

Table 2. Multilevel model estimates.

Predictors	Model 2 (effects of time)		Model 3 (covariates)		Model 4 (final)	
	b (SE)	t (df)	b (SE)	t (df)	b (SE)	t (df)
Intercept	0.05 (0.01)	15.27 (224)*	0.05 (0.01)	15.01 (220)*	0.05 (0.01)	15.33 (217)*
Internet versus email group			<0.01 (0.01)	0.75 (220)	<0.01 (0.01)	0.63 (217)
Internet versus discussion group			<-0.01 (0.01)	-0.66 (220)	<-0.01 (0.01)	-0.47 (217)
BMI			-0.01 (0.01)	-1.56 (220)	<-0.01 (0.01)	-1.37 (217)
Age			<0.01 (0.01)	1.02 (220)	<0.01 (0.01)	1.00 (217)
Health reason					<0.01 (0.01)	0.53 (217)
Appearance to others					<-0.01 (0.01)	-0.06 (217)
Appearance to self					-0.01 (0.01)	-1.48 (217)
-PRPE %: $\chi^2_{(\Delta df)}$	67.94%	567.02 (5)	0.45%	14.29 (4)*	0.46%	33.75 (3)*
Change over time (linear)	-0.03 (0.01)	-2.31 (224)*	-0.03 (0.01)	-2.60 (220)*	-0.03 (0.01)	-2.91 (217)*
Internet versus email group			0.04 (0.02)	2.13 (220)*	0.03 (0.02)	1.90 (217)
Internet versus discussion group			-0.03 (0.02)	-1.83 (220)	-0.03 (0.02)	-1.57 (217)
BMI			<0.01 (0.01)	0.06 (220)	0.01 (0.01)	0.67 (217)
Age			-0.03 (0.01)	2.29 (220)*	0.04 (0.01)	3.00 (217)*
Health reason					-0.02 (0.01)	-1.60 (217)
Appearance to others					0.02 (0.02)	1.07 (217)
Appearance to self					-0.04 (0.02)	-2.31 (217)*
-PRPE %: $\chi^2_{(\Delta df)}$			3.20%	17.55 (4)*	3.49%	18.63 (3)*
Change over time (curvilinear)	<0.01 (0.01)	0.20 (224)	<0.01 (0.01)	0.48 (220)	0.01 (0.01)	0.66 (217)
Internet versus email group			-0.03 (0.02)	-1.84 (220)	-0.03 (0.01)	-1.67 (217)
Internet versus discussion group			0.03 (0.02)	-1.84 (220)	0.02 (0.01)	1.60 (217)
BMI			<0.01 (0.01)	0.48 (220)	<-0.01 (0.01)	-0.06 (217)
Age			-0.02 (0.01)	-2.22 (220)*	-0.03 (0.01)	-2.80 (217)
Health reason					0.03 (0.01)	1.29 (217)
Appearance to others					-0.01 (0.01)	-0.83 (217)
Appearance to self					0.04 (0.01)	2.04 (217)*
-PRPE %: $\chi^2_{(\Delta df)}$			2.94%	9.89 (4)	3.02%	13.28 (3)*

SE: standard error; BMI: body mass index; PRPE: proportional reduction in prediction error.
Model 2 is compared to the unconditional model that included no predictors of the dependent variable.

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