

Supplemental File

Additional divisions of objective data:

Strict:

- Daily = 6+ days per week (300+ weights)
- Weekly = between once per week up to 6 days (50-299 weights)
- Monthly or less = <1 per week (< 49 weights)

Moderate:

- Daily = 70% of days ~5 days/week (245+ weights)
- Weekly = between 70% of weeks and 70% of days (35-245 weights)
- Monthly or less = < 70% of weeks (< 35 weights)

Liberal:

- Daily = More than twice per week (100+ weights)
- Weekly = More than twice per month and less than twice per week (25-99 weights)
- Monthly or less = < twice per month (< 25 weights)

Data driven: Data divided into three groups of approximately equal size based on rank (PROC RANK). Groups are not equal due to multiple cases with the same score

Table S1. Concordance between self-reported weighing frequency and objective weights at 12 and 24 months

Objective Weighing Frequency		Self-Reported Weighing: 12 Months ^a (n = 182)			Weighted Kappa	Self-Reported Weighing: 12 Months ^b (n = 167)			Weighted Kappa
		Monthly or less	Weekly	Daily		Monthly or less	Weekly	Daily	
Strict	Monthly or less	4.4%	23.1%	1.7%	0.34*	21.0%	32.3%	8.4%	0.19*
	Weekly	1.1	25.8	24.2		3.6	16.8	15.0	
	Daily	0.0	0.0	19.8		0.0	0.0	3.0	
Moderate	Monthly or less	3.3	3.3	0.6	0.67*	18.6	25.8	7.2	0.27*
	Weekly	2.2	45.6	13.2		6.0	23.4	12.6	
	Daily	0.0	0.0	31.9		0.0	0.0	6.6	
Liberal	Monthly or less	2.2	0.0	0.0	0.79*	17.4	19.8	6.0	0.34*
	Weekly	2.8	44.5	3.9		6.0	21.6	7.2	
	Daily	0.6	4.4	41.8		1.2	7.8	13.2	
Data Driven	First Tertile	4.4	23.1	1.7	0.56*	12.0	11.4	4.8	0.32*
	Second Tertile	1.1	25.3	7.7		9.0	22.2	3.6	
	Third Tertile	0.0	0.6	36.3		3.6	15.6	18.0	

Notes. ^aFor comparison with 12-month self-report, objective weighing covers period from baseline to 12-month assessment. ^bFor comparison with 24-month self-report, objective weighing covers period from 12 month assessment to 24 month assessment. Values are the percent of total sample for that time period. *p < 0.001

Table S2. Association between weighing frequency and weight loss.

		n	Weight Change		Model R ²
			F	p	
		12-Month			
SR Weighing 12 months		186	9.19	0.0002	0.09
Objective Weighing					
	Strict	197	22.71	<.0001	0.19
	Moderate	197	26.66	<.0001	0.22
	Liberal	197	4.70	0.01	0.07
	Tertiles	197	20.23	<.0001	0.17
		24-Month			
SR Weighing 24 months		175	9.90	<.0001	0.10
Objective Weighing					
	Strict	177	10.92	<.0001	0.11
	Moderate	177	10.39	<.0001	0.11
	Liberal	177	10.46	<.0001	0.11
	Tertiles	177	12.60	<.0001	0.13

Note: ^a Weighing frequency between baseline and 12 months used to predict weight change at 12 months. Weighing frequency between 12 and 24 months used to predict weight change at 24 months. Self-reported weighing frequency measured concurrent with weight. Weight loss negatively associated with weighing frequency in all cases (i.e., more frequent weighing //greater weight loss). Analysis control for randomized treatment group.