

Contents of dataset CTSSUBJ : Total N=143

Subject characteristics at intervention start. 1 record / subject.

Variable	Label	Type	Length	Format	Definition	N	Missing	Yes	Mean	SD	Min	Max
deidnum	Masked ID	N	8			143	0		51878.16	28651.40	1057.00	99413.00
deidsite	Masked Site	N	8			143	0		931.95	59.700	858.00	1008.00
ctscomp	Completed intervention	C	1	\$	Y / N							
height	Height from CRF (cm)	N	8		The height from CTS was replaced with CRF height because of discrepancies.	143	0		168.86	8.599	147.65	195.50
weightd1	Weight on Day 1 (kg)	N	8			143	0		73.67	9.922	51.79	101.11
bmid1	BMI on Day 1	N	8		Calculated using CRF height	143	0		25.75	1.929	21.37	30.30
ctsrxcal	Caloric Prescription	N	8			143	0		1831.71	303.158	1200.00	2600.00
sex	Sex (from CRF)	C	1		(from CRF) M / F							
agebl	Age at Baseline (from CRF)	N	8		From CRF	143	0		38.15	7.349	21.25	50.93
nindsess	# Individual sessions attended	N	8		Calculated post-CTS	143	0		37.15	7.996	6.00	42.00
ngrpssess	# Group sessions attended	N	8		Calculated post-CTS	143	0		27.41	6.617	3.00	32.00

Contents of dataset INDESN2 : Total N=5401

Data from Individual Sessions. 1 record per Subject / Individual session.

Variable	Label	Type	Length	Format	Definition	N	Missing	Yes	Mean	SD	Min	Max
deidnum	Masked ID	N	8			5401	0		51974.46	28604.47	1057.00	99413.00
deidsite	Masked Site	N	8			5401	0		931.96	59.582	858.00	1008.00
sex	Sex (from CRF)	C	1		M / F							
agebl	Age at Baseline (from CRF)	N	8			5401	0		38.37	7.295	21.25	50.93
issnid	Ind. Session ID	N	8			5401	0		6411.03	4454.346	1.00	19876.00
issnatt	Session attended	C	1	\$	Y / N							
isessndt	Days to Individual Session Date	N	8			5401	0		272.74	200.423	0.00	912.00
weekcalc	Calculated week	N	8		Calculated from days from intervention start to session date.	5401	0		39.35	28.625	1.00	131.00
indtopic	Topic	C	128	\$								
ihungry	How Hungry	N	8			5054	347		37.49	24.043	0.00	100.00
isatisfy	How satisfied	N	8			5053	348		68.99	19.630	1.00	100.00
ifull	How full	N	8			5053	348		66.65	19.934	0.00	100.00
imuch	How much	N	8			5052	349		54.97	24.095	0.00	100.00
ithirsty	How thirsty	N	8			5053	348		38.19	24.935	0.00	100.00
isatamt	How satisfied w/ amount of food	N	8			5053	348		69.99	18.824	1.00	100.00
isatype	How satisfied w/ type of food	N	8			5053	348		71.38	19.200	1.00	100.00
weightis	Weight (kg) at individual session	N	8			5140	261		66.20	9.557	43.09	102.60
bmiis	BMI	N	8		Calculated using CRF height	5140	261		23.14	1.947	18.66	29.91
weightd1	Day 1 Weight (kg)	N	8			5401	0		73.70	10.030	51.79	101.11
bmidl	Day 1 BMI	N	8			5401	0		25.76	1.916	21.37	30.30
wtloss	Weight loss since Day 1 (kg)	N	8		Weightis – weightd1	5140	261		-7.51	3.512	-18.28	1.50
pwtloss	% Weight Loss since Day 1	N	8		100 x wtloss / weightd1	5140	261		-10.17	4.515	-22.56	2.08
pwtlp10	10th Percentile % Weight loss	N	8		From Carl Pieper's model	5401	0		-16.17	6.135	-22.13	-1.16
pwtlp80	80th Percentile % Weight loss	N	8		From Carl Pieper's model	5401	0		-8.72	3.309	-11.94	-0.62
wlgrpc	Weight loss category	C	25		Calculated based on % weight loss between 10 th and 80 th percentiles: Excessive weight loss if pwtloss<pwtlp10 (<10 th percentile) Weight loss in target if pwtlp10<=pwtloss<=pwtlp80 (between 10 th and 80 th percentiles) Inadequate weight loss if pwtloss>pwtlp80 (> 80 th percentile)							

Contents of dataset INDESN2 : Total N=5401

Data from Individual Sessions. 1 record per Subject / Individual session.

