

Supplemental Table 4: Description of individual questions of the social support questionnaire (SSQ):

| Questions | 3 months (n=45) | 6 months (n=39) | 9 months (n=38) | 12 months (n=39) |
|--|--------------------|--------------------|--------------------|---------------------|
| Diet-Encouragement | | | | |
| 1. Encouraged me not to eat high-salt, high-fat foods when I'm tempted to do so. | 3.5 ± 1.3 | 3.8 ± 1.1 | 3.7 ± 1.2 | 3.4 ± 1.2 |
| 2. Discussed my eating habit changes with me. | 2.9 ± 1.2 | 3.3 ± 1.1 | 3.5 ± 1.4 | 3.4 ± 1.1 |
| 3. Reminded me not to eat high-salt, high-fat foods. | 3.4 ± 1.2 | 3.6 ± 1.1 | 3.4 ± 1.2 | 3.2 ± 1.1 |
| 4. Asked me for ideas on how they can eat healthier diets. | 2.9 ± 1.1 | 3.3 ± 1.0 | 3.2 ± 1.3 | 3.1 ± 1.1 |
| 5. Offered me low-salt, low-fat snacks. | 2.2 ± 1.5 | 2.4 ± 1.3 | 2.1 ± 1.3 | 1.6 ± 1.1 |
| 6. Commented if I went back to eating high-salt, high-fat foods. | 1.8 ± 1.3 | 1.8 ± 1.3 | 1.7 ± 1.2 | 1.3 ± 0.8 |
| Diet-Sabotage | | | | |
| 7. Ate high-salt or high-fat foods in front of me. | 1.1 ± 0.3 | 1.1 ± 0.4 | 1 ± 0 | 1 ± 0 |
| 8. Brought home high-salt, high-fat foods. | 1.1 ± 0.3 | 1 ± 0 | 1 ± 0 | 1 ± 0 |
| 9. Offered me high-salt, high-fat foods. | 1 ± 0.1 | 1 ± 0 | 1 ± 0 | 1 ± 0 |
| 10. Requested high-salt, high-fat foods. | 1.1 ± 0.3 | 1 ± 0 | 1 ± 0 | 1 ± 0 |
| 11. Criticised the food I eat. | 1 ± 0.3 | 1 ± 0 | 1 ± 0 | 1 ± 0 |
| 12. Refused to eat the healthy foods I prepared. | 1.1 ± 0.3 | 1 ± 0 | 1 ± 0 | 1 ± 0 |
| 13. Told me if I keep eating low-fat foods, I'll get to be too skinny. | 1 ± 0 | 1 ± 0 | 1 ± 0 | 1 ± 0 |
| Physical activity-Encouragement | | | | |
| 1. Exercised with me. | 1.4 ± 1.0 | 1.4 ± 1.1 | 1.2 ± 0.7 | 1.4 ± 1.0 |

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| 2. Gave me encouragement to stick with my exercise program. | 3.3 ± 1.4 | 3.7 ± 1.3 | 3.4 ± 1.6 | 3.1 ± 1.3 |
| 3. Changed their schedule so we could exercise together. | 1.6 ± 1.0 | 1.5 ± 0.9 | 1.3 ± 0.7 | 1.3 ± 0.7 |
| 4. Offered to exercise with me. | 1.4 ± 1.0 | 1.4 ± 1.0 | 1.4 ± 1.0 | 1.4 ± 0.8 |
| 5. Gave me helpful reminders to exercise. | 3.2 ± 1.4 | 3.3 ± 1.3 | 2.7 ± 1.4 | 2.7 ± 1.2 |
| 6. Planned for exercise on recreational outings. | 1.8 ± 1.1 | 1.8 ± 1.1 | 1.4 ± 0.8 | 1.2 ± 0.5 |
| 7. Discussed exercise with me. | 2.6 ± 1.2 | 2.6 ± 1.1 | 2.2 ± 1.1 | 2.3 ± 1.0 |
| 8. Talked about how much they like to exercise. | 2.3 ± 1.1 | 2.4 ± 1.0 | 2.1 ± 1.0 | 2.2 ± 1.0 |
| 9. Helped plan activities around my exercise. | 2.0 ± 1.2 | 2.1 ± 1.3 | 1.5 ± 1.0 | 1.2 ± 0.6 |
| 10. Asked me for ideas on how they can get more exercise. | 2.3 ± 1.2 | 2.3 ± 1.0 | 1.9 ± 1.1 | 2.1 ± 1.0 |
| 11. Took over chores so I had more time to exercise. | 2.4 ± 1.4 | 2.3 ± 1.3 | 1.9 ± 1.2 | 1.3 ± 0.7 |
| 12. Made positive comments about my physical appearance. | 2.4 ± 1.1 | 2.5 ± 1.0 | 2.5 ± 1.1 | 2.6 ± 1.0 |
| Rewards and punishments | | | | |
| 13. Got angry at me for exercising. | 1 ± 0 | 1 ± 0 | 1 ± 0 | 1 ± 0 |
| 14. Criticised me or made fun of me for exercising. | 1 ± 0 | 1 ± 0 | 1 ± 0 | 1 ± 0 |
| 15. Gave me rewards for exercising. | 1 ± 0 | 1 ± 0 | 1 ± 0 | 1 ± 0 |

*Values are presented as mean ± SD. Scores are reported on a 1–5 scale, where 1 represents the statement was almost never and 5 almost always