

Supplementary Appendix for
 “Self Comparisons as Motivators for Healthy Behavior”

Demographic measures:

We included a 6 category education measure: less than high school, high school complete, vocational school, some college, college graduate, and post graduate degree, as well as a 9 category annual income measure: under \$15,000, \$15,000 to \$25,000, \$25,000 to \$34,999, \$35,000 to \$49,999, \$50,000 to \$74,999, \$75,000 to \$99,999, \$100,000 to \$149,999, \$150,000 to \$199,999, \$200,000 or more. We coded race as white, Asian, black, other and mixed race, and Hispanic ethnicity as a binary yes/no.

Tables:

Table SA 1: Prospective model showing the association between Wave 1 own thinness compared to friends on Wave 2 dieting in last 3 months, controlling for Wave 1 dieting in last 3 months including geographic fixed effects and sampling weights (not shown)

	Model 1			Model 2			Model 3		
	B	SE	P	B	SE	P	B	SE	P
	N 10571			N 10260			N 10231		
Self thin	-0.41	0.03	0.00	-0.26	0.04	0.00	-0.17	0.04	0.00
Want to lose weight							1.20	0.10	0.00
BMI				0.05	0.01	0.00	0.03	0.01	0.00
Degree1	0.02	0.02	0.24	0.03	0.02	0.18	0.03	0.02	0.17
Dieting Wave 1	2.08	0.06	0.00	1.99	0.06	0.00	1.83	0.06	0.00
Sex	0.23	0.06	0.00	0.28	0.06	0.00	0.21	0.06	0.00
Age	0.00	0.00	0.72	0.00	0.00	0.57	0.00	0.00	0.59
Education (Ref 1)									
0	-1.16	0.37	0.00	-1.23	0.37	0.00	-1.41	0.39	0.00
2	-0.38	0.35	0.27	-0.52	0.35	0.14	-0.75	0.36	0.04
3	-0.35	0.34	0.31	-0.50	0.35	0.15	-0.74	0.36	0.04
4	0.07	0.36	0.85	-0.01	0.36	0.97	-0.19	0.37	0.60
5	-0.25	0.34	0.47	-0.36	0.35	0.30	-0.62	0.36	0.09
6	-0.09	0.34	0.79	-0.18	0.35	0.61	-0.43	0.36	0.23
Income									
1	-0.18	0.22	0.41	-0.06	0.22	0.80	-0.04	0.22	0.84
2	-0.16	0.20	0.43	-0.21	0.20	0.30	-0.30	0.21	0.14
3	0.03	0.19	0.87	0.02	0.19	0.93	0.00	0.19	1.00
4	0.26	0.18	0.14	0.23	0.18	0.21	0.14	0.18	0.43
5	0.10	0.18	0.60	0.06	0.18	0.74	0.01	0.19	0.98
6	0.22	0.18	0.22	0.23	0.18	0.21	0.15	0.19	0.43
7	0.58	0.20	0.00	0.61	0.20	0.00	0.57	0.21	0.01
8	0.42	0.20	0.04	0.50	0.21	0.02	0.50	0.21	0.02
Race (white ref)									
Asian	-0.95	0.61	0.12	-0.88	0.61	0.15	-0.77	0.62	0.22
Black	0.14	0.11	0.21	0.08	0.11	0.48	0.12	0.11	0.30
Other	0.69	0.19	0.00	0.70	0.20	0.00	0.77	0.20	0.00
Mixed	0.08	0.15	0.60	0.12	0.15	0.43	0.10	0.16	0.52
Hispanic	0.01	0.11	0.92	0.01	0.11	0.94	0.02	0.11	0.88
	AIC 7194			AIC 6927			AIC 6767		

Table SA 2: Prospective model showing the association between Wave 1 own fitness compared to friends on Wave 2 dieting in last 3 months, controlling for Wave 1 dieting in last 3 months including geographic fixed effects and sampling weights (not shown)

