Supplemental Table 4

Comparative pre- and post-intervention data for standard care arm participants (N=14)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Pre-Treatment | Post-treatment | Mean | 95% |  |  |
|  | Mean (SD) | Mean (SD) | Difference (SD) | CI | p-value | d |
| Weight (kg) | 89.94 (13.03) | 89.17 (13.58) | 0.77 (2.61) | (-0.73, 2.28) | 0.29 | 0.30 |
| Pain (total, last week) | 4.35 (1.61) | 5.13 (1.04) | -0.77 (1.37) | (-1.64, 0.10) | 0.08 | 0.56 |
| Waist Circumference (cm) | 107.42 (10.83) | 106.29 (11.96) | 1.23 (4.70) | (-1.86, 4.11) | 0.42 | 0.26 |
| Physician Disease Rating (mm) | 14.92 (10.52) | 14.31 (11.78) | 0.62 (8.02) | (-4.23, 5.46) | 0.79 | 0.08 |
| Physical Functioning (self-report) | 2.56 (1.41) | 2.85 (1.85) | -0.28 (0.84) | (-0.79, 0.22) | 0.25 | 0.33 |
| Six-minute walk test (m) | 380.21 (74.24) | 394.46 (82.89) | -14.25 (44.48) | (-42.51, 14.01) | 0.29 | 0.32 |
| Eating Behavior | 12.43 (6.66) | 10.29 (6.97) | 2.14 (4.86) | (-0.67, 4.95) | 0.12 | 0.44 |
| Self-efficacy for weight control | 5.51 (1.55) | 6.03 (1.89) | -0.52 (1.32) | (-1.32, 0.28) | 0.18 | 0.39 |
| Arthritis self-efficacy | 50.68 (19.73) | 57.09 (17.06) | -6.41 (17.91) | (-17.23, 4.41) | 0.22 | 0.35 |

Note: \*\*p<0.0, \* p<.05