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| **Supplementary File 1** *Descriptive statistics for psychosocial variables between groups* |
|  | **Experimental, mean (SD)** | **Control, mean (SD)** |
|  | Week 0 | Week 8 | Week 34 | Week 52 | Week 0 | Week 8 | Week 34 | Week 52 |
| Outcome expectations for adult consumption of calcium *(1-9)* | 5.89 (1.31)a | 6.58 (1.31) | 6.58 (1.35) | 6.66 (1.28) | 5.40 (1.43) | 6.07 (1.41) | 6.24 (1.44) | 6.44 (1.31) |
| Outcome expectation for child consumption of calcium *(1-9)* | 6.69 (1.56) | 7.01 (1.50) | 7.26 (1.23) | 7.21 (1.27) | 6.27 (1.52) | 7.05 (1.40) | 6.94 (1.52) | 7.17 (1.39) |
| Self-regulatory efficacy for consuming a healthy diet *(0-100)* | 68.27 (14.99) | 70.83 (9.26) | 69.11 (11.80) | 72.24 (8.88) | 66.08 (16.11) | 68.18 (13.81) | 69.87 (12.14) | 72.24 (13.29) |
| Self-regulatory efficacy for purchasing calcium products *(0-100)* | 68.11 (18.76) | 74.91 (12.92) | 72.00 (13.44) | 75.80 (12.78) | 68.38 (18.04) | 70.11 (15.75) | 69.00 (14.86) | 73.90 (15.56) |
| Social support *(1-5)* | 28.31 (5.22) | 31.35 (3.92) | 31.13 (5.04) | 32.96 (4.00) | 27.19 (5.50) | 30.62 (5.51) | 30.85 (5.34) | 32.50 (5.01) |
| Role modelling *(Sum of 18 items on scale from 0-3)* | 11.26 (3.14) | 12.02 (2.72) | 13.43 (2.89) | 13.34 (3.36) | 10.94 (2.83) | 11.86 (2.65) | 12.26 (2.82) | 12.76 (2.89) |
| a Significant different in baseline values between experimental and control conditions (*p* >.05), SD = standard deviation |