	Model 1 N 10578			Model 2 N 10264			Model 3 N 10235		
	B	SE	P	B	SE	P	B	SE	P
Self fit	-0.22	0.03	0.00	-0.09	0.04	0.01	-0.06	0.04	0.09
Want to lose weight							1.26	0.10	0.00
BMI				0.06	0.01	0.00	0.04	0.01	0.00
Degree1	0.02	0.02	0.20	0.03	0.02	0.14	0.03	0.02	0.14
Dieting Wave 1	2.16	0.06	0.00	2.01	0.06	0.00	1.84	0.06	0.00
Sex	0.19	0.06	0.00	0.27	0.06	0.00	0.21	0.06	0.00
Age	0.00	0.00	0.74	0.00	0.00	0.53	0.00	0.00	0.55
Education (Ref 1)									
0	-1.13	0.37	0.00	-1.24	0.37	0.00	-1.41	0.39	0.00
2	-0.35	0.35	0.32	-0.54	0.35	0.13	-0.78	0.37	0.03
3	-0.29	0.34	0.41	-0.52	0.35	0.14	-0.75	0.36	0.04
4	0.10	0.36	0.77	-0.02	0.36	0.95	-0.20	0.37	0.59
5	-0.20	0.34	0.56	-0.37	0.35	0.29	-0.63	0.36	0.08
6	-0.06	0.34	0.87	-0.19	0.35	0.58	-0.45	0.36	0.22
Income									
1	-0.15	0.22	0.49	-0.02	0.22	0.93	-0.02	0.22	0.93
2	-0.15	0.19	0.45	-0.21	0.20	0.30	-0.30	0.21	0.14
3	0.02	0.18	0.90	0.00	0.19	0.98	-0.02	0.19	0.90
4	0.27	0.18	0.13	0.23	0.18	0.21	0.14	0.18	0.44
5	0.10	0.18	0.59	0.06	0.18	0.73	0.00	0.19	1.00
6	0.23	0.18	0.20	0.24	0.18	0.19	0.15	0.19	0.43
7	0.60	0.20	0.00	0.63	0.20	0.00	0.58	0.21	0.00
8	0.40	0.20	0.05	0.51	0.21	0.01	0.50	0.21	0.02
Race (white ref)									
Asian	-1.05	0.60	0.08	-0.91	0.61	0.14	-0.79	0.63	0.21
Black	0.16	0.11	0.12	0.07	0.11	0.52	0.12	0.11	0.31
Other	0.68	0.19	0.00	0.68	0.19	0.00	0.76	0.20	0.00
Mixed	0.10	0.15	0.50	0.13	0.15	0.38	0.11	0.16	0.48
Hispanic	0.04	0.10	0.73	0.02	0.11	0.85	0.03	0.11	0.81
	AIC 7274			AIC 6945			AIC 6765		

Table SA3: Prospective model showing the association between Wave 1 own number of friends compared to friends on Wave 2 dieting in last 3 months, controlling for Wave 1 dieting in last 3 months including geographic fixed effects and sampling weights (not shown)

	Model 1 N 10394			Model 2			Model 3		
	B	SE	P	B	SE	P	B	SE	P
Self friends	0.05	0.04	0.20						
Want to lose weight									
BMI									
Degree1	0.01	0.02	0.58						
Dieting Wave 1	2.18	0.06	0.00						
Sex	0.20	0.06	0.00						
Age	0.00	0.00	0.39						
Education (Ref 1)									
0	-1.00	0.37	0.01						
2	-0.26	0.34	0.46						
3	-0.22	0.34	0.52						
4	0.19	0.35	0.59						
5	-0.17	0.34	0.62						
6	-0.02	0.34	0.95						
Income									
1	-0.18	0.22	0.41						
2	-0.19	0.20	0.33						
3	-0.02	0.19	0.90						
4	0.19	0.18	0.29						
5	0.04	0.18	0.84						
6	0.17	0.18	0.34						
7	0.50	0.20	0.01						
8	0.31	0.20	0.13						
Race (white ref)									
Asian	-1.08	0.60	0.07						
Black	0.23	0.11	0.03						
Other	0.69	0.19	0.00						
Mixed	0.12	0.15	0.43						
Hispanic	-0.02	0.10	0.84						
			AIC 7217						

