Table 1. TIDieR Checklist

Number	Item	Intervention
1	**Brief Name**	Slimpod®
2	**Why**	Slimpod®, an audio unconscious persuasion tool, is designed to affect emotion-driven behaviours using proven principles and its priming system to effect listeners' decision making and actions leading to a holistic sense of wellbeing. The techniques nudge an individual's behaviour to see triggers, such as food, through a different lens. Participants are led to being less likely to engage in harmful acts such as overeating or consuming high calorie "unhealthy" food leading to weight loss as well as other lifestyle and mentally positive goals. Slimpod® combines principles: 1. **Priming** meets participants' environmental triggers, such as associating good memories to your favourite smoking spot or control associated through overeating' instead it shifts them towards targeted goals and new associations. 2. **Wordweaving** overlays speech with suggestive linguistical commentary designed to shape present experiences to direct, "in the moment", conscious decision making. 3. Repurposing and adapting **Nudge**'s choice architecture system allows influences to the individuals' food sovereignty (right to choose) to be lifestyle beneficial.
	What	
3	Materials	CD or.MP3 digital audio recording. Participants selected the preferred format.
4	Procedures	We have provided to individuals via post or digital download.
5	**Who Provided**	Self-administered intervention.
6	**How**	Individual audio recording.
7	**Where**	Participants selected where to listen to the recording (e.g., home).
8	**When and How Much**	9-minute recording delivered once a day for 24 weeks between October 2013 and July 2014.
9	**Tailoring**	The intervention was not participant specific. All individuals in the intervention group listened to the same audio recording.
10	**Modifications**	No modifications.
11	**How Well**	No assessment in intervention adherence.

Baseline Data

Table 2. Baseline Sample Characteristics

	Intervention (n=41)		Control (n=41)		Total (n=82)	
Variable	%	(n)	%	(n)	%	(n)
Gender						
Female	92.7	(38)	90.2	(37)	91.5	(75)
Male	7.3	(3)	9.8	(4)	8.5	(7)
Ethnicity						
White British/ Scottish/ Irish	80.5	(33)	75.6	(31)	78.0	(64)
Black British	4.9	(2)	2.4	(1)	3.7	(3)
Pakistani	7.3	(3)	9.8	(4)	8.5	(7)
Indian	4.9	(2)	2.4	(1)	3.7	(3)
Sikh	-	-	2.4	(1)	1.2	(1)
Turkish	2.4	(1)	2.4	(1)	2.4	(2)
Missing	-	-	4.9	(2)	2.4	(2)
Age						
Mean [SD]	43.9	[9.70]	41.4	[8.54]	42.7	[9.16]
Recording Format						
CD		(19)		(23)		(42)
.MP3 File		(22)		(18)		(40)

Table 3. Change in trial outcomes between baseline and 12 and 24 week follow-up

	Intervention Mean (SD)			Change		Control Mean (SD)			Change		Difference Adj. Mean [SE] (95% CI)			
Measure	Baseline	12 w	24 w	12 w	24 w	Baseline	12 w	24 w	12 w	24 w	12 w	p	24 w	p
Primary outcome														
Weight (kg)	88.1 (16.16)	86.4 (15.91)	83.7 (16.49)	-1.7 (2.34)	-4.3 (3.19)	84.4 (10.20)	83.8 (10.09)	83.2 (10.10)	-0.6 (2.19)	-1.2 (2.27)	-1.0 [0.50] (-2.0, 0.0)	0.048	-3.1 [0.62] (-4.3, -1.9)	<0.001***
Secondary outcomes														
ESES Eating Self-Efficacy	96.2 (28.88)	-	83.6 (26.08)	-	-12.6 (24.29)	97.3 (37.90)	-	95.9 (35.11)	-	-1.4 (17.87)	-	-	-11.5 [4.25] (-20.0, -3.0)	0.008**
Negative Affect Sub-scale	55.5 (17.67)	-	49.2 (16.6)	-	-6.3 (15.53)	55.5 (23.13)	-	54.3 (22.26)	-	-1.2 (12.82)	-	-	-5.1 [2.89] (-10.8,	0.083

