Table 3: Intervention outcomes: organised by behavioural target and then by alphabetical order of lead study author

Study reference and follow-up point	Outcome measure	Control group baseline mean n (SD/SE)	Intervention group baseline mean (SD/SE)	Control group endpoint mean (SD/SE) or proportion abstinent from smoking	Intervention group endpoint mean (SD/SE) or proportion abstinent from smoking	Follow-up outcome mean (SD/SE) or proportion abstinent from smoking	Intervention effect as reported in the paper
DIET							
Ahluwalia[31,32] (diet) 6 month	SR Portions of fruit and vegetables per day, last 7 days	2.17 (1.63)	2.06 (1.73)	2.44 (2.42)	3.10 (2.48)		▪ Mixed linear model found significant difference between groups (p=.04)
Auslander[33] (diet) Post test: 3 month post baseline	SR mean % of calories from fat	36%	35.9%	35.6%	32.1%	6 month follow-up **C** 34.5% **IV** 32.3%	▪ ANCOVA test and post-hoc tests revealed significant difference between intervention and control group at 3 month post test [t=-4.01 p<.01] and 6 month follow-up –[2.50 p<.05]
Chang[34,35] (diet) 2 months	SR cups of fruit and vegetables per day	4.25 (2.91)	4.87 (4.41)	4.73 (3.41)	6.33 (3.42)	8 month follow-up **C** 5.56 (3.50) **IV** 3.87 (3.52)	▪ General linear mixed model found no significant intervention effect at either time point p>.05

Elder[36] **(2 arms)** M2 time point 12 weeks	SR Mean grams of fat per day	56.8 (SD25.2)	**Tailored IV group** 59 (SD28.6) **Promotora IV group** 60.2 (SD26.6)	49.1 (SE1.9)	**Tailored IV group** 49.8 (SE2) **Promotora IV group** 43.1 (SE1.9)	<u>M3 time point 6 months post-intervention'</u> **C** 48.2 (SE2.0) **tailored IV** 50(SE2) **promotora IV** 46.4 (SE2) <u>M4 timepoint '12 months post-intervention'</u> **C**51.9 (SE2.3) **tailored IV** 45.3 (SE2.4) **promotora IV** 50.4 (SE2.3)	▪ Significant differences between groups reported at M2 [$F(2.309)$=3.73, p=0.025] Group differences were not maintained at M3 or M4 (not further specified).
Emmons[37] (diet) Endpoint	SR Fruit and veg servings per day	3.19 (SE0.062)	3.28 (SE0.062)	3.13 (SE0.064)	3.57 (SE 0.064)	-	▪ Significantly greater changes in **IV** group than **C** group p=.005
Gans[38] **(3 arms)**	SR Fruit and veg servings per day	NS	NS	Change from baseline 0.42 (2.51)	Change from baseline	<u>7 months</u> **C** 0.24 (2.52),	▪ At 4 months significant differences between **C** and **ST**

4 months					**MT IV group** 0.72 (2.55) **MTI IV group** 0.36 (2.58) **ST IV group** 0.92 (2.92)	**MTIV** 0.68 (2.63), **MTI IV** 0.49 (2.58) **ST** 0.58 (2.69)	*(p*=.01), **ST** and **MTI** *(p*=.01), **MT** and **MTI** (*p*=.01), **C** and **MT** *(p*=.05) ▪ At 7 month follow-up, only significant differences between **C** and **MT** (*p*=.02)
Jackson[39] (diet) 4 weeks	SR fruit and vegetable intake per day	3.3 (1.7)	3.0 (1.6)	3.1 (1.5) change of -0.2 (1.5)	3.44 (1.6) change of +0.44 (1.6)	-	▪ T test showed significant difference between groups p<.001
Keyserling[40,41] (diet) 6 month assessment	End point data: objectively measured fruit and veg intake, via median serum carotenoids (ug/dL) Follow-up data: fruit and vegetable consumption via Dietary Risk Assessment (score range 0-103,	3.8(SE0.05)	3.8(0.06)	3.9 (SE0.03)	4.0 (SE0.03)	<u>12 month assessment</u>: **C** 32.8(SE0.7) **IV** 29.2 (SE0.7)	▪ Marginally significant difference between adjusted mean objective measures at 6 month assessment (*p*=.05) ▪ Significant difference at follow-up12 month assessment for Dietary Risk Scores (*p*<.001)