Table SA4: Prospective model showing the association between Wave 1 own thinness compared to friends on Wave 2 quitting alcohol in last 3 months, controlling for Wave 1 quitting alcohol in last 3 months including geographic fixed effects and sampling weights (not shown)									
	Model 1 N 9582			Model 2 N 9314			Model 3 N 9289		
	B	SE	P	B	SE	P	B	SE	P
Self thin	-0.03	0.04	0.49	-0.08	0.05	0.09	-0.04	0.05	0.39
Want to lose weight							0.37	0.10	0.00
BMI				-0.02	0.01	0.03	-0.02	0.01	0.00
Degree1	0.04	0.02	0.08	0.04	0.02	0.11	0.04	0.02	0.10
Alcohol Wave 1	2.45	0.08	0.00	2.43	0.08	0.00	2.40	0.08	0.00
Sex	-0.23	0.07	0.00	-0.22	0.07	0.00	-0.25	0.08	0.00
Age	0.00	0.00	0.31	0.00	0.00	0.51	0.00	0.00	0.39
Education (Ref 1)									
0	-16.12	532	0.98	-16.14	531	0.98	-16.14	527	0.98
2	-0.94	0.17	0.00	-0.92	0.18	0.00	-0.95	0.18	0.00
3	-0.57	0.17	0.00	-0.52	0.17	0.00	-0.57	0.17	0.00
4	-0.55	0.20	0.01	-0.50	0.21	0.01	-0.54	0.21	0.01
5	-0.42	0.17	0.01	-0.41	0.17	0.02	-0.46	0.17	0.01
6	-0.68	0.17	0.00	-0.68	0.18	0.00	-0.73	0.18	0.00
Income									
1	0.56	0.28	0.04	0.50	0.28	0.07	0.48	0.28	0.09
2	0.20	0.26	0.45	0.08	0.27	0.78	0.05	0.27	0.85
3	0.37	0.25	0.14	0.35	0.25	0.15	0.35	0.25	0.16
4	0.34	0.24	0.15	0.31	0.24	0.19	0.29	0.24	0.23
5	0.37	0.24	0.12	0.33	0.24	0.17	0.31	0.24	0.20
6	0.10	0.24	0.67	0.05	0.24	0.85	0.01	0.24	0.96
7	0.36	0.27	0.18	0.30	0.27	0.26	0.28	0.27	0.30
8	0.47	0.27	0.08	0.42	0.27	0.12	0.41	0.27	0.13
Race (white ref)									
Asian	-0.95	0.83	0.25	-0.97	0.84	0.25	-0.92	0.84	0.27
Black	-0.20	0.15	0.18	-0.15	0.16	0.35	-0.13	0.16	0.43
Other	0.42	0.23	0.07	0.49	0.23	0.04	0.51	0.23	0.03
Mixed	-0.05	0.20	0.80	-0.06	0.20	0.75	-0.08	0.20	0.69
Hispanic	-0.49	0.14	0.00	-0.50	0.14	0.00	-0.48	0.14	0.00
	AIC 5030			AIC 4943			AIC 4922		

Table SA5: Prospective model showing the association between Wave 1 own fitness compared to friends on Wave 2 quitting alcohol in last 3 months, controlling for Wave 1 quitting alcohol in last 3 months including geographic fixed effects and sampling weights (not shown)									
	Model 1 N 9588			Model 2 N 9318			Model 3 N 9293		
	B	SE	P	B	SE	P	B	SE	P
Self fit	0.11	0.04	0.01	0.09	0.05	0.05	0.11	0.05	0.02
Want to lose weight							0.40	0.10	0.00
BMI				-0.01	0.01	0.36	-0.02	0.01	0.01
Degree1	0.04	0.02	0.09	0.04	0.02	0.11	0.04	0.02	0.12
Alcohol Wave 1	2.46	0.08	0.00	2.43	0.08	0.00	2.40	0.08	0.00
Sex	-0.23	0.07	0.00	-0.20	0.07	0.01	-0.24	0.08	0.00
Age	0.00	0.00	0.52	0.00	0.00	0.72	0.00	0.00	0.59
Education (Ref 1)									
0	-16	531	0.98	-16	530	0.98	-16	527	0.98
2	-0.96	0.18	0.00	-0.93	0.18	0.00	-0.97	0.18	0.00
3	-0.59	0.17	0.00	-0.55	0.17	0.00	-0.61	0.17	0.00
4	-0.57	0.20	0.01	-0.52	0.21	0.01	-0.56	0.21	0.01
5	-0.46	0.17	0.01	-0.44	0.17	0.01	-0.50	0.17	0.00
6	-0.72	0.17	0.00	-0.71	0.18	0.00	-0.77	0.18	0.00
Income									
1	0.53	0.28	0.06	0.50	0.28	0.07	0.47	0.28	0.09
2	0.17	0.26	0.52	0.06	0.27	0.83	0.03	0.27	0.91
3	0.33	0.25	0.18	0.33	0.25	0.19	0.32	0.25	0.19
4	0.29	0.24	0.22	0.27	0.24	0.25	0.25	0.24	0.29
5	0.33	0.24	0.18	0.30	0.24	0.21	0.28	0.24	0.25
6	0.07	0.24	0.76	0.03	0.24	0.90	0.00	0.24	0.98
7	0.30	0.27	0.27	0.26	0.27	0.34	0.24	0.27	0.38
8	0.42	0.27	0.12	0.39	0.27	0.14	0.38	0.27	0.16
Race (white ref)									
Asian	-0.98	0.83	0.24	-0.99	0.83	0.24	-0.92	0.84	0.27
Black	-0.19	0.15	0.22	-0.16	0.16	0.32	-0.13	0.16	0.41
Other	0.43	0.23	0.06	0.48	0.23	0.04	0.50	0.24	0.03
Mixed	-0.03	0.20	0.87	-0.05	0.20	0.81	-0.07	0.20	0.74
Hispanic	-0.50	0.14	0.00	-0.51	0.14	0.00	-0.49	0.14	0.00
			AIC 5020			AIC 4939			AIC 4915