Variable	Label	Type	Length	Format	Definition	N	Missing	Yes	Mean	SD	Min	Max
wlptile	Weight loss percentile	N	8		Calculated from Carl Pieper's model	5140	261		59.04	27.113	1.00	100.00
emplsmon	Compliant for Self-Monitoring PDA	C	1	\$	Entered by operator							
emplatn	Compliant for Attendance	C	1	\$								
bminsae	BMI nearing SAE	C	1	\$								
tbadh25	Toolbox for 25% CR adherence used	C	2		These variables = Y if the given toolbox was in use by the participant at the time of the individual session. Otherwise = N.							
Tbattend	Toolbox for attendance used	C	2									
tbselfmon	Toolbox for self-monitoring used	C	2									
tbknowl	Toolbox for poor-dietary knowledge used	C	2									
tbbinge	Toolbox for binge/emotional eating used	C	2									
tbpsych	Toolbox for psychiatric/emotional problems used	C	2									
tbused	Any Toolbox used	C	2		Any toolbox in use at the time of the individual session (Y/N)							
nintake	Number of caloric intake days reported	N	8		Number of days caloric intake was self-reported for that individual session	5401	0		12.26	8.601	0.00	60.00
meancal	Mean caloric intake (kcal/d)	N	8		Calculated mean daily caloric intake for that individual session	4641	760		1640.96	372.783	65.00	2755.26

Contents of dataset GRPSESSN : Total N=4138

Data from Group Sessions. 1 record per Subject / group session.

Variable	Label	Type	Length	Format	Source	Definition	N	Missing	Yes	Mean	SD	Min	Max
deidnum	Masked ID	N	8				4138	0		51765.11	28659.10	1057.00	99413.00
deidsite	Masked Site	N	8				4138	0		931.55	59.668	858.00	1008.00
gssndt	Days to Session Date	N	8				4138	0		284.65	203.097	-91.00	804.00
weekcalc	Calculated Week	N	8				4138	0		41.05	29.010	-13.00	115.00
grptopic	Topic	C	128	\$									
gassdt	Days to Assignment date	N	8				4138	0		285.65	202.784	17.00	804.00
gssnatt	Session attended	C	1	\$		Y / N							

Contents of dataset CALINTK : Total N=67011

Daily Self-reported Caloric Intake. 1 record per Subject / day.

Variable	Label	Type	Length	Format	Source	Definition	N	Missing	Yes	Mean	SD	Min	Max
deidnum	Masked ID	N	8				67011	0		51422.43	29496.72	1057.00	99413.00
deidsite	Masked Site	N	8				67011	0		934.96	61.115	858.00	1008.00
issnid	Individual Session ID	N	8				67011	0		6689.71	4386.363	1.00	19876.00
intakedt	Days to Caloric intake date	N	8				66251	760		307.09	193.196	-4.00	745.00
calories	Caloric Intake (kcal/d)	N	8				66220	791		1665.72	444.774	10.00	5789.00
pda	Reported by PDA	C	1	\$		Y / N							
complete	Entered complete day	C	1	\$		Y / N							

Each day is associated with an individual session. If there were no self-reported caloric intakes at an individual session, there will be a record with missing data for that session.

Contents of dataset TOOLBOX2 : Total N=2251

Toolbox usage : 1 record for each time a toolbox or toolbox strategy was employed for a subject

Variable	Label	Type	Length	Format	Source	Definition	N	Missing	Yes	Mean	SD	Min	Max
deidnum	Masked ID	N	8				2251	0		55277.63	27233.77	1057.00	99413.00
deidsite	Masked Site	N	8				2251	0		920.61	66.078	858.00	1008.00
toolbox	Toolbox	C	128	\$									
empldt	Days to Date Toolbox employed	N	8				2251	0		331.43	201.680	1.00	760.00
discdt	Days to Date Toolbox discontinued	N	8				2152	99		345.13	202.241	8.00	787.00
dur	Toolbox duration (days)	N	8				2152	99		22.79	20.667	0.00	412.00
prmstrat	Primary strategy	C	1	\$		Y / N							
success	Strategy was successful	C	1	\$		Y / N							
cost	Estimated cost	N	8				1255	996		31.53	107.880	0.00	1300.00
strategy	Toolbox Strategy	C	128	\$									
openstrg	Open Toolbox Strategy	C	1	\$		Y / N							
rational	Rationale	C	128	\$									
sucsfctr	Success factor	C	128	\$		Key factor Played a minimal role Played a role							

