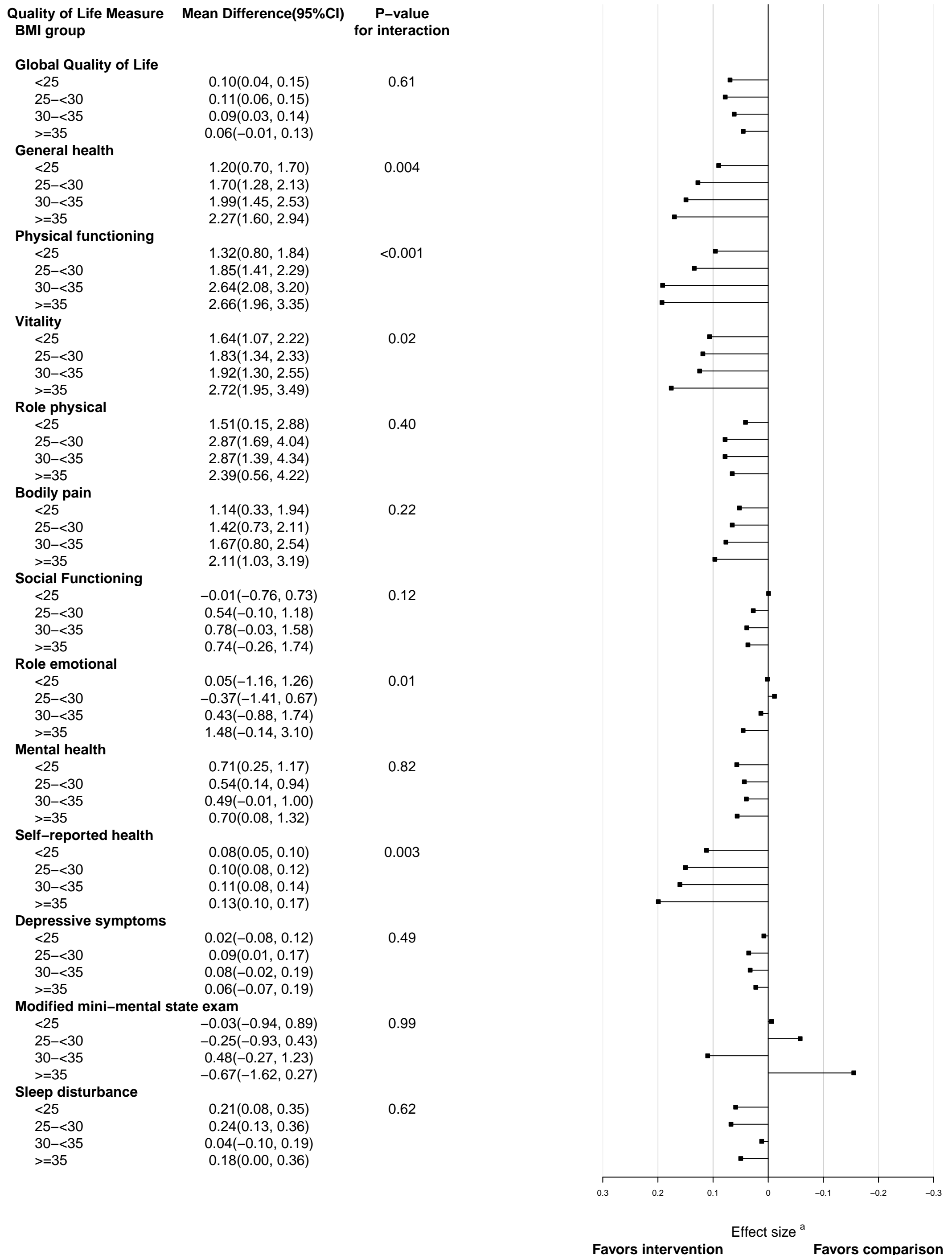# Supplemental Material 2. Mean difference (intervention minus comparison) of change score (95%CI) at Year 1 (minus baseline) and the corresponding Effect Size for Health Related Quality of Life Scores in the Women's Health Initiative Dietary Modification Trial by BMI Group

Quality of Life Measure BMI group	Mean Difference(95%CI)	P-value for interaction
Global Quality of Life		
<25	0.10(0.04, 0.15)	0.61
25-<30	0.11(0.06, 0.15)	
30-<35	0.09(0.03, 0.14)	
>=35	0.06(−0.01, 0.13)	
General health		
<25	1.20(0.70, 1.70)	0.004
25-<30	1.70(1.28, 2.13)	
30-<35	1.99(1.45, 2.53)	
>=35	2.27(1.60, 2.94)	
Physical functioning		
<25	1.32(0.80, 1.84)	<0.001
25-<30	1.85(1.41, 2.29)	
30-<35	2.64(2.08, 3.20)	
>=35	2.66(1.96, 3.35)	
Vitality		
<25	1.64(1.07, 2.22)	0.02
25-<30	1.83(1.34, 2.33)	
30-<35	1.92(1.30, 2.55)	
>=35	2.72(1.95, 3.49)	
Role physical		
<25	1.51(0.15, 2.88)	0.40
25-<30	2.87(1.69, 4.04)	
30-<35	2.87(1.39, 4.34)	
>=35	2.39(0.56, 4.22)	
Bodily pain		
<25	1.14(0.33, 1.94)	0.22
25-<30	1.42(0.73, 2.11)	
30-<35	1.67(0.80, 2.54)	
>=35	2.11(1.03, 3.19)	
Social Functioning		
<25	−0.01(−0.76, 0.73)	0.12
25-<30	0.54(−0.10, 1.18)	
30-<35	0.78(−0.03, 1.58)	
>=35	0.74(−0.26, 1.74)	
Role emotional		
<25	0.05(−1.16, 1.26)	0.01
25-<30	−0.37(−1.41, 0.67)	
30-<35	0.43(−0.88, 1.74)	
>=35	1.48(−0.14, 3.10)	
Mental health		
<25	0.71(0.25, 1.17)	0.82
25-<30	0.54(0.14, 0.94)	
30-<35	0.49(−0.01, 1.00)	
>=35	0.70(0.08, 1.32)	
Self-reported health		
<25	0.08(0.05, 0.10)	0.003
25-<30	0.10(0.08, 0.12)	
30-<35	0.11(0.08, 0.14)	
>=35	0.13(0.10, 0.17)	
Depressive symptoms		
<25	0.02(−0.08, 0.12)	0.49
25-<30	0.09(0.01, 0.17)	
30-<35	0.08(−0.02, 0.19)	
>=35	0.06(−0.07, 0.19)	
Modified mini-mental state exam		
<25	−0.03(−0.94, 0.89)	0.99
25-<30	−0.25(−0.93, 0.43)	
30-<35	0.48(−0.27, 1.23)	
>=35	−0.67(−1.62, 0.27)	
Sleep disturbance		
<25	0.21(0.08, 0.35)	0.62
25-<30	0.24(0.13, 0.36)	
30-<35	0.04(−0.10, 0.19)	
>=35	0.18(0.00, 0.36)	

Effect size [a]

Favors intervention   **Favors comparison**

[a] Estimated Mean Difference at Year 1 , divided by the root-mean-square error. For all measures, the sign of the effect size has been flipped (if necessary) so that adverse effects (favors comparison) extend to the right and favorable effects (favors intervention) extend to the left.