

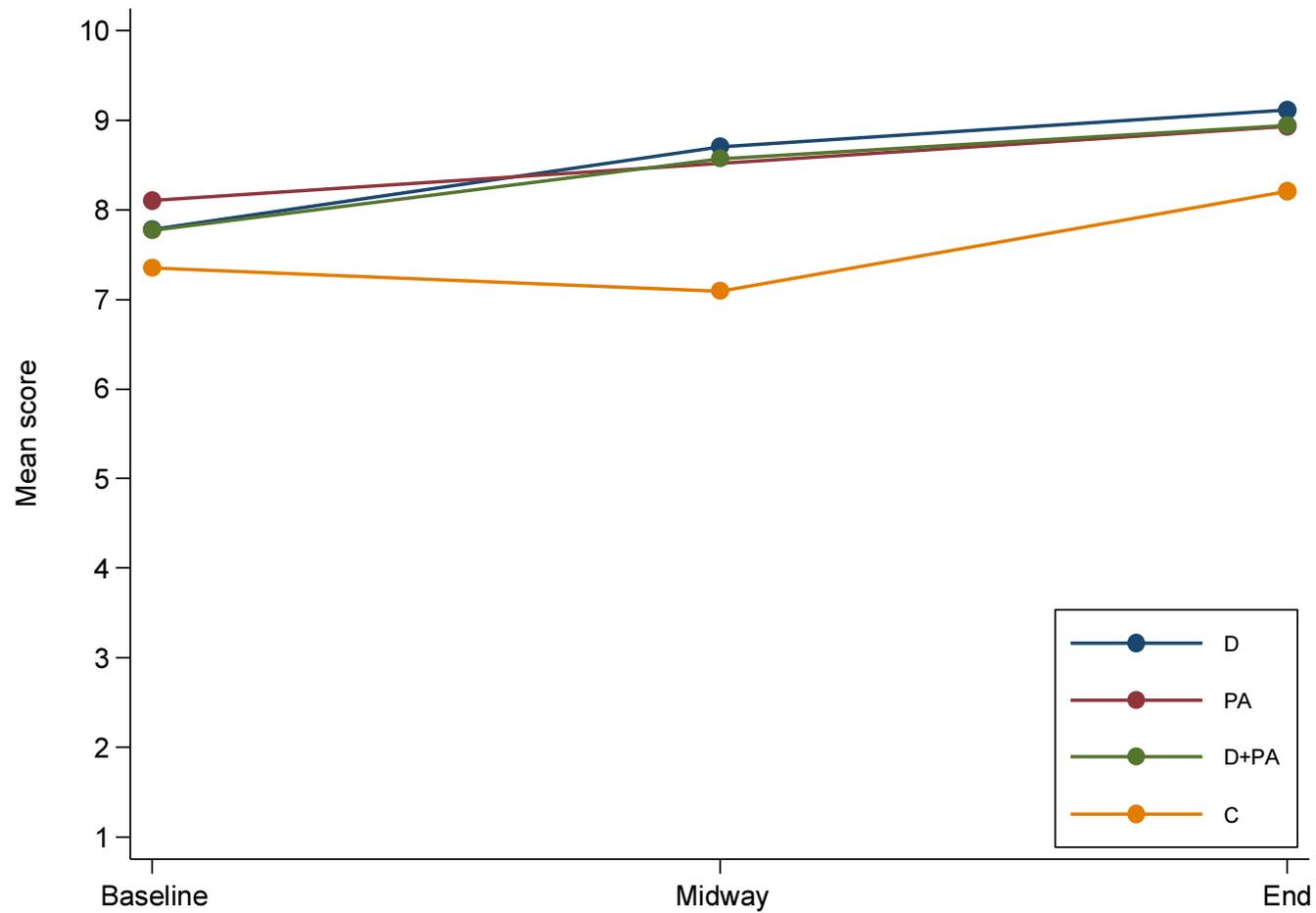
1 **Table S1.** Median and mean score in the end-of-study motivation questionnaire by categories of score
2 in the baseline motivation questionnaire. The Diet, Physical Activity and Mammography trial.
3 Florence, Italy, 2009-2012.

