Appendix 1. Demographic Information for Participants

	All Cases (n=368)			Treatment (n=178)			Control (n=190)			
	M	SD	%	M	SD	%	M	SD	%	[1]p-value
Age (years)	60.3	4.9		60.3	4.7		60.3	5.1		.948
Body Mass Index (kg/m2)	28.9	6.7		29.1	7.3		28.8	6.0		.649
Gender										.512
Male			30.6			28.9			32.1	
Female			69.4			71.1			67.9	
Race										.034
African American			12.2			16.3			8.4	
Asian American			11.4			10.7			12.1	
Caucasian			59.0			53.4			64.2	
Latino/ Hispanic			9.5			9.0			10.0	
Native American			1.9			2.2			1.6	
Pacific Islander			1.1			1.1			1.1	
Mixed Race			3.5			6.7			0.5	
Other			1.4			0.6			2.1	
Education										.808
Grade school or less			0.5			1.1			0.0	
Some High School			0.5			0.6			0.5	
High School Graduate			16.5			16.9			16.1	
Some College			30.2			30.9			29.6	
College Graduate			34.1			34.3			33.9	
Graduate/ Professional			17.3			15.7			18.8	
Trade School			0.8			0.6			1.1	
Employment Status										
Employed			57.5			61.8			53.5	
Unemployed			42.5			38.2			46.5	
Annual Family Income										.399
<$20,000			8.6			9.1			8.2	
$20,000 - 39,999			18.6			19.9			17.4	
$40,000 - 59,999			28.3			31.3			25.5	
$60,000 - 79,999			25.6			23.9			27.2	
More than $80,000			18.9			15.9			21.7	
Computer Experience										.510
Novice			5.8			5.1			6.5	
Somewhat Experienced			26.7			26.6			26.9	
Moderately Experienced			37.2			37.9			36.6	
Very Experienced			30.3			30.5			30.1	
Computer use per week										.598
1-2 times			3.0			2.8			3.2	
3-4 times			7.5			9.1			5.9	
5-6 times			9.4			9.7			9.2	
7 times			9.7			9.7			9.7	
More than 7 times			70.4			68.8			71.9	

	All Cases (n=368)			Treatment (n=178)			Control (n=190)			
	M	SD	%	M	SD	%	M	SD	%	[1]p-value
Internet Use per week										.190
0 times			0.3			0.6			0.0	
1-2 times			4.2			4.6			3.8	
3-4 times			7.5			10.3			4.9	
5-6 times			8.1			8.6			7.6	
7 times			8.6			8.6			8.6	
More than 7 times			71.4			67.4			75.1	
Email use per week										.791
0 times			1.1			2.3			0.0	
1-2 times			7.2			6.3			8.1	
3-4 times			9.7			11.4			8.1	
5-6 times			8.3			8.0			8.6	
7 times			7.5			7.4			7.6	
>7 times			66.1			64.6			67.6	

[1]Results of statistical comparing differences between Tx and Ctrl Groups.
M = mean, SD = standard deviation.