

Table S1. Correlation coefficients (p-value) between the average number of BCTs or recommendations used per consultation per participant and percentage weight change at 3, 6 and 12 months.

	Average number of BCTs per consultation per participant	Average number of dietary recommendations per consultation per participant	Average number of physical activity recommendations per consultation per participant
3-month percentage weight change (n=40)	-0.01 (0.94)	0.00 (1.00)	0.29 (0.07)
6-month percentage weight change (n=39)	-0.02 (0.89)	-0.21 (0.21)	0.24 (0.15)
12-month percentage weight change (n=40)	0.23 (0.16)	0.04 (0.83)	0.36 (0.02)

N= number of participants

Table S2. Comparisons of the number of BCTs, dietary and physical activity recommendations per consultations of participants that lost < and lost ≥5% of their baseline body weight at 6 months (mean ± standard deviation) with p-values of independent T-tests.

	Participants with <5% weight loss at 6 months n=20	Participants with ≥ 5% weight loss at 6 months n=19	Independent T-test p-value
Mean number of BCTs coded as present per consultation	3.5 (SD 1.2)	3.8 (SD 1.3)	0.52
Mean number of dietary recommendations coded as present per consultation	3.2 (SD 2.5)	3.1 (SD 2.3)	0.56
Mean number of physical activity recommendations coded as present per consultation	1.4 (SD 1.2)	0.9 (SD 0.9)	0.26

Table S3. Comparison of BCT, dietary recommendations and physical activity recommendations used in consultations among participants that lost < and lost ≥5% baseline weight at 6 months with Chi-squared p-values and Fisher's exact test where appropriate.

BCT or recommendation	% used in consultations		Chi squared p-value, *Fisher's exact test
	Of the 20 participants with <5% weight loss at 6 months n=62	Of the 19 participants with ≥5% weight loss at 6 months n=59	
BCT			
Feedback on outcome(s) of behaviour	77.4	79.7	0.76

Problem solving	43.6	37.3	0.48
Social reward	29.0	52.5	0.01
Instruction on how to perform a behaviour	29.0	20.3	0.27
Self-monitoring of behaviour	24.2	27.1	0.71
Biofeedback	21.0	23.7	0.72
Framing/ reframing	25.8	33.9	0.33
Information about health consequences	19.4	15.3	0.55
Social comparison	16.1	10.2	0.33
Self-monitoring of outcome(s) of behaviour	8.1	8.5	0.93
Credible source	4.8	13.6	*0.12
Feedback on behaviour	4.8	10.2	*0.32
Behaviour substitution	11.3	3.4	*0.16
Restructuring the physical environment	9.7	3.4	*0.27
Graded tasks	3.2	8.5	*0.26
Goal setting (behaviour)	3.2	5.1	*0.67
Monitoring outcome(s) of behaviour by others without feedback	6.5	1.7	*0.37
Monitoring of emotional consequences	0.0	6.8	*0.11
Goal setting (outcome)	4.8	1.7	*0.62
Non-specific incentive	3.2	1.7	*1.00
Review behaviour goal(s)	0.0	3.4	*0.24
Social support (unspecified)	1.6	1.7	*1.00
Reduce negative emotions	0.0	1.7	*0.49
Body changes	0.0	1.7	*0.49
Social support (practical)	0.0	1.7	*0.49
Pharmacological support	1.6	0.0	*1.00
Distraction	1.6	0.0	*1.00
Adding objects to the environment	1.6	0.0	*1.00
<i>Dietary recommendations</i>			
Portions size	40.3	33.9	0.47
Food and non-alcoholic drink components- nutrients	30.7	28.8	0.83
Diversity of pattern	27.4	25.4	0.80
Food and non-alcoholic drink components- energy	19.4	22.0	0.72
Total energy intake	14.5	15.3	0.91
Portion number	21.0	13.6	0.28
Food and drink substitution	16.1	15.3	0.90