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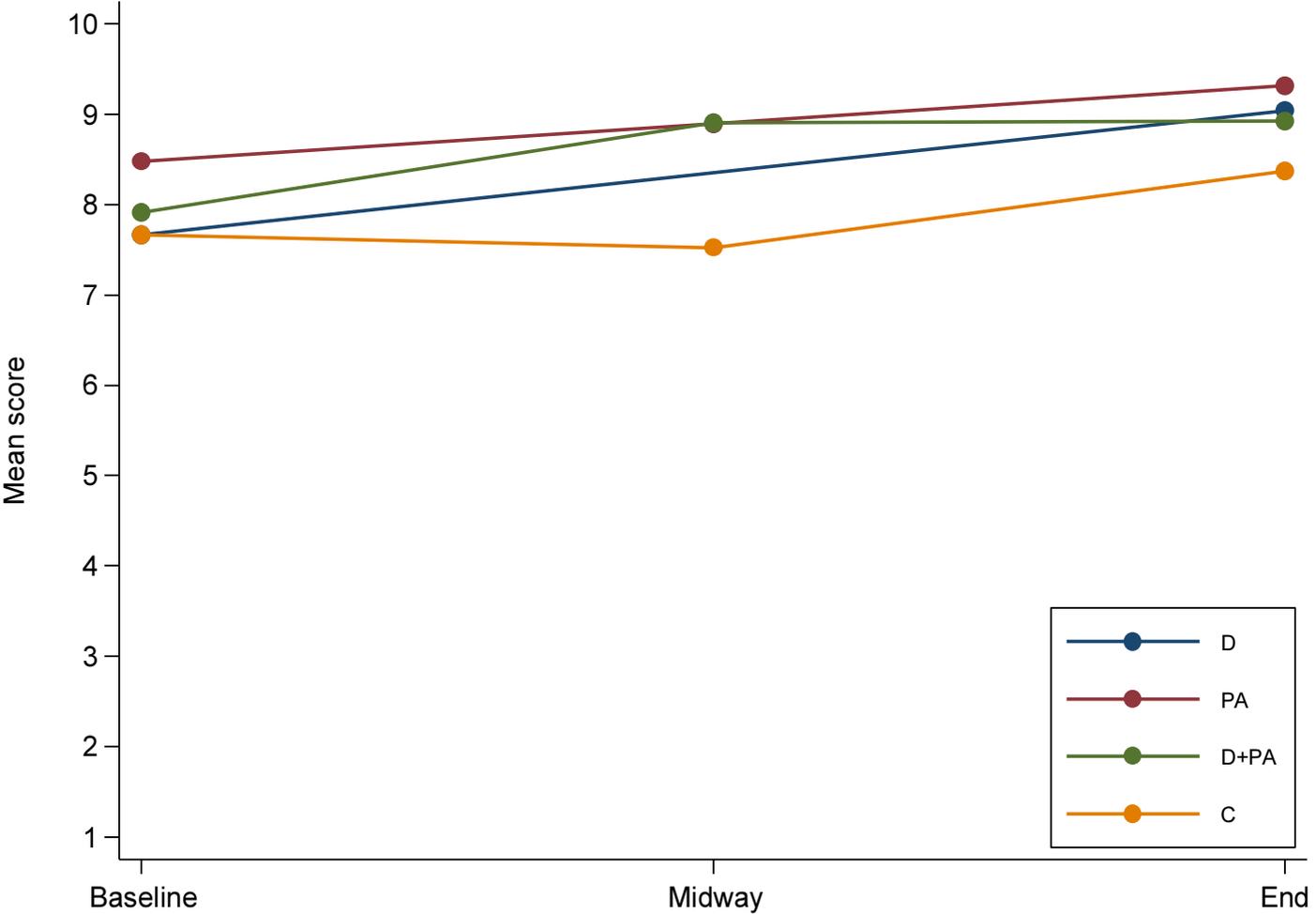
Importance to change eating habits			Confidence to be able to change eating habits		
baseline	end-of-study		baseline	end-of-study	
	median	mean		median	mean
<=5	8	8.1	<=5	7	6.7
6	9	8.8	6	7	6.9
7	9	8.3	7	8	7.3
8	9	8.6	8	8	7.6
9	10	9.2	9	8	8.0
10	10	9.3	10	9	8.6
Importance to change physical activity levels			Confidence to be able to change physical activity levels		
baseline	end-of-study		baseline	end-of-study	
	median	mean		median	mean
<=5	9	8.4	<=5	8	7.7
6	8	7.7	6	7	6.6
7	9.5	9.1	7	8	7.3
8	10	8.9	8	8	7.6
9	9	8.9	9	8	7.8
10	10	9.3	10	9	8.4
Willingness to participate					
baseline	end-of-study				
	median	mean			
<=5	8.5	7.9			
6	8	7.9			
7	9	8.5			
8	9	8.4			
9	10	9.2			
10	10	8.9			

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6 **Figure S1.** Mean score to the question about importance to change eating habits at the baseline, midway and end-of-study motivation questionnaire, by
7 study arm (D: diet; PA: physical activity; D+PA: diet and physical activity; C: control). The Diet, Physical Activity and Mammography trial, Florence,
8 Italy, 2009-2012.