Table SA6: Prospective model showing the association between Wave 1 own number of friends compared to friends on Wave 2 quitting alcohol in last 3 months, controlling for Wave 1 quitting alcohol in last 3 months including geographic fixed effects and sampling weights (not shown)									
	Model 1 N 9427			Model 2			Model 3		
	B	SE	P	B	SE	P	B	SE	P
Self friends	-0.01	0.05	0.88						
Want to lose weight									
BMI									
Degree1	0.05	0.02	0.06						
Alcohol Wave 1	2.46	0.08	0.00						
Sex	-0.23	0.07	0.00						
Age	0.00	0.00	0.25						
Education (Ref 1)									
0	-16.20	530.50	0.98						
2	-0.97	0.18	0.00						
3	-0.61	0.17	0.00						
4	-0.62	0.21	0.00						
5	-0.45	0.17	0.01						
6	-0.72	0.17	0.00						
Income									
1	0.41	0.28	0.14						
2	0.10	0.27	0.71						
3	0.30	0.25	0.24						
4	0.23	0.24	0.34						
5	0.27	0.25	0.27						
6	-0.01	0.25	0.98						
7	0.26	0.27	0.34						
8	0.36	0.27	0.19						
Race (white ref)									
Asian	-0.97	0.83	0.25						
Black	-0.17	0.15	0.26						
Other	0.44	0.23	0.06						
Mixed	-0.04	0.20	0.86						
Hispanic	-0.51	0.14	0.00						
			AIC 4972						

Table SA7: Prospective model showing the association between Wave 1 own thinness compared to friends on Wave 2 exercising in last 3 months, controlling for Wave 1 exercise in last 3 months including geographic fixed effects and sampling weights (not shown)

	Model 1 N 10480			Model 2 N 10165			Model 3		
	B	SE	P	B	SE	P	B	SE	P
Self thin	0.13	0.03	0.00	0.02	0.04	0.58			
Want to lose weight									
BMI				-0.03	0.01	0.00			
Degree1	0.06	0.02	0.00	0.05	0.02	0.00			
Exercise Wave 1	2.31	0.06	0.00	2.30	0.06	0.00			
Sex	0.01	0.06	0.79	-0.01	0.06	0.84			
Age	0.00	0.00	0.37	0.00	0.00	0.54			
Education (Ref 1)									
0	-0.24	0.34	0.49	-0.20	0.35	0.56			
2	-0.38	0.33	0.25	-0.31	0.34	0.36			
3	-0.09	0.33	0.79	0.02	0.34	0.94			
4	-0.11	0.34	0.75	-0.07	0.35	0.84			
5	-0.23	0.33	0.49	-0.16	0.34	0.64			
6	0.03	0.33	0.93	0.09	0.34	0.78			
Income									
1	-0.50	0.20	0.01	-0.58	0.21	0.01			
2	-0.58	0.19	0.00	-0.66	0.19	0.00			
3	-0.41	0.18	0.02	-0.44	0.18	0.02			
4	-0.30	0.17	0.08	-0.36	0.17	0.04			
5	-0.06	0.17	0.74	-0.18	0.18	0.32			
6	-0.04	0.17	0.80	-0.11	0.18	0.52			
7	-0.26	0.19	0.19	-0.33	0.20	0.09			
8	0.19	0.20	0.35	0.09	0.20	0.67			
Race (white ref)									
Asian	0.54	0.47	0.24	0.51	0.47	0.28			
Black	0.12	0.11	0.27	0.27	0.11	0.01			
Other	-0.42	0.19	0.03	-0.40	0.20	0.05			
Mixed	0.42	0.15	0.01	0.42	0.15	0.01			
Hispanic	0.32	0.10	0.00	0.34	0.10	0.00			
	AIC 7807			AIC 7576					

