|  |  |
| --- | --- |
| **Table S1: Cooking confidence measures at baseline and follow up¹ adjusted by age2, gender and levels of employment3 independently and all together.** |  |
|  |  |  |  |  |  |  |  |
|  | **intervention group** |  **wait list control group** | **Interaction effect5 P value** |
| **Outcome measure** | **baseline value(T1) mean (S.E)4** | **follow up value(T2) mean (S.E)** | **change from baseline(T2-T1) mean (S.E) P value** | **baseline value(T1) mean (S.E)4** | **follow up value(T2) mean (S.E)** | **change from baseline(T2-T1) mean (S.E) P value** | ***P value*** |
| ***Cooking confidence*** |  |  |  |  |  |  |  |
| **Confidence to cook from basic ingredients6** |  |  |  |  |  |  |  |
| Age | 3.55(0.04) | 4.37(0.04) | 0.81(0.04) P<0.001 | 3.72(0.08) | 3.76(0.07) | 0.04(0.08) P=0.609 | P<0.001 |
| Gender | 3.56(0.04) | 4.38(0.04)  | 0.81(0.04) P<0.001 | 3.69(0.08) | 3.74(0.07) | 0.05(0.07) P=0.62 | P<0.001 |
| Employment  | 3.57(0.04) | 4.37(0.05)  | 0.80(0.05) P<0.001 | 3.70(0.07) | 3.73(0.08) | 0.03(0.08) P=0.712 | P<0.001 |
| Age, gender, employment  | 3.58(0.04) | 4.38(0.05) | 0.80(0.05) P<0.001 | 3.70(0.07) | 3.73(0.08) | 0.04(0.08) P=0.48 | P<0.001 |
| **Confidence to follow a simple recipe6** |  |  |  |  |  |  |  |
| Age | 3.99(0.04) | 4.53(0.04) | 0.54(0.04) P<0.001 | 4.15(0.07) | 4.07(0.06) |  -0.08(0.07) P=0.211 | P<0.001 |
| Gender | 4.00(0.04) | 4.54(0.04) | 0.53(0.04)P<0.001 | 4.12(0.07) | 4.07(0.06) |  -0.05(0.07) P=0.482 | P<0.001 |
| Employment  | 4.00(0.04) | 4.53(0.04) | 0.53(0.04)P<0.001 | 4.13(0.06) | 4.07(0.07) |  -0.06(0.07) P=0.368 | P<0.001 |
| Age, gender, employment  | 4.02(0.04) | 4.55(0.04) | 0.53(0.04) P<0.001 | 4.12(0.06) | 4.04(0.07) |  -0.07(0.07) P=0.295 | P<0.001 |
| **Confidence in preparing and cooking new foods and recipes6** |  |  |  |  |  |  |  |
| Age | 3.35(0.04) | 4.12(0.04) | 0.77(0.05) P<0.001 | 3.45(0.07) | 3.55(0.07) | 0.10(0.07) P=1.33 | P<0.001 |
| Gender | 3.36(0.04) | 4.13(0.04) | 0.77(0.05) P<0.001 | 3.44(0.07) | 3.54(0.07) | 0.09(0.08) P=0.223 | P<0.001 |
| Employment  | 3.36(0.04) | 4.13(0.05) | 0.77(0.05)P<0.001 | 3.44(0.07) | 3.54(0.08) | 0.01(0.08) p=0.212 | P<0.001 |
| Age, gender, employment  | 3.37(0.04) | 4.13(0.05) | 0.77(0.05) P<0.001 | 3.44(0.07) | 3.54(0.08) | 0.01(0.08) P=0.224 | P<0.001 |
| **Confidence that what one cooks will turn out well6** |  |  |  |  |  |  |  |
| Age | 3.21(0.04) | 3.93(0.04) | 0.72(0.04) P<0.001 | 3.30(0.06) | 3.37(0.07) | 0.08(0.07) P=0.264 | P<0.001 |
| Gender | 3.21(0.04) | 3.93(0.04) | 0.72(0.04) P<0.001 | 3.30(0.06) | 3.36(0.07) | 0.06(0.07) P=0.353 | P<0.001 |
| Employment  | 3.22(0.04) | 3.93(0.05) | 0.71(0.04) P<0.001 | 3.29(0.06) | 3.35(0.07) | 0.07(0.07) P=0.340 | P<0.001 |
| Age, gender, employment  | 3.22(0.04) | 3.93(0.05) | 0.71(0.04) P<0.001 | 3.30(0.06) | 3.93(0.05) | 0.07(0.07) P=0.301 | P<0.001 |
| **Confidence to taste new foods never eaten before6** |  |  |  |  |  |  |  |
| Age | 3.46(0.04) | 4.01(0.05) | 0.55(0.05) P<0.001 | 3.43(0.08) | 3.52(0.08) | 0.09(0.08)P=0.266 | P<0.001 |
| Gender | 3.46(0.04) | 4.00(0.05) | 0.54(0.05) P<0.001 | 3.45(0.08) | 3.56(0.07) |  0.10(0.08) P=0.184 | P<0.001 |
| Employment  | 3.47(0.04) | 4.01(0.05) | 0.54(0.05) P<0.001 | 3.44(0.07) | 3.52(0.09) | 0.10(0.08) P=0.219 | P<0.001 |
| Age, gender, employment  | 3.46(0.04) | 4.01(0.05) | 0.55(0.05) P<0.001 | 3.44(0.08) | 3.55(0.09) | 0.10(0.08) P=0.212 | P<0.001 |
| **Combined confidence score7** |  |  |  |  |  |  |  |
| Age | 17.58(0.17) | 20.98(0.17) | 3.39(0.17) P<0.001 | 18.05(0.3) | 18.27(0.28) | 0.22(0.28) P=0.421 | P<0.001 |
| Gender | 17.60(0.17) | 20.98(0.17) | 3.39(0.17) P<0.001 | 18.01(0.30) | 18.27(0.28) | 0.26(0.27)P=0.344 | P<0.001 |
| Employment  | 17.62(0.16) | 20.98(0.20) | 3.36(0.18) p<0.001 | 18.00(0.28) | 18.24(0.32) | 0.24(0.29) P=0.409 | P<0.001 |
| Age, gender, employment  | 17.64(0.16) | 21.01(0.20) | 3.36(0.18) P<0.001 | 18.00(0.28) | 18.24(0.33) | 0.24(0.29) P=0.406 | P<0.001 |

¹Outcomes within each group and over time were determined by a mixed linear model for repeated measures using all available data at each time point. All means and standard errors (S.E) rounded to 2 decimal points

2 Age dichotomised at 50 years (below 50 years and 50 years and above)

3 Levels of employment status where 1= full time, 2= part time, 3= home duties/carer, 4= not working (permanently ill/unemployed), 5= student, 6= retired, 7=other

4Baseline values were not significantly different between groups (independent t tests)

5A significant group x time interaction effect denotes that the response over time differed between groups

6Scale values are 1-5 (where 1= not at all confident and 5 = extremely confident and 4 or > = confident)

7The combined confidence score is equal to the sum total of all other confidence scores (scores 20 or> = confident)