	lower=healthier)						
Nitzke[42,43] 12 month assessment	Daily fruit and vegetable intake, servings	4.72(2.61)	4.75 (2.86)	4.60 (2.45)	4.90 (2.35)	-	▪ Significant intervention effect from ANOVA [*F*=3.49, p<.05]
Parra-Medina[44] 12 month assessment	Dietary risk assessment score (rated between 0 and 104, where lower scores equal a lower intake of saturated fat and cholesterol)	32.1 (8.5)	32.0 (9.1)	26.8 (7.3)	21.3 (6.9)		▪ Mean reductions in dietary risk assessment score were significantly greater amongst intervention participants (*p*<.001)
Sanchez-Johnsen[45] (diet) 6 week assessment	SR fruit and veg servings per day	6.11(3.11)	5.66 (3.80)	4.63 (2.51)	5.33 (3.40)	-	▪ ANOVA test suggested significant intervention effect [*F*=4.716, *p*=.04]
Steptoe[46] 12 months	SR fruit and veg servings per day	3.67 (2.0)	3.6 (1.81)	0.87 (2.22)	1.49 (2.2)	-	▪ Significant difference in change =0.62 servings, [*p*=.021, 95% CI 0.09 to 1.13)]
Tessaro[47]	SR fruit and veg	3.87 (1.90)	3.90 (1.89)	3.55 (2.24)	3.74 (2.11)		▪ Paired *t* test indicated no

3 months	servings per day						significant difference between 3 month follow-up scores (p=.32)
PHYSICAL ACTIVITY							
Armitage[25] 1 month	SR metabolic equivalent minutes exercise per week (MET mins)	896.89 (1657.94)	733.12 (945.15)	868.33 (1659.01)	1080.62 (1317.70)	-	▪ Significant intervention effect according to ANCOVA analysis [F(1,66)=7.28, p=.009]
Chang[34,35] (Physical activity) 2 months	SR metabolic equivalent minutes exercise per week (MET mins)	27.28 (29.85)	29.76 (26.74)	33.51 (29.34)	41.09 (29.87)	8 month follow-up **C** 36.02 (29.3) **IV** 53.20 (30.24)	▪ General linear mixed model, no significant effect at 2 months (effect size d=0.25, CI -0.24 to 0.74) or at 8 months (effect size d=0.57, CI -0.04 to 1.18)
Dangour[48,49] 24 month assessment	Objectively measured walking capacity: metres walked in six minutes	452.8 (78.4)	447.9 (72.4)	432.8 (77.8)	466.5 (86.7)		▪ Significant difference between groups (p=.001)
Dutton[50] Post-treatment	SR hours exercise per week	NS	NS	Mean change from baseline: 0.59(10.99)	Mean change from baseline: 0.75 (7.58)		▪ ANOVA test found no significant difference between conditions (p=.65)

