

### Multimedia Appendix 3

Fully complete cases

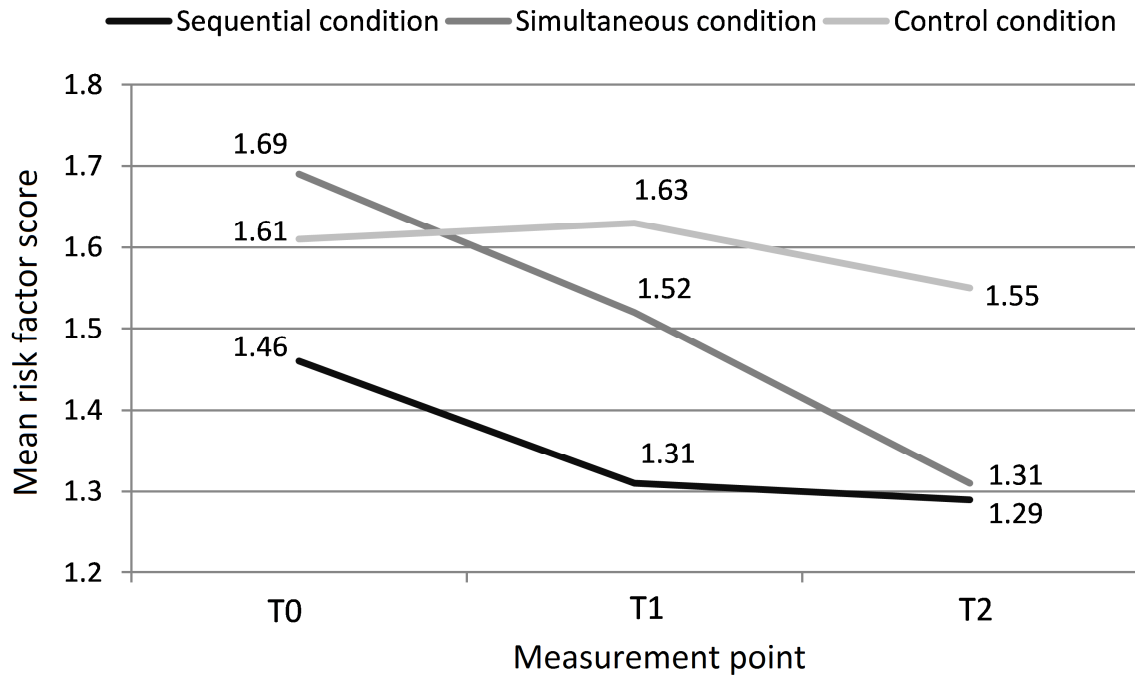


Figure 4: Mean number of risk factors among the different conditions (complete cases:  $n = 475$ ) at baseline and follow-up (sequential condition  $n = 140$ ; simultaneous condition  $n = 143$ ; control condition  $n = 192$ )

Table 7: Results of the linear regression analysis (top-down procedure) with the risk factor index after 12 months and after 24 months as dependent variable ( $n = 466$ )

Variable	After 12 months (T1)				After 24 months (T2)			
	$\beta$	<i>P</i>	CI	ES	$\beta$	<i>P</i>	CI	ES
Condition		<.001				<.001		
SeqC vs. CC	-.11	.006**	-.42 - -.07	0.31	-.09	.03*	-.38 - -.03	0.26
SimC vs. CC	-.09	.03*	-.36 - -.02	0.24	-.14	.001**	-.48 - -.13	0.39
SeqC vs. SimC	-.02	.59	-.24 - .13	0.07	.05	.27	-.08 - .29	0.13
Age	-.07	.049*	-.01 - .000	0.01	---	---	---	---
Education (low vs. high)	-.08	.04*	-.58 - -.02	0.38	---	---	---	---
Education (med vs. high)	-.04	.36	-.23 - .08	0.09	---	---	---	---
Income (low vs. high)	.09	.048*	.002 - .42	0.27	.09	.03	.02 - .43	0.28
Income (med vs. high)	.07	.11	-.03 - .32	0.18	.11	.02*	.04 - .38	0.27
Work situation	---	---	---	---	-.07	.08 <sup>†</sup>	-.30 - .02	0.18
Physical activity (min)	-.06	.09 <sup>†</sup>	-.001 - .000	0.00	-.09	.02*	-.001 - .000	0.001
Vegetable intake (g)	-.25	<.001***	-.004 - -.002	0.003	-.27	<.001***	-.004 - -.002	0.004
Fruit intake (pieces)	-.30	<.001***	-.31 - -.19	0.31	-.31	<.001***	-.31 - -.19	0.32
Alcohol intake (glasses)	.31	<.001***	.17 - .28	0.28	.26	<.001***	.14 - .24	0.24
Smoking (cigarettes)	.27	<.001***	.05 - .08	0.08	.22	<.001***	.03 - .07	0.06
<i>R</i> <sup>2</sup>				.43				.40