Food preparation	14.5	18.6	0.54
Caloric and nutrient intake distribution	19.4	13.6	0.39
Frequency	17.7	13.6	0.53
Food and non-alcoholic drink intake	16.1	15.3	0.71
Type of pattern	16.1	13.6	0.69
Alcoholic drink intake	11.3	13.6	0.90
Product of purchase	12.9	10.2	0.64
Eating occasions	8.1	10.2	0.69
Meal content	6.5	8.5	*0.74
Healthiness- healthy intake	8.1	1.7	*0.21
Time	6.5	1.7	*0.37
Food and non-alcoholic drink components- other	1.6	5.1	*0.36
Intentions	3.2	3.4	*1.00
Eating habits	3.2	3.4	*1.00
Rate of eating	1.6	1.7	*1.00
Willingness to pay	0.0	1.7	*0.49
Ability to pay	0.0	1.7	*0.49
Preferences	0.0	1.7	*0.49
<i>Physical activity recommendations</i>			
Lifestyle activity type walking	32.3	32.2	1.00
Structured activity type e.g. sports	27.4	23.7	0.64
Intensity (of lifestyle activity)	22.6	13.6	0.20
Lifestyle activity type other	17.7	8.5	0.13
Duration (of lifestyle activity)	11.2	6.8	*0.53
Frequency (of structured activity)	11.2	1.7	*0.06
Intensity (of structured activity)	11.2	1.7	*0.06
Duration (of structured activity)	9.7	5.1	*0.49
Frequency (of lifestyle activity)	8.1	1.7	*0.21

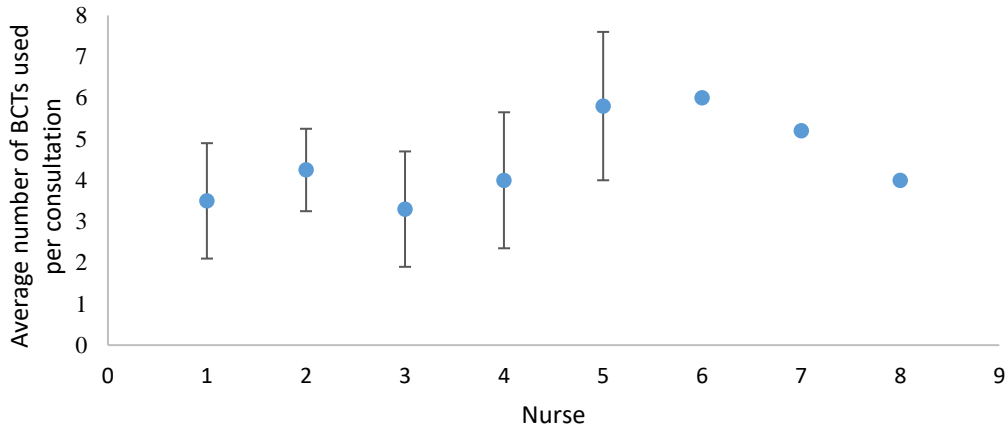


Figure S1. BCT usage (mean \pm standard deviations) for individual nurses.

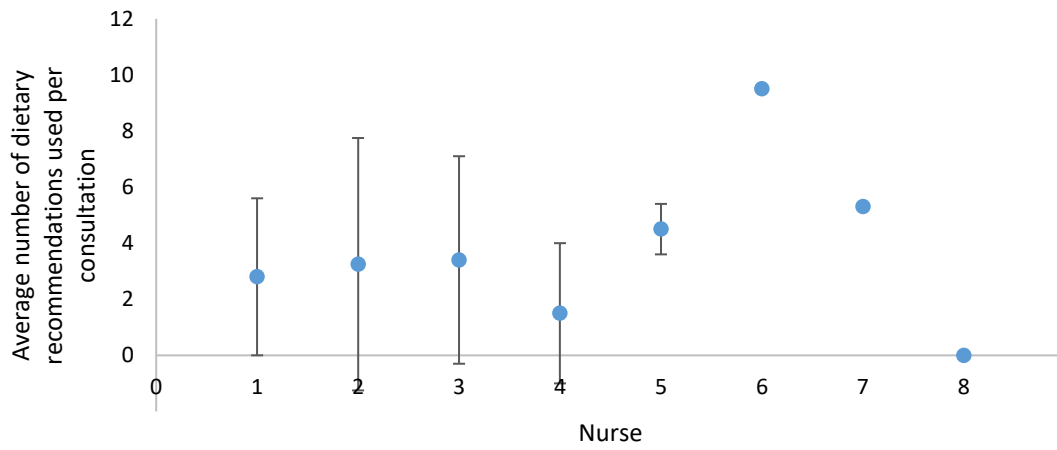


Figure S2. Dietary recommendation usage (mean \pm standard deviations) for individual nurses.