													0.7)	
Socially Acceptable Sub-scale	38.0 (11.86)	-	34.2 (11.81)	-	-3.7 (9.81)	39.4 (16.28)	-	41.2 (15.38)	-	1.9 (11.22)	-	-	-6.0 [2.13] (-10.3, -1.8)	0.006**
ECS Exercise Confidence	20.7 (6.78)	-	21.9 (7.94)	-	1.2 (3.67)	18.1 (6.32)	-	20.8 (7.99)	-	2.6 (4.94)	-	-	-1.5 [0.99] (-3.5, 0.5)	0.130
QLI-G3 Quality of Life	14.9 (2.57)	-	16.5 (2.95)	-	1.6 (1.59)	14.7 (2.38)	-	17.5 (3.04)	-	2.7 (2.42)	-	-	-1.1 0.45] (-2.0, -0.2)	0.017*

Note: *** p<0.001, ** p<0.01, *p<0.05

Enrollment

Assessed for eligibility (n=249)

Excluded (n=81, 33%)
– Declined to participate (n=81, 100%)

Randomized (n=168, 66%)

Allocation

Allocated to **intervention** (n=84, 50%)
– Received intervention (n=84, 100%)

Allocated to **control** (n=84, 50%)
– Received control (n=84, 100%)

Follow-up

Lost to follow-up (n=43, 51%)

– Discontinued at 12 weeks (n=18, 21%)
– Discontinued at 24 weeks (n=25, 30%)

Lost to follow-up (n=43, 51%)

– Discontinued at 12 weeks (n=29, 34%)
– Discontinued at 24 weeks (n=14, 17%)

Analysis

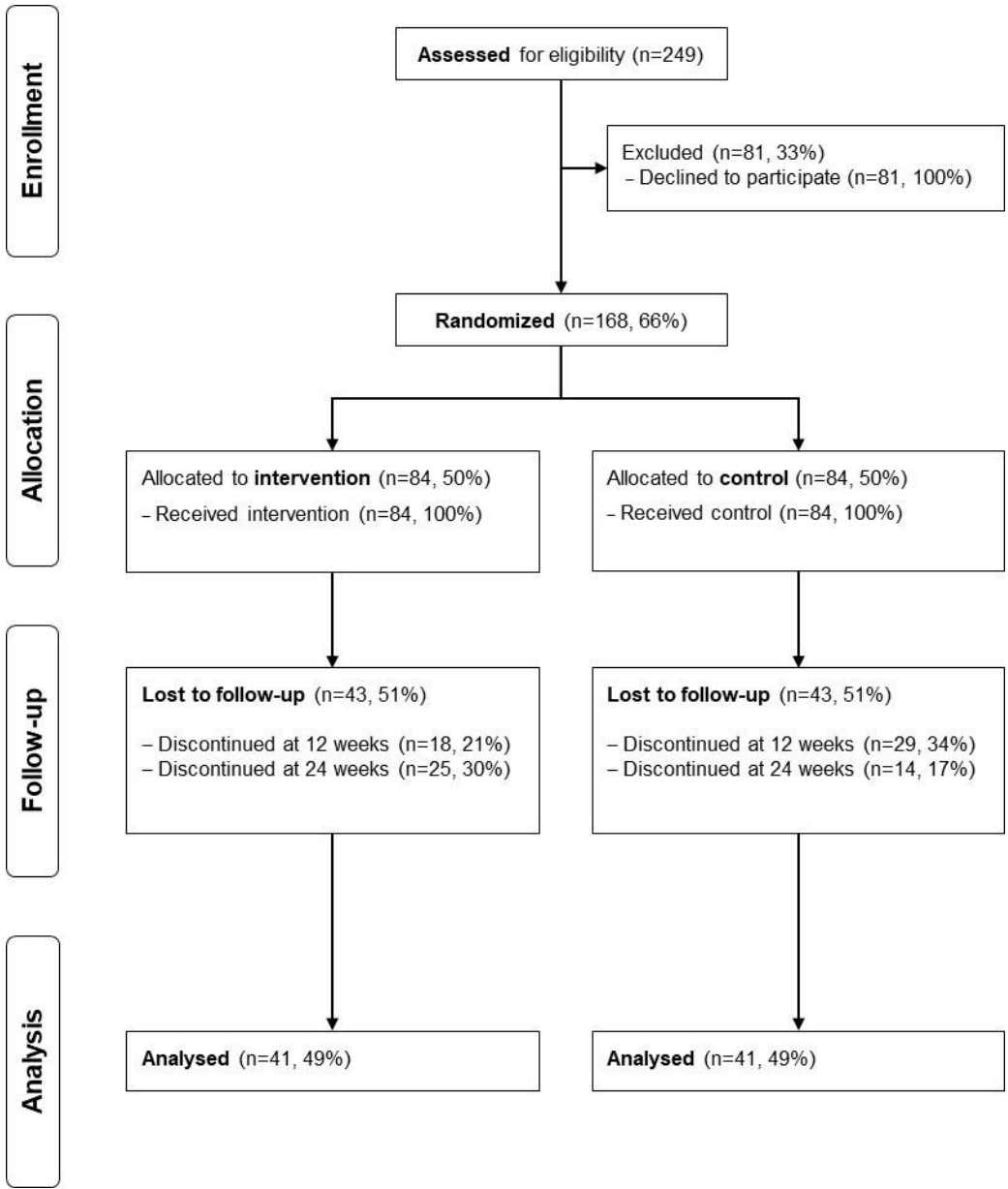**Analysed** (n=41, 49%)