Emmons[37] (physical activity) Follow-up	SR Mean hours per week	4.93 (SE0.16)	4.8 (SE0.16)	4.91 (SE0.16)	4.77 (0.17).		▪ No significant differences between groups at follow-up [*p*=.51]
Jackson[39] (Physical activity) 4 weeks	SR minutes per week of physical activity	122 (SD not reported)	127 (SD not reported)	136 (135) [change of 14]	155 (145) [change of 28]		▪ Means not significantly different at 4 week follow-up according to an unpaired Student's *t*-test *p*=.42
Keyserling[40,41] (Physical activity) 6 month assessment	Objectively measured PA; accelerometer moderate minutes per day	13(SE1.2)	11.6 (SE1.3)	11.7(SE1.1)	12.2(SE1.1)	12 month follow-up **C**12.5(SE1.1), **IV** 11.0(SE1.1)	▪ Not significantly different according to ANCOVA, at 6 months [*p*=.74] or 12 month follow-up [*p*=.33]
Marcus[51] 6 months post-intervention follow-up	SR moderate to vigorous minutes of physical activity per week	3.02 (10.3)	1.87 (6.86)	32.98 (82.82)	73.36 (89.73)		▪ Intervention group significantly more active than control group at 6 months, according to a longitudinal regression controlling for baseline differences (*p*<.001)
Olvera[52,53] 12 week assessment	SR activity level on a scale from 0 (sedentary) to 7 (vigorous)	1.2 (1.5)	1.4 (0.9)	1.2 (0.9)	2.1 (1.6)		▪ No significant effect according to ANCOVA [*F* 1.35, *p*=2.57, *d*=.4]
Pekmezi[54]	SR minutes of	11.88	16.56	96.79 (118.49)	147.27 (241.55)		▪ No significant between group

6 months	physical activity per week	(21.99)	(25.76)				differences according to ANOVA [*F*(1,91)=1.37, *p*=.25]
Sanchez-Johnsen[45] (Physical activity) 6 week assessment	SR times engaged in activity designed to improve fitness on a scale from 1 (0 times) to 9 (more than 7 times)	2.11 (2.18)	2.11 (1.75)	2.98 (2.48)	3.66 (1.78)		▪ No significant difference according to ANCOVA [*F*=0.634, *p*=.434]
Whitehead[55] 1 month assessment	SR time spent in physical activities for last 7 days, yielding an estimated caloric expenditure	2507.82 (SE 2.64)	2507.35 (2.55 SE)	2506.72 (2.65)	2511.76 (2.56)	6 month assessment **C** 2507.67 (2.98) **IV** 2511.2 (2.89)	▪ A doubly multivariate ANOVA with planned comparisons showed significant differential group changes at 1 month [*F*(1,205)=17.98, p<.001] and 6 months [*F*(1,205)=4.07, *p*<.05]
SMOKING							
Ahluwalia[31,32] (Smoking) 6 month	Biochemically confirmed smoking	All smoked at baseline	All smoked at baseline	9 of 93 abstinent	4 of 57 abstinent	-	▪ Adjusted Mantel-Haenszel chi-square statistic revealed no significant difference between

assessment	abstinence 7 days						groups (p=.73).
Andrews[56,57] 6 month assessment	Biochemically confirmed smoking abstinence 7 days			3 of 52 abstinent	14 of 51 abstinent	-	▪ Odds ratio 4.9, CI -1.51 to 15.89 ▪ Main effect of intervention group variable in multiple regression, p=.001.
Bullock[58] **2 arms** End of pregnancy (T2)	Biochemically confirmed smoking abstinence last 7 days			**B control group** 27 of 141 **C control group** 22 of 128	**SS+B IV group** 22 of 129 **SS IV group** 29 of 132	<u>Post-delivery follow up (T3)</u> **B control group** 19 if 141 **C control group** 17 of 128 **SS+B IV group** 16 of 129 **SS IV group** 15 of 132	▪ Likelihood ratio chi-square not significantly different X^2=1.33, p=.72 at T2 end of pregnancy X^2=1.39, p=.71 at T3 post-delivery follow-up
Dornelas[59] End of pregnancy assessment	Biochemically confirmed smoking abstinence for previous 7 days	-	-	5 of 52	15 of 53	<u>Six months post-partum</u> **C**2 of 52 **IV** 5 of 53	▪ Significant difference at end of pregnancy assessment only, according to chi-squared test X^2=5.94(1), p=.015.
Fang[60] 1 week	SR smoking abstinence, last 7	-	-	8 of 32	15 of 34	<u>1 month</u> **C**10 of 32, **IV**	Intervention and Controls not significantly different at 1