Table SA8: Prospective model showing the association between Wave 1 own fitness compared to friends on Wave 2 exercising in last 3 months, controlling for Wave 1 exercise in last 3 months including geographic fixed effects and sampling weights (not shown)									
	Model 1 N 10489			Model 2 N 10165			Model 3 N 10142		
	B	SE	P	B	SE	P	B	SE	P
Self fit	0.27	0.03	0.00	0.19	0.04	0.00	0.20	0.04	0.00
Want to lose weight							0.14	0.07	0.05
BMI				-0.03	0.00	0.00	-0.03	0.01	0.00
Degree1	0.06	0.02	0.00	0.06	0.02	0.00	0.06	0.02	0.00
Exercise Wave 1	2.26	0.06	0.00	2.26	0.06	0.00	2.25	0.06	0.00
Sex	0.05	0.06	0.36	0.02	0.06	0.77	0.00	0.06	0.94
Age	0.00	0.00	0.10	0.00	0.00	0.21	0.00	0.00	0.17
Education (Ref 1)									
0	-0.24	0.35	0.50	-0.23	0.35	0.52	-0.23	0.35	0.51
2	-0.38	0.33	0.25	-0.33	0.34	0.34	-0.33	0.34	0.33
3	-0.10	0.33	0.76	0.00	0.34	0.99	-0.03	0.34	0.94
4	-0.11	0.35	0.75	-0.08	0.35	0.81	-0.09	0.35	0.80
5	-0.25	0.33	0.45	-0.19	0.34	0.57	-0.20	0.34	0.56
6	0.00	0.33	0.99	0.06	0.34	0.86	0.05	0.34	0.88
Income									
1	-0.45	0.20	0.03	-0.51	0.21	0.02	-0.52	0.21	0.01
2	-0.56	0.19	0.00	-0.63	0.19	0.00	-0.69	0.20	0.00
3	-0.38	0.18	0.04	-0.40	0.18	0.03	-0.39	0.18	0.03
4	-0.27	0.17	0.12	-0.31	0.18	0.08	-0.33	0.18	0.06
5	-0.01	0.18	0.95	-0.12	0.18	0.49	-0.13	0.18	0.47
6	0.01	0.18	0.94	-0.04	0.18	0.80	-0.07	0.18	0.72
7	-0.24	0.20	0.23	-0.30	0.20	0.14	-0.31	0.20	0.13
8	0.23	0.20	0.26	0.14	0.21	0.49	0.12	0.21	0.55
Race (white ref)									
Asian	0.58	0.47	0.22	0.50	0.47	0.28	0.51	0.47	0.28
Black	0.14	0.11	0.18	0.28	0.11	0.01	0.24	0.11	0.04
Other	-0.39	0.20	0.04	-0.39	0.20	0.05	-0.38	0.20	0.06
Mixed	0.42	0.15	0.01	0.42	0.15	0.01	0.45	0.16	0.00
Hispanic	0.30	0.10	0.00	0.33	0.11	0.00	0.33	0.11	0.00
	AIC 7758			AIC 7543			AIC 7505		

Table SA9: Prospective model showing the association between Wave 1 own friends compared to friends on Wave 2 exercising in last 3 months, controlling for Wave 1 exercise in last 3 months including geographic fixed effects and sampling weights (not shown)									
	Model 1 N 10164			Model 2 N 9993			Model 3 N 9965		
	B	SE	P	B	SE	P	B	SE	P
Self friends	0.09	0.04	0.01	0.09	0.04	0.02	0.08	0.04	0.02
Want to lose weight							0.11	0.07	0.14
BMI				-0.03	0.01	0.00	-0.04	0.01	0.00
Degree1	0.04	0.02	0.03	0.04	0.02	0.06	0.04	0.02	0.05
Exercise Wave 1	2.31	0.06	0.00	2.29	0.06	0.00	2.28	0.06	0.00
Sex	0.01	0.06	0.92	-0.03	0.06	0.60	-0.05	0.06	0.41
Age	0.00	0.00	0.23	0.00	0.00	0.29	0.00	0.00	0.27
Education (Ref 1)									
0	-0.23	0.35	0.50	-0.20	0.35	0.57	-0.20	0.35	0.56
2	-0.35	0.33	0.29	-0.26	0.34	0.44	-0.26	0.34	0.44
3	-0.06	0.33	0.85	0.07	0.34	0.84	0.05	0.34	0.89
4	-0.03	0.34	0.94	0.04	0.35	0.92	0.03	0.35	0.93
5	-0.23	0.33	0.49	-0.15	0.34	0.66	-0.15	0.34	0.65
6	0.06	0.33	0.85	0.13	0.34	0.70	0.13	0.34	0.71
Income									
1	-0.58	0.21	0.01	-0.70	0.22	0.00	-0.72	0.22	0.00
2	-0.71	0.20	0.00	-0.83	0.20	0.00	-0.90	0.21	0.00
3	-0.54	0.19	0.00	-0.58	0.19	0.00	-0.58	0.19	0.00
4	-0.41	0.18	0.02	-0.50	0.19	0.01	-0.51	0.19	0.01
5	-0.17	0.18	0.35	-0.32	0.19	0.09	-0.33	0.19	0.08
6	-0.16	0.18	0.38	-0.26	0.19	0.17	-0.28	0.19	0.14
7	-0.37	0.20	0.07	-0.48	0.21	0.02	-0.49	0.21	0.02
8	0.10	0.21	0.63	-0.05	0.21	0.83	-0.07	0.21	0.75
Race (white ref)									
Asian	0.65	0.47	0.16	0.55	0.47	0.24	0.55	0.47	0.24
Black	0.11	0.11	0.29	0.33	0.11	0.00	0.28	0.11	0.01
Other	-0.41	0.20	0.04	-0.37	0.20	0.06	-0.38	0.20	0.06
Mixed	0.44	0.15	0.00	0.45	0.15	0.00	0.47	0.16	0.00
Hispanic	0.32	0.10	0.00	0.35	0.11	0.00	0.35	0.11	0.00
	AIC 7668			AIC 7428			AIC 7393		

