Supplemental Digital Content 3

Overview of final linear mixed-effects models

**Table S3.** Linear mixed-effects models for main analyses of the E-GOAL intervention adjusted for baseline covariates.

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| --- | --- | --- | --- |
| Outcome variable | Variance-covariance matrix | Random intercept | Random slopes |
| Psychological distress | Heterogenous first-order autoregressive | No | Yes |
| Physical HRQoL | Scaled identity | Yes | No |
| Mental HRQoL | First-order autoregressive | No | Yes |
| Self-efficacy | Scaled identity | Yes | No |
| Self-management | Heterogenous first-order autoregressive | No | Yes |
| Depressive symptoms | Scaled identity | Yes | No |
| Anxiety symptoms | First-order autoregressive | No | Yes |

*Notes.* Best model fit with adequate variance-covariance matrix and use of random intercept or random slopes were determined by the Likelihood Ratio Test for nested models and the lowest Akaike's Information Criterion values for non-nested models. All analyses were adjusted for baseline covariates age and sex, and for whether participants completed all measurements digitally versus any time point on paper.