Statistical Analysis Plan

Study Title: Grant Title: RELAX: A mobile application suite targeting obesity and stress

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We summarized retention, app use, usability, acceptability, and burden using descriptive statistics. For variables that were normally distributed, we described distributions using mean and standard deviation (M[SD]), and for variables that were not normally distributed, we described distributions using median and inter-quartile range (IQR). We compared retention and acceptability by treatment condition using chi-squared tests, or Fisher's exact tests as appropriate. We compared treatment conditions on app usability using a t-test and app burden using a Wilcoxon rank-sum test. We took an intent-to-treat approach to describing weight change. For 2 participants (one in each condition) who became pregnant during the study, we used latest available pre-pregnancy weights (from weeks 2 and 3, respectively). For the three participants who did not provide weight at follow-up, we also used their latest weight from their study scale (weeks 6, 9, and 10, respectively).