Table SA 10: Prospective analysis of the effects of perception of self-fitness on the likelihood of exercising in Wave 2, stratified by exercising behavior in Wave 1 controlling for geographic fixed effects and sampling weights (not shown)							
EXERCISE	Model 1 N 6299			Model 2 N 3843			
	Wave 1 exercisers			Wave 1 non-exercisers			
	Self fit	0.29	0.05	0.00	0.13	0.06	0.02
	Want to lose weight	0.16	0.11	0.14	0.25	0.11	0.03
	BMI	-0.05	0.01	0.00	-0.03	0.01	0.00
	Degree1	0.07	0.03	0.01	0.05	0.03	0.11
Sex		0.01	0.00	0.00	-0.01	0.00	0.00
Age		-0.08	0.08	0.33	0.11	0.09	0.23
Education (Ref 1)							
	0	2.00	0.54	0.00	-1.08	0.32	0.00
	2	1.64	0.51	0.00	-0.81	0.29	0.01
	3	1.71	0.50	0.00	-0.52	0.26	0.05
	4	1.93	0.52	0.00	-0.31	0.25	0.21
	5	1.75	0.50	0.00	-0.18	0.25	0.48
	6	2.03	0.51	0.00	-0.09	0.26	0.74
Income							
	1	-0.35	0.32	0.27	-1.08	0.32	0.00
	2	-0.86	0.29	0.00	-0.81	0.29	0.01
	3	-0.50	0.28	0.07	-0.52	0.26	0.05
	4	-0.52	0.27	0.05	-0.31	0.25	0.21
	5	-0.33	0.27	0.23	-0.18	0.25	0.48
	6	-0.32	0.27	0.24	-0.09	0.26	0.74
	7	-0.50	0.29	0.09	-0.28	0.31	0.36
	8	-0.43	0.30	0.16	0.47	0.29	0.11
Race (white ref)							
	Asian	1.10	0.75	0.14	-0.18	0.75	0.81
	Black	0.51	0.18	0.01	0.10	0.16	0.53
	Other	-0.15	0.26	0.57	-1.04	0.34	0.00
	Mixed	0.16	0.22	0.46	0.64	0.22	0.00
	Hispanic	0.31	0.14	0.03	0.47	0.16	0.00
AIC 3881				AIC 3510			

The moderating effect of network cohesion:

We operationalized network cohesion consistent with Moody and White, who define it as “the minimum number of actors who, if removed from a group, would disconnect the group.” (1). To calculate cohesion we created an individual network for each ego, consisting of all alter-alter pairs that the ego identified as being connected. Using the igraph package in R (2), we calculated vertex connectivity for each individual network, which provides us a measure for each ego consistent with the above definition. Mean vertex connectivity was 2.1 (SD 1.28). For each of our previous models, we interacted our primary self-comparison independent variable against our network cohesion score (not shown). For those with significant interaction effects, we stratified the analyses to show the relationship between self comparison and health behavior for individuals with networks above and below the median cohesion score of 2.0.

Holly B Shakya 4/28/2015 2:17 PM
Comment [1]: JHF you are up if you want to add in more here. Or a formula?