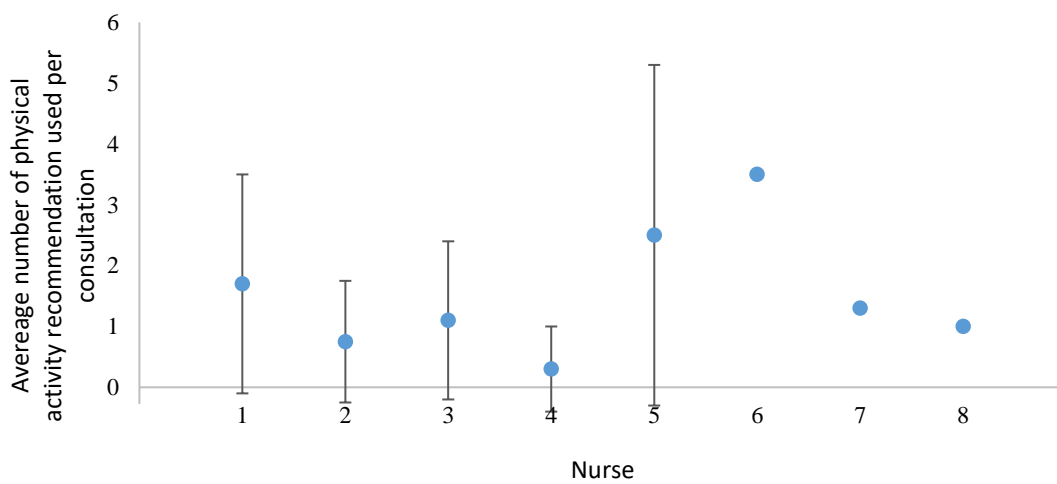


Figure S3. PA recommendation usage (mean \pm standard deviations) for individual nurses.

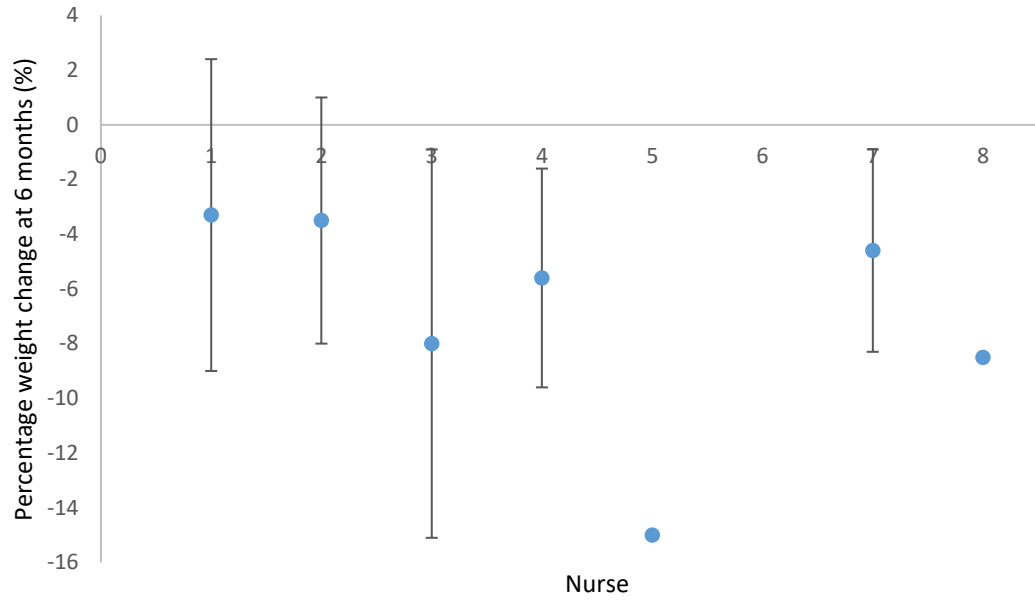


Figure S4. Percentage weight change (mean \pm standard deviation) of individual nurses' groups of participants.