

Additional file 2: Table S2. Standardized estimates (standard error) and p-values for moderated intervention effects.

Moderator (baseline)	Outcome (from baseline to follow-up, Δ 36 weeks)					
PSS	IES Eating for Physical Rather Than Emotional Reasons	TFEQ Uncontrolled Eating	HTAS Using Food as a Reward	ecSI Food Acceptance	REBS Integrated regulation	REBS Identified regulation
Face-to-face	-0.03 (0.10) .798	0.04 (0.09) .659	0.04 (0.09) .679	-0.18 (0.10) .082	-0.09 (0.10) .368	-0.14 (0.12) .245
Mobile	-0.03 (0.10) .778	0.06 (0.11) .607	-0.10 (0.09) .277	0.05 (0.10) .623	0.01 (0.11) .930	-0.09 (0.13) .520

Notes: The ACT intervention groups (Face-to-face and Mobile) are compared separately to the Control group. PSS = Perceived Stress Scale; IES = Intuitive Eating Scale; TFEQ = The Three-Factor Eating Questionnaire-R18; HTAS = Health and Taste Attitude Scales; ecSI = preliminary Finnish translation of Satter Eating Competence Inventory 2.0; REBS = Regulation of Eating Behavior Scale.