Table SA11: Prospective model showing the association between Wave 1 self-fit on Wave 2 exercising in last 3 months, controlling for Wave 1 exercise in last 3 months including geographic fixed effects and sampling weights (not shown): results of interaction with network cohesion

	Model 1 Interaction N 9518			Model 2 High Cohesion N 3539			Model 3 Low cohesion N 5979		
	B	SE	P	B	SE	P	B	SE	P
Self Fit	0.36	0.07	0	0.04	0.07	0.6	0.3	0.05	0
Want to lose weight	0.15	0.08	0.04	0.19	0.13	0.14	0.08	0.1	0.4
Cohesion score	0.26	0.09	0						
BMI	-0.04	0.01	0	-0.04	0.01	0	-0.03	0.01	0
Degree1	0.07	0.02	0	0.04	0.02	0.06	0.05	0.03	0.06
Exercise Wave 1	2.22	0.06	0	2.31	0.11	0	2.39	0.08	0
Sex	-0.05	0.06	0.41	0.08	0.1	0.43	-0.12	0.08	0.13
Age	0	0	0.18	0	0	0.8	0	0	0.1
Education (Ref 1)									
0	-0.21	0.35	0.55	-2.39	0.63	0	1.75	0.57	0
2	-0.34	0.34	0.31	-2.5	0.6	0	1.61	0.55	0
3	-0.08	0.34	0.82	-2.03	0.59	0	1.73	0.54	0
4	-0.08	0.35	0.81	-2.07	0.62	0	1.71	0.55	0
5	-0.26	0.34	0.44	-2.22	0.6	0	1.51	0.54	0.01
6	0.03	0.34	0.93	-2.23	0.59	0	1.99	0.54	0
Income									
1	-0.56	0.22	0.01	0.26	0.43	0.55	-0.97	0.27	0
2	-0.75	0.2	0	-0.37	0.38	0.32	-0.71	0.27	0.01
3	-0.44	0.19	0.02	0.51	0.36	0.15	-0.88	0.24	0
4	-0.39	0.18	0.03	0.32	0.34	0.35	-0.69	0.23	0
5	-0.16	0.19	0.39	0.92	0.35	0.01	-0.71	0.24	0
6	-0.12	0.19	0.54	0.69	0.35	0.05	-0.5	0.24	0.04
7	-0.29	0.21	0.16	0.71	0.39	0.06	-0.79	0.27	0
8	0.1	0.21	0.63	1.09	0.4	0.01	-0.37	0.27	0.17
Race (white ref)									
Asian	0.53	0.49	0.28	1.58	1.13	0.16	0.01	0.64	0.99
Black	0.2	0.12	0.09	0.07	0.2	0.72	0.29	0.15	0.06
Other	-0.36	0.21	0.08	-0.63	0.32	0.05	-0.32	0.29	0.27
Mixed	0.46	0.16	0	0.05	0.28	0.87	0.7	0.21	0
Hispanic	0.53	0.49	0.28	0.58	0.2	0	0.18	0.14	0.18
Cohesion*Self-Fit	-0.08	0.03	0.01						
	AIC 7075			AIC 2805.1			AIC 4326		

Table SA12: Prospective model showing the association between Wave 1 self-fit on Wave 2 dieting in last 3 months, controlling for Wave 1 diet in last 3 months including geographic fixed effects and sampling weights (not shown): results of interaction with network cohesion

