

Multimedia Appendix 3. Adjusted means and standard errors (SE) for secondary study outcomes.

Variables	Intervention					Control					Model outcomes			
	Week	0	4	8	12	24	0	4	8	12	24	Time	Interven tion	Interacti on
Weight Loss Self-Efficacy (WLSE)^a														
Mean	120.39	125.57	131.26	130.26	126.94	113.90	121.12	128.08	126.59	131.61	F(4,63.5)=	F(1,81.1)	F(4,63.5)	
SE	4.58	5.10	5.13	5.38	5.01	4.71	5.39	5.48	5.70	5.25	=5.99, P<.001	=0.18, P=.67	=1.47, P=.22	
Nutrition Self-Efficacy^a														
Mean	15.84	16.27	16.35	16.7	16.37	15.56	15.94	16.06	16.37	15.7	F(4,67.9)=	F(1,79.7)	F(4,67.9)	
SE	0.43	0.46	0.49	0.47	0.48	0.44	0.5	0.53	0.51	0.51	1.48, P=0.217	=0.56, P=0.458	=0.12, P=.97	
Exercise Self-Efficacy^a														
Mean	16.00	15.70	15.51	16.07	16.03	14.51	14.23	14.56	15.08	14.62	F(4,66.0)=	F(1,77.3)	F(4,66.0)	
SE	0.49	0.56	0.64	0.69	0.6	0.51	0.6	0.69	0.74	0.63	0.71, P=.59	=3.65, P=.06	=0.24, P=.92	
Resilience^a														
Mean	3.74	3.79	3.86	3.96	3.67	3.63	3.78	3.87	3.74	3.89	F(4,63.3)=	F(1,76.7)	F(4,63.3)	
SE	0.08	0.08	0.09	0.09	0.1	0.08	0.09	0.1	0.09	0.11	3.62, P=.01	=0.05, P=.82	=2.87, P=.03	
Coping Factor 1 (Active)^a														
Mean	0.07	0.15	0.15	0.11	-0.01	0.01	-0.15	-0.19	-0.08	0.01	F(4,60.8)=	F(1,67.1)	F(4,60.8)	
SE	0.16	0.17	0.18	0.2	0.18	0.16	0.17	0.19	0.21	0.19	0.07, P=.99	=0.89, P=.35	=0.86, P=.49	
Coping Factor 2 (Avoidant)^a														
Mean	0.09	0.11	0.15	0.09	0.21	-0.01	-0.11	-0.01	0.04	-0.10	F(4,64.0)=	F(1,66.0)	F(4,64.0)	
SE	0.12	0.15	0.17	0.18	0.16	0.12	0.16	0.18	0.18	0.17	0.09, P=.99	=1.33, P=.25	=0.31, P=.87	
Diet Quality^b														
Mean	55.4	56.54	58.73	59.45	56.96	55.67	55.85	55.41	55.94	57.11	F(4,63.8)=	F(1,80.5)	F(4,63.8)	
SE	1.59	1.68	1.92	1.76	1.84	1.65	1.82	2.07	1.88	1.94	1.13, P=.35	=0.47, P=.50	=1.20, P=.32	
Total MET (mins exercise)^b														
Mean	9236.2	9561.6	10403.	9344.5	9373.0	8295.2	8230.2	8092.3	7167.1	9664.6	F(4,66.2)=	F(1,80.2)	F(4,66.2)	
SE	834.45	781.33	1103.3	925.08	905.77	868.02	846.47	1213.0	986.33	953.1	1.05, P=.39	=1.78, P=.19	=1.17, P=.33	

^aMeans adjusted for participant sex and age, neuroticism, self-esteem and dispositional optimism.

^bMeans adjusted for sex and age only