

Multimedia Appendix 2

Results of repeated measure ANOVA analysis of the MD Scores for the engaged users (n=26) and unengaged users (n=14)

Variable	Baseline		2 months		4 months		Time ^a	Time * group ^b
	Non engaged	Engaged	Non engaged	Engaged	Non engaged	Engaged	p value	p value
Q1: Use olive oil	.46 ± .52	.50 ± .51	.62 ± .50	.42 ± .50	.46 ± .52	0.62 ± .50	0.868	0.15
Q2: How much olive oil	.38 ± .51	.23 ± .43	.31 ± .48	.12 ± .33	.38 ± .51	.23 ± .43	0.535	0.975
Q3: Yes vegetable	.31 ± .48	.46 ± .51	.69 ± .48	.65 ± .49	.38 ± .51	.65 ± .49	0.019	0.188
Q4: Yes fruit	.23 ± .44	.15 ± .37	.54 ± .52	.46 ± .51	.38 ± .50	.38 ± .50	0.005	0.92
Q5: No red meat	.77 ± .44	.85 ± .37	.77 ± .44	.88 ± .33	.85 ± .38	.85 ± .37	0.919	0.806
Q6: No butter	.69 ± .48	.81 ± .40	.77 ± .44	.92 ± .27	.77 ± .44	.92 ± .27	0.418	0.965
Q7: No sweet beverages	.85 ± .38	.88 ± .33	.92 ± .28	.92 ± .27	.69 ± .48	.92 ± .27	0.279	0.248
Q8: Yes legumes	.31 ± .48	.27 ± .45	.46 ± .52	.42 ± .50	.54 ± .52	.42 ± .50	0.087	0.912
Q9: Yes fish	.15 ± .38	.04 ± .2	.23 ± .44	.08 ± .27	.31 ± .48	.19 ± .40	0.146	0.905
Q10: Reduced sweets	.69 ± .48	.19 ± .40	.31 ± .48	.38 ± .50	.31 ± .48	.58 ± .50	0.616	0.001
Q11: Yes nuts	.38 ± .51	.50 ± .51	.54 ± .52	.58 ± .50	.62 ± .51	.65 ± .49	0.2	0.919
Q12: Yes white meat	0.69 ± .48	0.81 ± .4	.92 ± .28	.88 ± .33	.85 ± .38	0.85 ± .37	0.15	0.567
Q13: Yes tomato sauce	0.54 ± .52	.65 ± .49	.54 ± .52	.42 ± .50	.46 ± .52	.38 ± .50	0.101	0.344
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

^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