

Supplemental Information 1. Measures

16-item Eating Disorder Examination: Three items ask about intentional restriction of amount of food, and another three ask about binge eating, each with response options of no days, 1-5 days, 6-12, 13-15, 16-22, 23-27, and every day. Six additional items query loss of control eating and ask participants to report the number of days on which it occurred. Four items ask about weight and self-image and include response scales of not at all, slightly (6-12 days), moderately (16-22 days), and markedly (every day). The recall period for this measure is 28 days. Three subscale scores were calculated: dietary restraint, shape/weight over-evaluation, and body dissatisfaction.

International Physical Activity Questionnaire – Short Form for Telephone: The measure consists of ten items addressing the amount of time spent in vigorous activity, moderate activity, walking, and sedentary activity over the past seven days. Participants respond with days per week, hours/minutes per day, and hours/minutes per week. This measure has been validated in several populations in the United States and abroad.

Maintenance and recovery self-efficacy for diet and physical activity: Maintenance self-efficacy for diet included the stem “I am sure that I can continue to eat healthy even if...” followed by 10 items (e.g., I am tired of eating this way). Recovery self-efficacy for diet included the stem “I am sure I can begin to eat healthy again, even if...” followed by three items (e.g., I postpone my plans several times). Maintenance self-efficacy for physical activity included the stem “I am sure I can continue to get regular physical activity even if...” followed by 7 items (e.g., I don’t get support). Recovery self-efficacy for physical activity included the stem “I am sure I can be physically active regularly again, even if...” followed by three items (e.g., I have already taken a break for several weeks). The response options were *disagree strongly*, *disagree*, *agree*, and *agree strongly*.

Satisfaction with outcomes: Satisfaction with outcomes was assessed with a 9-item measure developed by Baldwin (Baldwin, Rothman, & Jeffery, 2009) querying how satisfied participants

are in the domains of: weight change, enjoyment of healthy foods, health changes, physical attractiveness, fit of clothes, physical fitness, completing household chores, social life, and positive feedback from others. Responses were made on 9-point response scales ranging from -4 (*very dissatisfied*) to 4 (*very satisfied*). All items were averaged into a single score.

Social support for diet and physical activity: Social support for diet and physical activity were assessed with measures developed by Ball and Crawford (Ball & Crawford, 2006). The social support for diet scale has two subscales: support for healthy eating (6 items; e.g., complimented me on my eating habits) and sabotage of healthy eating (3 items; e.g., offered me unhealthy foods). The social support for physical activity has two subscales: support for physical activity (6 items; e.g., participated in physical activity with me) and sabotage of physical activity (3 items; e.g., refused to participate in physical activity with me). The measures are completed once for family and once for friends, yielding separate scores for each. The original measure has four response options: *never/not applicable*, *rarely*, *sometimes*, and *often*. We included a fifth response option of *almost always* and report means instead of total scores for each subscale due to the different numbers of variables across subscales (Kiernan, Moore, et al., 2012).