assessment	days					19 of 34 <u>3 months</u> **C**9 of 32, **IV** 16 of 34	week follow-up according to chi-square test $X^2(1)=2.51$, $p=.11$. Significant differences at 1 month [$X^2(1)=4.06$, $p<0.05$] but not at 3 months [$\chi^2(1)=2.51$, $p=0.11$]
Froelicher[61] 6 month assessment	Biochemically confirmed abstinence	-	-	3 of 26	3 of 22	<u>12 months</u> **C**1 of 19, **IV** 3 of 19	▪ Not significantly different – not further specified.
Gordon[62] 7.5 months end point	SR smoking abstinence for last 6 months	-	-	8 of 439	28 of 530	-	▪ Significant between groups effect [$F(1,12)=14.62$, $p<.01$].
Liles[63] 18 month assessment	Biochemically confirmed quit for at least 7 days over study period	-	-	5 of 74	15 of 76	-	▪ Fisher's exact test: difference statistically significant $p=.029$
Miller[64] 3 month assessment	SR smoking abstinence: previous day	-	-	97 of 377	397 of 1000	<u>6 months</u> **C**80 of 377, **IV** 309 of 1000 <u>12 months</u> **C**83 of 377 **IV** 191 of 1000	▪ Chi squared test: significant difference reported at 3 and 6 month assessment [$p\leq.001$] but not at 12 months [p value not specified]
Okuyemi[65]	Biochemically	-	-	19 of 214	20 of 216	<u>26 weeks</u>	▪ No significant group

8 weeks (post-intervention)	confirmed smoking abstinence: previous seven days					(follow-up) **C** 12 of 214 **IV** 20 of 216	difference according to chi squared test at week 8 (p=0.89) or week 26 (p=0.15)
Reitzel[66] Follow-up week 26 post-partum	Biochemically confirmed smoking abstinence following delivery of baby	None smoked at baseline (relapse prevention intervention)	None smoked at baseline (relapse prevention intervention)	19 of 115	31 of 136		▪ Main effect of treatment approached significance according to a continuation ratio logit model [$X^2(1)=3.10$, p=.08]
Solomon 2000[67] 3 months	Biochemically confirmed smoking abstinence: previous seven days	-	-	30 of 108	44 of 106	6 months **C**20 of 108 **IV** 24 of 106	• Experimental condition strongest predictor in logistic regression at 3 months: OR 2, CI 1.09 TO 3.68. Not a significant predictor at 6 month follow-up (not further specified)
Solomon 2005[68] 3 months	SR smoking abstinence, last 7 days	-	-	58 of 159	82 of 171	6 months **C** 48 of 159 **IV** 65 of 171	• Significant difference at 3 months [p=.035] according to Chi square test but not at 6 month follow-up [p value not

							specified]
Sykes[69] Follow-up	Biochemically confirmed smoking abstinence: previous seven days	-	-	6 of 107	21 of 122		• Significant difference compared to controls [$X^2(2)=22.339$, $p<.001$]
Volpp[70] 30 day assessment	Biochemically confirmed smoking abstinence: previous seven days	-	-	4 of 87	15 of 92	6 months **C** 4 of 87 **IV** 6 of 92	▪ Significant difference at 30 day assessment according to Chi squared test [$X^2=6.46$, $p=.01$], but not at 6 month assessment [$X^2 = 0.31$, $p=0.57$]
Wu[71] 6 month assessment	Biochemically confirmed quit at follow-up	-	-	20 of 62	40 of 60	-	▪ Significant difference according to logistic regression, OR 4.32, CI: 2.01 to 9.27, $p<.001$

Note. SR=self-reported NS=not specified, **C**=control group **IV**= intervention group SE=standard error, OR=odds ratio, CI=confidence interval. $p<.05$ was considered statistically significant. Unless otherwise specified, in smoking interventions no participants were abstinent from smoking at baseline