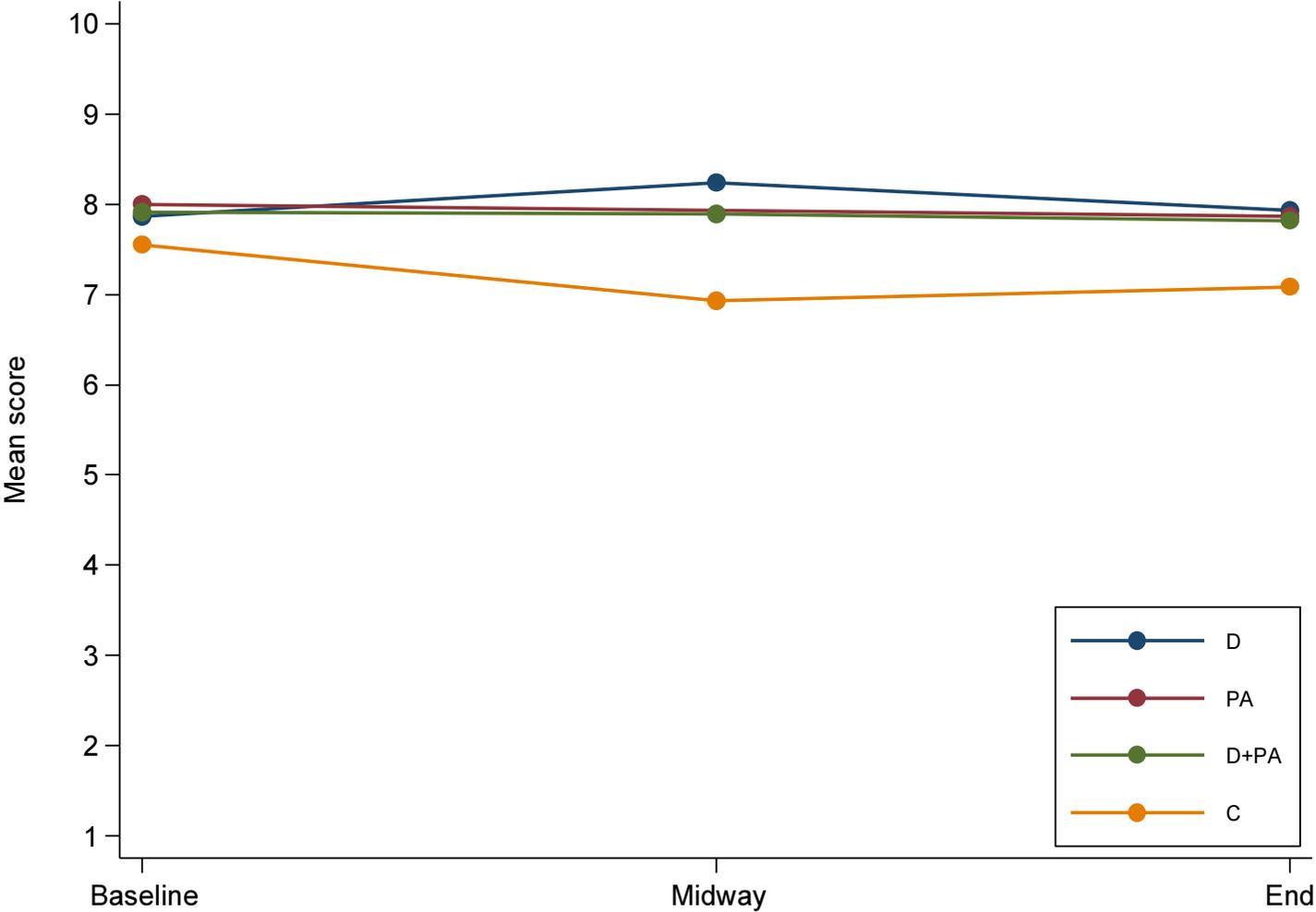


10 **Figure S2.** Mean score to the question about importance to change physical activity levels at the baseline, midway and end-of-study motivation
11 questionnaire, by study arm (D: diet; PA: physical activity; D+PA: diet and physical activity; C: control). The Diet, Physical Activity and
12 Mammography trial, Florence, Italy, 2009-2012.

