

Multimedia Appendix 1

Repeated measure ANOVA analyses of 4-month weight loss intervention for the engaged users (n=26) and unengaged users (n=14)

REPEATED MEASURES RESULTS	Baseline Values		2-Months Values		4-Months Values		Time ^a	Time * group ^b
	Unengaged	Engaged	Unengaged	Engaged	Unengaged	Engaged	p-value	p-value
Body Weight, Kg	80.6 ± 12.5	83.4 ± 15.2	80.5 ± 12.5	83.2 ± 15.3	80.4 ± 11.7	82.1 ± 15.8	0.183	0.338
WC (cm)	89.1 ± 10.4	91.1 ± 7.7	87.2 ± 10	88.9 ± 8.6	86.1 ± 9.6	86.2 ± 8.8	<0.001	0.351
BMI (kg/m ²)	32.3 ± 3.7	33.5 ± 4.6	32.3 ± 3.8	33.4 ± 4.7	32.3 ± 3.5	32.9 ± 4.8	0.182	0.272
Energy intake (kcal/d)	1848 ± 856	2142 ± 818	1563 ± 487	1486 ± 549	1644 ± 453	1470 ± 535	0.002	0.295
TOTAL MDS	7.46 ± 2.2	7.35 ± 1.7	8.62 ± 1.6	8.15 ± 2.1	8.0 ± 2.7	8.65 ± 2.2	0.003	0.388
Physical activity (METs-min/week)	1749 ± 1765	1390 ± 1296	2379 ± 2794	1268 ± 1086	1797 ± 1617	1502 ± 1965	0.772	0.498

^a P-value tests for a significant within-group difference at all time points

^b P-value tests for a significant between-group difference at all time points