





PREVIEW RCT	Week 0	Week 2	Week 4	Week 6	Week 8	Week 10	Week 12	Week 16	Week 20	Week 26	Week 32	Week 44	Week 52	Week 64	Week 78	Week 104	Week 130	Week 156	
PREVIEW phases	Phase I Weight loss					Phase II Weight maintenance													
PREMIT Stages	Stage 1 Preliminary stage				Stage 2 Preparation stage			Stage 3 Action stage			Stage 4 Behavioural maintenance stage								
PREMIT sessions number and timing	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
Data collection points relevant for this study												Early maintenance stage			Middle maintenance stage			Late maintenance stage	
Conceptual framework for the analyses	Supporting weight loss - Emphasis on successful weight loss and planning the new diet habits after weight loss					Preparing and acting on the healthy diet behaviours. Learning new behavioural and thinking patterns regarding healthy diet					Imbedding the healthy diet behaviours in to habits			Maintaining the new healthy diet habits, dealing with set backs			Healthy diet habits maintained		
Summary of expected changes in cognitive variables											Resisting temptations - increasing / Habit strength unhealthy diet - decreasing / Temptations - decrease / Autonomous & intrinsic motivation - increase			Resisting temptations - no change / Habit strength unhealthy diet - no change / Temptations - no change / Autonomous Motivation - no change / Intrinsic & extrinsic motivation decrease			Resisting temptations - no change / Habit strength unhealthy diet - no change / Temptations - no change / Autonomous motivation - no change / Intrinsic & extrinsic motivation decrease		

Behavioural determinants targeted and sessions included in the evaluation of the PREMIT attendance frequency = **13 (bold)**

Session 1: Instructions low-energy diet
 Session 2: Habitual behaviour change, action self-efficacy
 Session 3: Action self-efficacy
 Session 4: Action self-efficacy and planning, outcome expectancies
 Session 5: Action planning
Session 6: Self-regulation, self-efficacy, outcome expectancies
Session 7: Adhering to new behaviours, social support, overcoming barriers
Session 8: Self-efficacy, self-regulation, overcoming barriers
 Session 9: Self-regulation, motivation, social support

Session 10: Self-regulation, motivation
Session 11: Coping self-regulation
Session 12: Coping self-regulation
Session 13: Coping self-regulation
Session 14: Relapse management
Session 15: Relapse and coping management
Session 16: Relapse management
Session 17: Relapse and coping management
 Session 18: Conclusion