

Multimedia Appendix 1. Baseline characteristics of the study participants in total and by trajectories.

	Total population (n=1926)	Terminated usage (n=904)	Weekly usage (n=731)	Twice weekly usage (n=208)	Daily usage (n=83)	P value^a
Clinical variables						
Women	1535 (79.7)	700 (77.4)	591 (80.8)	174 (83.7)	70 (84.3)	.09
Age, years						<.001
<50	551 (28.6)	332 (36.7)	172 (23.5)	39 (18.8)	8 (9.6)	
50–59	652 (33.9)	328 (36.3)	236 (32.3)	60 (28.8)	28 (33.7)	
≥60	723 (37.5)	244 (27.0)	323 (44.2)	109 (52.4)	47 (56.6)	
BMI (kg/m ²), mean (SD)	30.9 (5.4)	31.1 (5.5)	30.9 (5.4)	30.2 (5.1)	30.2 (4.8)	.10
<i>Obesity</i>	1026 (53.3)	507 (56.1)	381 (52.1)	100 (48.1)	38 (45.8)	.06
<i>Missing data</i>	1	1	0	0	0	
Waist circumference (cm), mean (SD)	101.2 (13.2)	101.8 (13.2)	101.2 (13.1)	99.3 (13.8)	100.3 (11.5)	.06
<i>Abdominal obesity</i>	1522 (79.1)	721 (79.9)	580 (79.3)	153 (73.6)	68 (81.9)	.20
<i>Missing data</i>	2	2	0	0	0	
HbA1c (mmol/mol), mean (SD)	36.1 (4.0)	35.6 (4.0)	36.5 (3.9)	36.5 (4.1)	37.3 (4.0)	<.001
<i>Missing data</i>	21	12	6	3	0	
Finnish Diabetes Risk Score, mean (SD)	15.7 (3.5)	15.5 (3.5)	15.8 (3.6)	15.5 (3.6)	16.0 (3.5)	.28
Healthy Diet Index, mean (SD)	62.0 (11.1)	60.4 (11.0)	62.8 (11.0)	65.1 (10.8)	65.7 (11.7)	<.001
<i>Missing data</i>	25	7	14	3	1	
Nutrition Emotional Barriers SelfEfficacy Score, mean (SD)	2.6 (0.6)	2.6 (0.6)	2.7 (0.6)	2.7 (0.6)	2.8 (0.6)	.01
Perceived Stress Scale, mean (SD)	14.9 (6.0)	15.5 (6.1)	14.8 (6.0)	13.8 (5.6)	13.4 (6.2)	<.001
Mean physical activity (SD), hour/week	9.7 (9.0)	8.6 (8.3)	10.5 (9.9)	11.2 (7.9)	11.3 (9.6)	<.001

<i>Missing data</i>	31	14	11	3	3	
Socio-economic variables						
Household size						.01
<i>Single</i>	418 (21.7)	180 (19.9)	165 (22.6)	43 (20.8)	30 (36.1)	
<i>≥2 members</i>	1504 (78.3)	723 (80.1)	564 (77.3)	164 (79.2)	53 (63.8)	
<i>Missing data</i>	4	1	2	1	0	
Household income						<.001
<i>≤24,999 €</i>	284 (14.7)	126 (13.9)	111 (15.2)	27 (13.0)	20 (24.1)	
<i>25,000–64,999 €</i>	1024 (53.2)	444 (49.1)	416 (56.9)	117 (56.3)	47 (56.6)	
<i>≥65,000 €</i>	618 (32.1)	334 (36.9)	204 (27.9)	64 (30.8)	16 (19.3)	
Education						.39
<i>Elementary school</i>	146 (7.6)	63 (7.0)	57 (7.8)	19 (9.1)	7 (8.4)	
<i>High or vocational school</i>	524 (27.2)	231 (25.6)	202 (27.6)	63 (30.3)	28 (33.7)	
<i>College or academic degree</i>	1256 (65.2)	610 (67.5)	472 (64.6)	126 (60.6)	48 (57.8)	
Variables on digital abilities						
Prior use of health lifestyle digital apps	783 (40.7)	368 (40.7)	295 (40.4)	92 (44.2)	28 (33.7)	.43
Internet use several times per day	1437 (74.6)	715 (79.1)	522 (71.3)	149 (71.6)	51 (61.4)	<.001
Study-specific variables						
Intervention group						.02
<i>DIGI</i>	961 (49.9)	418 (46.2)	384 (52.5)	110 (52.9)	49 (59.0)	
<i>DIGI+GROUP</i>	965 (50.1)	486 (53.8)	347 (47.5)	98 (47.1)	34 (41.0)	

Values are frequencies (proportions) unless otherwise stated.

Abbreviations: BMI, body mass index; DIGI, digital intervention; DIGI+GROUP, digital intervention and face-to-face group coaching. ^a*P* values from Kruskal-Wallis test for continuous variables and Chi square test for categorical variables for the differences between trajectory groups.