Supplementary Table S3b. Effects of the SEFAC intervention, stratified by subgroups 'History of CVD' and 'At risk of CVD', showing subgroup 'At risk of CVD' (n=255)

Outcomes	Baseline	Follow-up (6 month)	Effect variable	Estimate	Confidence interval	P-value[#]
Self-efficacy						
SEMCD (range 1-10) [§]	7.0 (1.6)	7.3 (1.7)	Mean change	0.309	0.124 – 0.494	**0.001**[*]
GSES (range 10-40) [§]	30.6 (5.1)	31.9 (5.2)	Mean change	1.262	0.679 – 1.846	**<0.001**[*]
PESES (range 5-20) [§]	13.6 (4.0)	14.1 (4.2)	Mean change	0.537	0.027 – 1.047	0.039[*]
NSES (range 5-20) [§]	13.8 (3.8)	14.5 (3.8)	Mean change	0.710	0.277 – 1.142	**0.001**[*]
Health behaviors						
Nutrition						
Fruit ≥3 portions/d	24 (9.2%)	28 (11.0%)	OR	1.29	0.64 – 2.59	0.596[†]
Vegetables, ≥3 portions/d	15 (5.9%)	18 (7.1%)	OR	1.30	0.57 – 2.96	0.678[†]
Physical activity						
Stretching/strengthening (min/wk)	58.4 (62.9)	53.0 (62.5)	Mean change	-5.374	-13.498 – 2.750	0.194[*]
Aerobic exercise (min/wk)	158.6 (98.1)	175.8 (114.8)	Mean change	17.235	3.985 – 30.486	0.011[*]
Sedentary behavior (h/d)	5.8 (2.5)	5.4 (2.6)	Mean change	-0.358	-0.641 - -0.076	0.013[*]
Substance use						
Current smoking	29 (11.4%)	25 (9.8%)	OR	0.20	0.02 – 1.71	0.219[†]
Alcohol, 4 times/wk or more	30 (11.8%)	25 (9.8%)	OR	0.62	0.26 – 1.48	0.383[†]
Stress management						
Perceived stress (PSS-10; range 0-40)[$]	16.2 (5.8)	14.9 (5.4)	Mean change	-1.318	-1.920 - - 0.715	**<0.001**[*]
Sleep						
Sleep problems (range 1-10)[$]	4.6 (2.6)	4.1 (2.6)	Mean change	-0.482	-0.803 - -0.162	0.003[*]
Fatigue (range 1-10)[$]	4.6 (2.3)	4.5 (2.4)	Mean change	-0.071	-0.371 – 0.230	0.644[*]
Relationships						
Social support (OSSS-3; range 3-14)[§]	9.5 (2.2)	9.7 (2.2)	Mean change	0.282	0.048 – 0.516	0.018[*]
Medication adherence						
SMAQ (no adherence)	137 (60.9%)	127 (53.8%)	OR	0.57	0.33 – 0.99	0.059[†]
Depression						
PHQ-8 (range 0-24)[$]	5.6 (4.0)	4.9 (3.8)	Mean change	-0.698	-1.104 - -0.293	**<0.001**[*]
HR-QoL						
PCS (SF-12; range 0-100)[§]	45.6 (8.8)	46.4 (9.0)	Mean change	0.878	-0.043 – 1.798	0.062[*]
MCS (SF-12; range 0-100)[§]	45.8 (9.6)	46.7 (9.1)	Mean change	0.870	-0.249 – 1.989	0.127[*]

EQ-5D-5L utility values (range <0-1)[§]	0.80 (0.15)	0.83 (0.16)	Mean change	0.025	0.009 – 0.040	**0.002**[*]
EQ-5D-5L overall health (range 0-100)[§]	71.8 (16.6)	75.3 (16.8)	Mean change	3.549	1.564 – 5.534	**<0.001**[*]

Data shown are the available data of the subgroup 'at risk of CVD' (n=255), of the 324 participants who completed the baseline and follow-up questionnaires and attended ≥4 of 7 SEFAC sessions.
Data are mean (SD) or number of participants (%).
The effect variable shows 'mean change' for continuous variables or 'odds ratio' for dichotomous variables.
Abbreviations: SEFAC, Social Engagement Framework for Addressing the Chronic-disease-challenge; CVD, cardiovascular disease; SEMCD, Self-Efficacy for Managing Chronic Disease scale; GSES, General Self-Efficacy Scale; PESES, Physical Exercise Self-Efficacy Scale; NSES, Nutrition; OR, odds ratio; Self-Efficacy Scale; PSS-10, Perceived Stress Scale; OSSS-3, Oslo Social Support Scale; SMAQ, Short Medication Adherence Questionnaire; PHQ-8, Patient Health Questionnaire; HR-QoL, Health-related quality of life; PCS, Physical Component Summary of the SF-12; MCS, Mental Component Summary of the SF-12; SF-12, Short Form health survey; EQ-5D-5L, EuroQol-5 Dimensions-5 level
[*] P-value based on paired t-test; significant P-values in bold
[†] P-value based on McNemar test; significant P-values in bold
[$] A lower score is better
[§] A higher score is better
[v] Odds ratio cannot be calculated due to empty cells.
[#] Significant P-values in bold after Bonferroni correction for multiple testing was applied (P = 0.05/20 = 0.0025)