	Model 1 Interaction N 9607			Model 2 High Cohesion N 3567			Model 3 Low cohesion N 6040		
	B	SE	P	B	SE	P	B	SE	P
Self Fit	0.09	0.08	0.25	-0.21	0.07	0	-0.02	0.05	0.7
Want to lose weight	1.36	0.1	0	1.23	0.17	0	1.5	0.14	0
Cohesion score	0.29	0.09	0						
BMI	0.03	0.01	0	0.04	0.01	0	0.03	0.01	0
Degree1	0.01	0.02	0.56	-0.12	0.05	0.01	0.05	0.03	0.06
Diet Wave 1	1.83	0.06	0	2.05	0.11	0	1.87	0.08	0
Sex	0.2	0.06	0	0.39	0.11	0	0.13	0.08	0.12
Age	0	0	0.61	-0.01	0	0.06	0.01	0	0.03
Education (Ref 1)									
0	-1.24	0.4	0	-3.78	0.79	0	14.96	658.39	0.98
2	-0.71	0.38	0.06	-2.45	0.71	0	15.27	658.39	0.98
3	-0.74	0.37	0.05	-2.59	0.7	0	15.35	658.39	0.98
4	-0.11	0.39	0.77	-1.69	0.72	0.02	15.85	658.39	0.98
5	-0.61	0.37	0.1	-2.52	0.71	0	15.47	658.39	0.98
6	-0.43	0.37	0.24	-2.5	0.71	0	15.78	658.39	0.98
Income									
1	-0.02	0.23	0.92	-0.27	0.47	0.56	-0.41	0.28	0.15
2	-0.29	0.21	0.17	-0.6	0.41	0.14	-0.53	0.27	0.05
3	-0.02	0.2	0.94	-0.14	0.39	0.71	-0.3	0.25	0.23
4	0.08	0.19	0.69	-0.12	0.37	0.75	-0.19	0.24	0.41
5	-0.01	0.19	0.97	-0.18	0.38	0.63	-0.26	0.24	0.29
6	0.2	0.19	0.29	0.19	0.38	0.62	-0.17	0.24	0.49
7	0.62	0.21	0	0.11	0.42	0.79	0.55	0.27	0.04
8	0.5	0.22	0.02	0.63	0.42	0.13	0.17	0.28	0.55
Race (white ref)									
Asian	-0.62	0.64	0.34	-2.36	1.92	0.22	0.14	0.76	0.86
Black	0.13	0.12	0.27	-0.11	0.21	0.62	0.34	0.15	0.02
Other	0.82	0.21	0	0.65	0.31	0.04	0.78	0.29	0.01
Mixed	0.13	0.16	0.4	-0.46	0.3	0.12	0.42	0.2	0.03
Hispanic	-0.05	0.11	0.65	0.46	0.19	0.02	-0.3	0.15	0.04
Cohesion*Self-Fit	-0.08	0.03	0.02						
	AIC 6358			AIC 2456			AIC 4326		

Mediation analysis:

We tested 3 prospective models for mediation, using the mediation package in R, which estimates the average causal mediation effect (ACME) (3-6) This method of mediation analysis provides more robust estimates of mediation effects for non-linear models than what is possible using standard mediation analysis, in which the products of the coefficients are used to estimate the indirect effect. This method utilizes simulated model parameters, from which simulated values of the mediator and the potential outcomes are estimated, and from which ACME can then be calculated. Our analyses provided estimates of the mediated effect, the direct effect, and the proportion of the direct effect that is mediated by wanting to lose weight

Table SA13: Results of a mediation analysis showing the effect of perception of own thinness on probability of dieting, mediated by wanting to lose weight				
	Estimate	95% CI Lower	95% CI Upper	P
ACME (control)	-0.01	-0.01	0.00	0.00
ACME (treated)	-0.01	-0.01	0.00	0.00
ADE (control)	-0.03	-0.06	-0.01	0.02
ADE (treated)	-0.03	-0.06	-0.01	0.02
Total Effect	-0.04	-0.07	-0.01	0.01
Prop. Mediated	0.21	0.11	0.51	0.01
Prop. Mediated	0.19	0.10	0.50	0.01
ACME average	-0.01	-0.01	0.00	0.00
ADE average	-0.03	-0.06	-0.01	0.02
Prop. Mediated	0.20	0.11	0.51	0.01

Table SA 12: Results of a mediation analysis showing the effect of perception of own fitness on probability of dieting, mediated by wanting to lose weight				
	Estimate	95% CI Lower	95% CI Upper	P
ACME (control)	0.00	-0.01	0.00	0.02
ACME (treated)	0.00	-0.01	0.00	0.02
ADE (control)	-0.01	-0.03	0.01	0.39
ADE (treated)	-0.01	-0.03	0.01	0.39
Total Effect	-0.01	-0.04	0.01	0.24
Prop. Mediated	0.26	-2.40	2.10	0.27
Prop. Mediated	0.25	-2.41	2.12	0.27
ACME average	0.00	-0.01	0.00	0.02
ADE average	-0.01	-0.03	0.01	0.39
Prop. Mediated	0.25	-2.41	2.11	0.27

Table SA 14: Results of a mediation analysis showing the effect of perception of own thinness on probability of quitting alcohol, mediated by wanting to lose weight				
	Estimate	95% CI Lower	95% CI Upper	P
ACME (control)	0.00	0.00	0.00	0.03
ACME (treated)	0.00	0.00	0.00	0.03
ADE (control)	-0.01	-0.04	0.01	0.23
ADE (treated)	-0.01	-0.04	0.01	0.23
Total Effect	-0.01	-0.04	0.00	0.17
Prop. Mediated	0.12	-0.95	1.14	0.20
Prop. Mediated	0.11	-0.96	1.14	0.20
ACME average	0.00	0.00	0.00	0.03
ADE average	-0.01	-0.04	0.01	0.23
Prop. Mediated	0.12	-0.95	1.14	0.20

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