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| **Supplementary File 2.** Estimated parameters from linear mixed models on psychosocial outcomes |
|  | OE for calcium consumption for adult  | OE for calcium consumption in child | SRE calcium consumption |
|  | Coefficient (SE) | 95% CI | p value | Coefficient (SE) | 95% CI | p-value | Coefficient (SE) | 95% CI | p-value |
| Fixed effects |  |  |  |  |  |  |  |  |  |
| Constant | 4.28 (1.01) | 2.27, 6.28 | <.001 | 6.84 (1.29) | 4.30, 9.38 | <.001 | 58.70 (12.74) | 33.46, 83.94 | <.001 |
| Intervention (ref = control) | .26 (.19) | -.13, .64 | .19 | .35 (.25) | -.14, .85 | .16 | 2.07 (2.41) | -2.69, 6.83 | .39 |
| Time |  |  |  |  |  |  |  |  |  |
| Week 8 | .60 (.15) | .31, .88 | <.001 | .77 (.17) | .44, 1.10 | <.001 | 2.07 (1.50) | -.88, 5.02 | .17 |
| Week 32 | .67 (.17) | .34, 1.00 | <.001 | .66 (.19) | .29, 1.03 | .001 | 3.97 (1.68) | .66, 7.28 | .02 |
| Week 52 | .80 (.19) | .43, 1.17 | <.001 | .82 (.21) | .39, 1.24 | <.001 | 5.99 (1.90) | 2.24, 9.74 | .002 |
| Interaction |  |  |  |  |  |  |  |  |  |
| Week 8 x Exp | -.20 (.21) | -.61, .21 | .33 | -.30 (.25) | -.79, .20 | .24 | .48 (2.23) | -3.91, 4.87 | .83 |
| Week 32 x Exp | -.05 (.24) | -.51, .42 | .84 | .02 (.28) | -.53, .57 | .95 | -2.92 (2.49) | -7.81, 1.97 | .24 |
| Week 54 x Exp | -.15 (.27) | -.68, .37 | .57 | -.18 (.32) | -.81, .44 | .57 | -1.09 (2.84) | -6.67, 4.50 | .70 |
| Random effects |  |  |  |  |  |  |  |  |  |
|  Residual | .88 (.07) | .76, 1.03 | <.001 | .91 (.08) | .76, 1.08 | <.001 | 72.49 (6.56) | 60.71, 86.55 | <.001 |
|  Intercept | .85 (.13) | .63, 1.14 | <.001 | 1.06 (.18) | .76, 1.48 | <.001 | 109.81 (18.67) | 78.69, 153.25 | <.001 |
|  | SRE for purchasing of calcium  | Social support for child to consume calcium | Role modelling of calcium consumption |
|  | Coefficient (SE) | 95% CI | p-value | Coefficient (SE) | 95% CI | p-value | Coefficient (SE) | 95% CI | p-value |
| Fixed effects |  |  |  |  |  |  |  |  |  |
| Constant | 58.96 (14.19) | 30.85, 87.08 | <.001 | 25.67 (4.75) | 16.26, 35.08 | <.001 | 7.64 (2.50) | 2.68, 12.60 | .003 |
| Intervention (ref = control) | -.29 (2.77) | -5.74, 5.17 | .92 | 1.17 (.92) | -.65, 2.99 | .21 | .45 (.51) | -.55, 1.46 | .37 |
| Time |  |  |  |  |  |  |  |  |  |
| Week 8 | 1.28 (1.85) | -2.37, 4.92 | .49 | 3.54 (.61) | 2.34, 4.74 | <.001 | 1.10 (.37) | .36, 1.83 | .004 |
| Week 32 | .79 (2.08) | -3.31, 4.90 | .70 | 3.70 (.69) | 2.35, 5.06 | <.001 | 1.43 (.42) | .59, 2.25 | .001 |
| Week 52 | 5.66 (2.36) | 1.02, 10.30 | .02 | 5.38 (.78) | 3.85, 6.91 | <.001 | 1.88 (.47) | .95, 2.81 | <.001 |
| Interaction |  |  |  |  |  |  |  |  |  |
| Week 8 x Exp | 5.27 (2.76) | -.16, 10.71 | .06 | -.39 (.91) | -2.19, 1.41 | .67 | -.29 (.56) | -1.40, .81 | .60 |
| Week 32 x Exp | 2.56 (3.08) | -3.51, 8.63 | .41 | -.55 (1.02) | -2.55, 1.45  | .59 | .78 (.62) | -.44, 2.00 | .21 |
| Week 54 x Exp | 1.91 (3.51) | -5.00, 8.83 | .59 | -.67 (1.16) | -2.95, 1.62 | .57 | .21 (.71) | -1.19, 1.60 | .77 |
| Random effects |  |  |  |  |  |  |  |  |  |
|  Residual | 112.09 (9.99) | 94.11, 133.50 | <.001 | 12.20 (1.10) | 10.22, 14.56 | <.001 | 4.60 (.41) | 3.86, 5.47 | <.001 |
|  Intercept | 128.45 (22.58) | 91.01, 181.29 | <.001 | 14.52 (2.58) | 10.24, 20.57  | <.001 | 3.60 (.69) | 2.47, 5.24 | <.001 |

OE = outcome expectations, SRE = self-regulatory efficacy