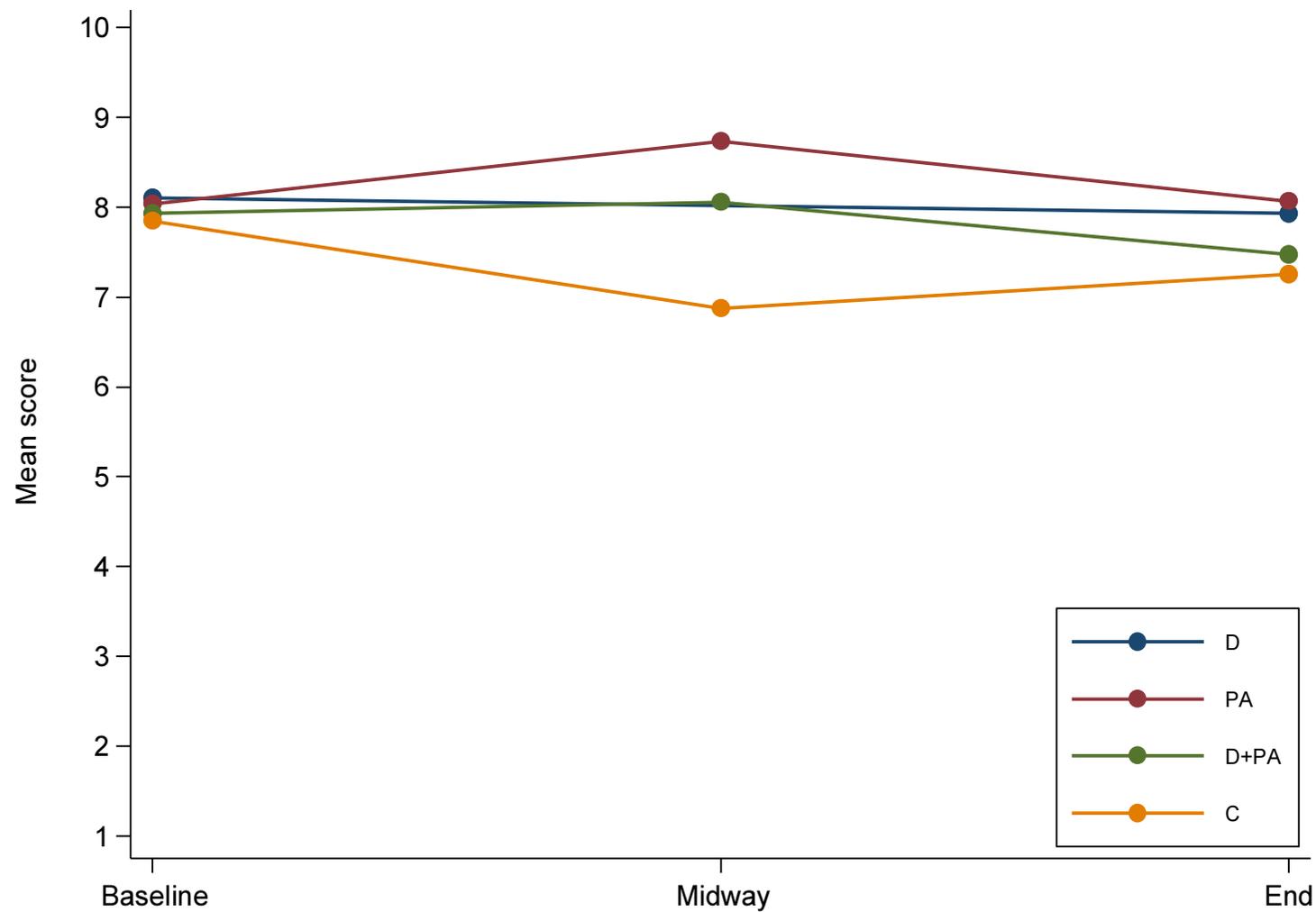


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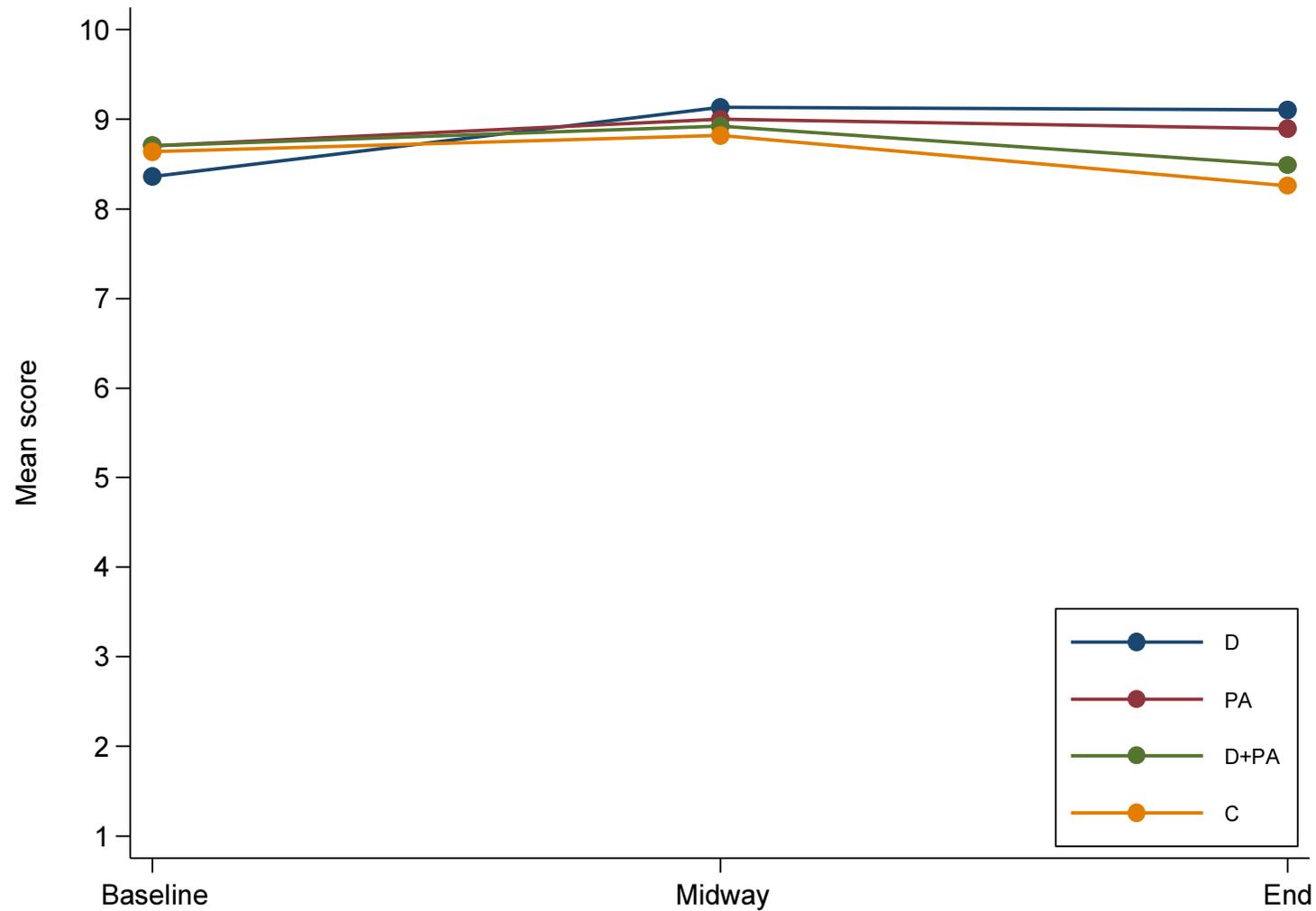
14 **Figure S3.** Mean score to the question about confidence to be able to change eating habits at the baseline, midway and end-of-study motivation
15 questionnaire, by study arm (D: diet; PA: physical activity; D+PA: diet and physical activity; C: control). The Diet, Physical Activity and
16 Mammography trial, Florence, Italy, 2009-2012.



18 **Figure S4.** Mean score to the question about confidence to be able to change physical activity levels at the baseline, midway and end-of-study
19 motivation questionnaire, by study arm (D: diet; PA: physical activity; D+PA: diet and physical activity; C: control). The Diet, Physical Activity and
20 Mammography trial, Florence, Italy, 2009-2012.



22 **Figure S5.** Mean score to the question about willingness to participate in this type of research activities at the baseline, midway and end-of-study
23 motivation questionnaire, by study arm (D: diet; PA: physical activity; D+PA: diet and physical activity; C: control). The Diet, Physical Activity and
24 Mammography trial, Florence, Italy, 2009-2012.



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