Supplemental Table 2

Baseline Characteristics

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Intervention**  **(N=29)** | **Standard Care**  **(N=21)** | **Total**  **(N=50)** |
|  | **Mean ± SD / N(%)** | **Mean ± SD / N(%)** | **Mean ± SD / N(%)** |
| **Sociodemographic Variables** | |  |  |
| Age | 56.4± 9.7 | 55.6±12.9 | 56.1±11.0 |
| Gender  Female  Male | 27 (93.1%)  2 (6.9%) | 19 (90.1%)  2 (9.5%) | 46 (92.0%)  4 (8.0%) |
| Years of Education | 14.2±2.6 | 14.4±3.6 | 14.2±3.0 |
| Race  White  Black | 18 (62.1%)  11 (37.9%) | 15 (71.4%)  6 (28.6%) | 33 (66.0%)  17 (34.0%) |
| Partner Status  Married/Cohabiting  Not married | 23 (79.3)  6 (20.7%) | 12 (57.1%)  9 (43.9%) | 35 (70.0%)  15 (30.0%) |
| Employment Status  Employed  Not employed | 11 (37.9%)  18 (62.1%) | 6 (28.6%)  13 (61.9%) | 17 (34.0%)  31 (62.0%) |
| Disability Status  Medical disability  Not medically disabled | 10 (34.5%)  18 (62.1%) | 7 (33.3%)  13 (61.9%) | 17 (34.0%)  31 (62.0%) |
| **Medical Variables** |  |  |  |
| Years Since Diagnosis | 13.73 (10.13) | 11.06 (9.16) | 12.6±9.7 |
| Number of Swollen Joints | 4.68 (4.36) | 3.15 (3.80) | 4.0±4.2 |
| Number of Tender Joints | 17.14 (8.33) | 12.43 (8.67) | 15.1±8.7 |
| Body Mass Index | 35.84 (5.40) | 34.60 (4.60) | 35.3±5.1 |
| **Outcomes** |  |  |  |
| Weight (kg) | 92.74 (33.70) | 92.55 (15.37) | 204.27 (33.43) |
| Pain (total in last week) | 5.09 (1.99) | 4.14 (1.83) | 4.72 (1.97) |
| Waist Circumference (cm) | 108.88 (12.24) | 108.69 (10.82) | 108.80 (11.53) |
| Physician Disease rating (mm) | 16.93 (7.90) | 13.95 (9.38) | 15.68 (8.59) |
| Physical Functioning (self-report) | 2.73 (1.60) | 2.34 (1.36) | 2.56 (1.50) |
| Six-minute walk test (m) | 374.59 (89.12) | 387.83 (63.15) | 380.15 (78.80) |
| Eating Behavior (ehc) | 12.07 (7.83) | 11.45 (6.39) | 11.81 (7.20) |
| Self-efficacy for weight control | 5.74 (1.65) | 5.96 (1.67) | 5.83 (1.64) |
| Arthritis self-efficacy (total) | 56.99 (18.92) | 55.46 (20.03) | 56.36 (19.19) |

Note: Percentages do not add to 100% for several items where participants elected not to complete the item.