continuous variables, prevalence of binary outcomes)		Rate ratio for binary outcomes, mean difference for continuous outcomes				Control	Intervention	
	Control (95% CI)	Intervention (95% CI)	Unadjusted (95% CI)	<i>P</i> value	Adjusted (95% CI)	<i>P</i> value	Control	Intervention	
Mental Wellbeing Scale-mean score									
In paid employment	60.6 (59.1, 62.1)	59.5 (57.1, 61.8)	-1.2 (-4.2, 1.9)	0.4	-1.1 (-3.7, 1.5)	0.2	797	780	
ILO unemployed (seeking work)	60.2 (58.4, 61.9)	58.7 (56.8, 60.6)	-1.2 (-4.0, 1.5)	0.4	-1.2 (-3.2, 0.9)	0.3	196	222	
Full time education	60.7 (58.4, 63.1)	58.8 (55.8, 61.7)	-1.3 (-4.6, 1.9)	0.4	-1.6 (-4.3, 1.1)	0.08	255	292	
Unable to work (disability/illness)	58.0 (54.6, 61.3)	53.4 (51.5, 55.2)	-3.4 (-7.3, 0.6)	0.09	-2.7 (-6.3, 0.9)	0.2	113	111	
Not employed not seeking/retired/Carer/Other	59.5 (57.1, 61.8)	58.5 (56.5, 60.6)	-1.4 (-3.6, 0.8)	0.2	-1.4 (-3.6, 0.9)	0.3	491	429	

Supplementary Table 5: Educational-level specific effect estimates for health outcomes

	Summary statistics		Effect estimates				Sample size		Overall <i>P</i> value
	(mean of continuous variables, prevalence of binary outcomes)		Rate ratio for binary outcomes, mean difference for continuous outcomes				Control	Intervention	
	Control (95% CI)	Intervention (95% CI)	Unadjusted (95% CI)	<i>P</i> value	Adjusted (95% CI)	<i>P</i> value			
<i>Primary health outcomes</i>									
Healthy eating – meeting five-a-day (fruit and vegetable portions) %									0.1
No formal qualifications	51.9 (41.1, 63.7)	49.7 (40.1, 59.4)	1.0 (0.7, 1.4)	0.9	1.1 (0.8, 1.4)	0.6	214	189	
GCSE or equivalent	46.5 (40.3, 52.6)	51.7 (45.4, 58.0)	1.0 (0.8, 1.3)	0.6	1.1 (0.9, 1.4)	0.5	527	617	
A-level or equivalent	59.4 (43.4, 55.5)	54.5 (47.6, 61.4)	1.1 (0.9, 1.3)	0.4	1.1 (0.9, 1.3)	0.3	360	387	
University degree	61.1 (53.7)	62.5 (55.4, 69.7)	1.0 (0.8, 1.2)	0.9	1.0 (0.8, 1.2)	0.7	676	563	
Other	58.3	58.3	1.1	0.8	1.3	0.6	48	36	

	Summary statistics		Effect estimates				Sample size		Overall <i>P</i> value
	(mean of continuous variables, prevalence of binary outcomes)		Rate ratio for binary outcomes, mean difference for continuous outcomes				Control	Intervention	
	Control (95% CI)	Intervention (95% CI)	Unadjusted (95% CI)	<i>P</i> value	Adjusted (95% CI)	<i>P</i> value	Control	Intervention	
	(38.9, 77.8)	(39.3, 77.4)	(0.7, 1.7)		(0.9, 1.8)				
Physical activity – meeting 5x30 mins moderate intensity activity per week %									0.3
No formal qualifications	46.8 (32.9, 60.7)	54.6 (45.0, 64.1)	1.0 (0.7, 1.4)	0.9	1.0 (0.8, 1.2)	0.8	220	196	
GCSE or equivalent	68.4 (60.8, 76.0)	70.2 (65.4, 75.1)	1.0 (0.9, 1.3)	0.7	1.0 (0.8, 1.2)	0.9	538	642	
A-level or equivalent	68.1 (61.7, 74.5)	71.2 (64.1, 78.2)	1.0 (0.9, 1.2)	0.9	1.0 (0.9, 1.2)	0.9	373	416	
University degree	70.6 (62.1, 79.2)	69.7 (63.8, 75.6)	1.0 (0.9, 1.2)	0.7	3	0.8	691	591	
Other	65.4 (50.3, 80.4)	56.4 (45.5, 67.3)	0.7 (0.6, 0.9)	0.09	1.0 (0.8, 1.5)	0.9	52	39	

	Summary statistics		Effect estimates				Sample size		Overall <i>P</i> value
	(mean of continuous variables, prevalence of binary outcomes)		Rate ratio for binary outcomes, mean difference for continuous outcomes				Control	Intervention	
	Control (95% CI)	Intervention (95% CI)	Unadjusted (95% CI)	<i>P</i> value	Adjusted (95% CI)	<i>P</i> value	Control	Intervention	
mean score									
No formal qualifications	61.5 (57.0, 66.0)	60.3 (57.7, 62.9)	-1.4 (-7.2, 4.3)	0.6	-0.7 (-6.3, 4.9)	0.8	215	193	
GCSE or equivalent	60.1 (58.2, 61.2)	59.0 (59.8, 61.2)	-1.8 (-4.3, 0.6)	0.1	-2.2 (-4.4, 0.0)	0.05	627	527	
A-level or equivalent	58.9 (57.0, 60.8)	56.7 (54.9, 58.5)	-2.0 (-5.1, 1.1)	0.2	-2.7 (-5.1, -0.2)	0.04	365	399	
University degree	60.9 (59.3, 62.5)	59.4 (57.0, 61.7)	-1.6 (-4.1, 0.9)	0.2	-1.6 (-3.7, 0.4)	0.1	685	579	
Other	53.0 (50.5, 55.5)	54.4 (52.1, 56.8)	-1.4 (-8.5, 5.8)	0.7	-1.5 (-4.6, 1.6)	0.5	52	37	