|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Dependent variable | Value | Intervention group (*n* = 110) | Control group (*n* = 148) | Intervention v.  Control Δ changea and Cohen’s d (95% Confidence Interval) *p*-value |
| The eHealth Literacy Scale, eHEALS (mean (SD)) | Baseline | 24.5 (6.59) | 25.9 (6.18) | 1.81 (0.24, 3.38) 0.286 (0.04, 0.53) *p* = 0.024 |
| Follow-up | 27.0 (5.92) | 26.6 (5.63) |
| Score change | 2.55 (7.56) | 0.74 (5.25) |
| The Healthy Eating Literacy Scale, HEL (mean (SD)) | Baseline | 3.41 (0.70) | 3.52 (0.70) | -0.03 (-0.19, 0.12) -0.05 (-0.30, 0.19) *p* = 0.680 |
| Follow-up | 3.52 (0.59) | 3.65 (0.54) |
| Score change | 0.11 (0.67) | 0.14 (0.59) |

Table.S1 Means, standard deviations (SD), change scores (follow-up minus baseline), and

intervention effects (Δ change)a compared to control group by per protocol analysis.

a Score change of intervention group minus score change of control group

Table.S2 Results on evaluation skill at baseline and follow-up, intervention effect, and

comparison of intervention group to control group by per protocol analysis.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Variable | Value | Intervention group (*n* = 110) | Control group (*n* = 148) | Intervention v. Control Relative Risk Ratio (95% Confidence Interval)  *p*-value |
| Having evaluation skill  (n (%)) | Baseline | 35 (31.8) | 47 (31.8) |  |
| Follow-up | 64 (58.2) | 46 (31.1) |  |
| Change in evaluation skill  (n (%)) | Better | 36 (32.7) | 19 (12.8) | 3.08 (1.64, 5.81) *p* < 0.001 |
| No change | 67 (60.9) | 109 (73.6) | (Reference outcome) |
| Worse | 7 (6.4) | 20 (13.5) | 0.57 (0.23, 1.42) *p* = 0.227 |