Analysed (n=41, 49%)

Figure 1. CONSORT Participant Flow Chart
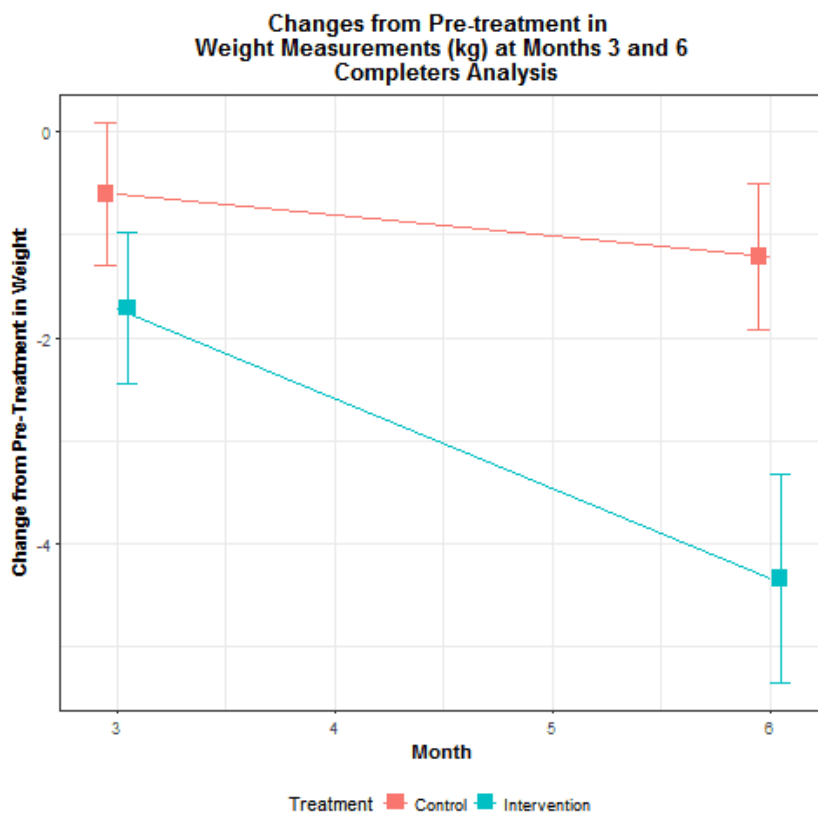
Primary outcome

Figure 2. Change from pre-treatment weight (kg) at 12 and 24 weeks. Baseline at week one was zero weight loss for both groups.