

Appendix 3 (as supplied by the authors): Multi-level linear regression analyses assessing the between groups effect at one year, accounting for the intracluster correlation (N = 488 patients).

Independent variables	Fat intake		10logFruit		10logVegetables		10logPhysical Activity	
	Est. (CI)	p value	Est. (CI)	p value	Est. (CI)	p value	Est. (CI)	p value
Group <i>Intervention = 1, Control = 0</i>	1.1716 (-0.467 – 2.810)	0.160	0.0317 (-0.025 – 0.089)	0.261	0.0470 (0.002 – 0.092)	0.043*	0.4654 (0.059 – 0.871)	0.025*
Dependent at T0	0.6503 (0.582 – 0.718)	<0.001**	0.6195 (0.541 – 0.698)	<0.001**	0.6162 (0.549 – 0.684)	<0.001**	0.7338 (0.612 – 0.856)	<0.001**
Dependent at T0*group							-0.1744 (-0.333 – -0.015)	0.032*
Sex <i>Male = 1, female = 0</i>	0.9602 (0.185 – 1.736)	0.015*			0.0010 (-0.046 – 0.048)	0.965		
Sex*group					-0.0866 (-0.152 – -0.021)	0.010**		
Age								
SES <i>Low = 1, high = 0</i>	0.9262 (-0.535 – 2.387)	0.213						
<i>Intermediate = 1, high = 0</i>	1.3723 (-0.077 – 2.821)	0.063						
SES*group	-1.1049 (-3.11 – 0.906)	0.280						
	-2.4384 (-4.367 – -0.510)	0.013*						
High blood pressure <i>Yes = 1, no = 0</i>								
High cholesterol <i>Yes = 1, no = 0</i>			-0.0628 (-0.118 – -0.008)	0.024*				
High cholesterol*group								
Obesity <i>Yes = 1, no = 0</i>	-0.9214 (-1.724 – -0.119)	0.024*			0.0371 (0.001 – 0.073)	0.042*		
Diabetes <i>Yes = 1, no = 0</i>					-0.0586 (-0.107 – -0.010)	0.018*		

Est. (CI) = Estimation, unstandardised (Confidence Interval).

Intraclass correlation coefficient (ICC): fat intake 0.021, 10logFruit 0.001, 10logVegetables 0.006, 10logPhysical Activity -0.002.