

## Multimedia Appendix 1

### Drop-out analyses

Table 4: Results of the drop-out analyses

<i>Variable</i> <sup>a</sup>	<i>Differences TIC vs. NC</i> <sup>b</sup>	<i>Differences T2C vs. NC</i> <sup>b</sup>	<i>Differences FCC vs. NC</i> <sup>b</sup>
<b>Demographics</b>			
<b>Age (19-65)</b>	T1C > NC	T2C > NC	FCC > NC
<b>Employment situation</b> n = 4,970	T1C < NC	T2C < NC	FCC < NC
<i>Job (paid employment)</i>			
<i>No job</i>			
<b>Marital status</b> n = 4,973	T1C > NC	T2C > NC	FCC > NC†
<i>Relationship</i>			
<i>Single</i>			
<b># persons in household</b> n = 4,980	T1C < NC	T2C < NC	FCC < NC
<b>Native country</b> n = 4,973	T1C > NC		
<i>The Netherlands</i>			
<i>Other</i>			
<b>Health status</b>			
<b>BMI (13.82-58.11)</b> n = 5,012		T2C > NC	
<b>Psychol. distress (12-50)</b> n = 4,944			FCC > NC†
<b>Disease(s)</b> n = 4,950			
<i>Diabetes</i>	T1C > NC	T2C > NC†	
<i>Brain haemorrhage, TIA</i>			
<i>Heart attack</i>	T1C > NC	T2C > NC	FCC > NC
<i>Other serious heart disease</i>	T1C > NC†	T2C > NC	FCC > NC
<i>Cancer</i>	T1C > NC†		
<i>High blood pressure</i>	T1C > NC	T2C > NC	FCC > NC
<i>Asthma, COPD</i>			
<i>One or more diseases</i>	T1C > NC	T2C > NC	FCC > NC
<b>Lifestyle behavior</b>			
<i>Mean number of risk factors</i>	T1C < NC	T2C < NC	FCC < NC
<b>Physical activity</b> n = 5,053			
<i>Mean number of minutes per day</i>	T1C > NC		FCC > NC†
<i>Non-compliance</i>	T1C < NC		FCC < NC
<b>Vegetable consumption</b> n = 5,018			
<i>Mean number of grams</i>	T1C > NC	T2C > NC	FCC > NC
<i>Non-compliance</i>	T1C < NC	T2C < NC	FCC < NC
<b>Fruit consumption</b> n = 5,019			
<i>Mean pieces of fruit</i>	T1C > NC	T2C > NC	FCC > NC
<i>Non-compliance</i>	T1C < NC	T2C < NC	FCC < NC
<b>Alcohol intake</b> n = 5,034			
<i>Mean number of drinks</i>		T2C < NC	FCC < NC
<i>Non-compliance</i>	T1C < NC†	T2C < NC	FCC < NC†
<b>Smoking</b> n = 5,055			
<i>Mean number of cigarettes</i>	T1C < NC	T2C < NC	FCC < NC
<i>Non-compliance</i>	T1C < NC	T2C < NC	FCC < NC

Note: †  $P < .10$

<sup>a</sup>No statistically significant differences were found with regard to gender, educational level, income, and quality of life.

<sup>b</sup>T1C = respondents who completed the T1-measurement; T2C = respondents who completed the T2-measurement; FCC = respondents who completed the T1- and the T2-measurement (fully complete cases); NC = respondents who did not complete the T1 or T2-measurement; a comma (“,”) means that the scores of the different conditions are equal; the “>” sign means that respondents in the first group (in front of the sign) were significantly older, more often in relationship, Dutch, having a higher BMI, suffering from a disease and having a healthier lifestyle ; the “<” sign means that respondents in the first group (in front of the sign) were significantly less often employed, lived with fewer peoples in one household, reported a lower risk factor score and less non-compliance with guidelines.