<sup>†</sup>*P* < .10; \**P* < .05; \*\**P* < .01; \*\*\**P* < .001

<sup>1</sup> All variables regarding demographics, health status and lifestyle behaviour were included in the most extensive model

<sup>2</sup> The control condition was the reference category

<sup>3</sup> The simultaneous condition was the reference category

Table 8: Results of the logistic regression analysis (top-down procedure) with compliance with the five different guidelines (yes=1; no=0) after 12 months and after 24 months as dependent variables (n=457)

Lifestyle behaviour	Group	After 12 months (T1)				After 24 months (T2)			
		OR for change	P	95% CI	ES	OR for change	P	95% CI	ES
Phys. act.	Condition		.82				.31		
	SeqC vs. CC <sup>2</sup>	1.32	.53	.55 – 3.15	0.15	.76	.58	.28 – 2.03	0.15
	SimC vs. CC <sup>2</sup>	1.05	.90	.48 – 2.30	0.03	1.76	.26	.66 – 4.68	0.31
	SeqC vs. SimC <sup>3</sup>	1.26	.50	.46 – 3.15	0.13	.43	.14	.14 – 1.31	0.46
Vegetable	Condition		<b>.06<sup>†</sup></b>				<b>.06<sup>†</sup></b>		
	SeqC vs. CC <sup>2</sup>	1.69	<b>.05<sup>†</sup></b>	1.00 – 2.86	0.29	1.06	.84	.62 – 1.81	0.03
	SimC vs. CC <sup>2</sup>	1.75	<b>.04*</b>	1.03 – 2.98	0.31	1.83	<b>.03*</b>	1.08 – 3.11	0.33
	SeqC vs. SimC <sup>3</sup>	.96	.89	.56 – 1.66	0.02	.58	<b>.06<sup>†</sup></b>	.33 – 1.02	0.30
Fruit	Condition		.55				<b>.07<sup>†</sup></b>		
	SeqC vs. CC <sup>2</sup>	1.23	.44	.73 – 2.09	0.12	1.67	<b>.06<sup>†</sup></b>	.97 – 2.85	0.28
	SimC vs. CC <sup>2</sup>	1.32	.30	.78 – 2.21	0.15	1.70	<b>.048*</b>	1.00 – 2.88	0.29
	SeqC vs. SimC <sup>3</sup>	.94	.82	.54 – 1.64	0.04	.98	.94	.55 – 1.74	0.01
Alcohol	Condition		<b>.07<sup>†</sup></b>				<b>.003</b>		
	SeqC vs. CC <sup>2</sup>	2.77	<b>.02*</b>	1.16 – 6.65	0.56	3.85	<b>.002**</b>	1.62 – 9.16	0.74
	SimC vs. CC <sup>2</sup>	1.66	.19	.77 – 3.58	0.28	2.68	<b>.01*</b>	1.23 – 5.84	0.54
	SeqC vs. SimC <sup>3</sup>	1.67	.28	.65 – 4.26	0.28	1.44	.45	.57 – 3.65	0.20
Smoking	Condition		.27				.27		
	SeqC vs. CC <sup>2</sup>	.67	.53	.19 – 2.36	0.22	1.37	.62	.40 – 4.65	0.17
	SimC vs. CC <sup>2</sup>	.41	.11	.13 – 1.24	0.50	.56	.25	.21 – 1.51	0.32
	SeqC vs. SimC <sup>3</sup>	1.64	.39	.53 – 5.08	0.27	2.44	.13	.76 – 7.83	0.49

<sup>†</sup>P < .10; \*P < .05; \*\*P < .01

<sup>1</sup> All variables regarding demographics, health status and lifestyle behaviour were included in the most extensive model

<sup>2</sup> The control condition was the reference category

<sup>3</sup> The simultaneous condition was the reference category