

Table S1. List of statements for assessing outcome expectancy, task self-efficacy and perceived social support.

A. Attitude weight:	<ul style="list-style-type: none"> • I am bothered with <u>my current weight</u> • It is important for me to manage my <u>weight</u>
B. Outcome expectancy weight management for reducing GDM risk:	<ul style="list-style-type: none"> • Managing my <u>weight</u> during this pregnancy, will help me to reduce <i>my risk of developing GDM</i>
C. Outcome expectancy physical activity for reducing GDM risk:	<ul style="list-style-type: none"> • Staying <u>physically active</u> during this pregnancy, will help me to reduce <i>my risk of developing GDM</i>
D. Outcome expectancy healthy eating for reducing GDM risk:	<ul style="list-style-type: none"> • <u>Eating healthily</u> during this pregnancy, will help me to reduce <i>my risk of developing GDM</i>
E. Outcome expectancy weight management for reducing risk for the baby:	<ul style="list-style-type: none"> • <u>Managing my weight</u> during this pregnancy, will help to reduce <i>health risks for my baby</i>
F. Outcome expectancy physical activity for reducing risk for the baby:	<ul style="list-style-type: none"> • <u>Staying physically active</u> during this pregnancy, will help to reduce <i>health risks for my baby</i>
G. Outcome expectancy healthy eating for reducing risk for the baby:	<ul style="list-style-type: none"> • <u>Eating healthily</u> during this pregnancy, will help to reduce <i>health risks for my baby</i>
H. Task self-efficacy weight:	<ul style="list-style-type: none"> • I am confident that I will succeed in <u>managing my weight</u>
I. Task self-efficacy healthy eating:	<ul style="list-style-type: none"> • I am confident that I will succeed in <u>eating healthily</u> on a daily basis <u>right now</u> • I am confident that I will succeed in <u>eating healthily</u> on a daily basis <u>in the coming weeks</u>
J. Task self-efficacy physical activity:	<ul style="list-style-type: none"> • I am confident that I can be <u>physically active</u> on a daily basis <u>right now</u> • I am confident that I can be <u>physically active</u> on a daily basis as planned <u>in the coming weeks</u>
K. Satisfaction with social support for physical activity:	<ul style="list-style-type: none"> • I am satisfied with the level of support I am receiving <u>for being physically active</u> from my partner, family and friends
L. Satisfaction with social support for healthy eating:	<ul style="list-style-type: none"> • I am satisfied with the level of support I am receiving <u>for eating healthily</u> from my partner, family and friends

B&C and E&F were combined for outcome expectancy in relation to moderate-to-vigorous physical activity (MVPA) and sedentary behaviour, B&D and E&G were combined for outcome expectancy in relation to dietary outcomes. H&J were combined for task self-efficacy in relation to MVPA and sedentary behaviour, H&I were combined for task self-efficacy in relation to dietary outcomes.

Table S2a. Moderate to vigorous physical activity at 24-28 weeks and 35-37 weeks, mediators at 24-28 weeks.

	Effect of mediator on MVPA (b-path)	Indirect effect (path a*b)		
		HE&PA	HE	PA
MVPA at 24-28 weeks (n = 382)	Estimate (95% CI)	Estimate (95% CI)	Estimate (95% CI)	Estimate (95% CI)
Outcome expectancy GDM risk reduction	-0.001 (-0.05; 0.05)	-0.002 (-0.09; 0.08)	-0.001 (-0.09; 0.08)	-0.002 (-0.09; 0.09)
Outcome expectancy risk reduction baby	-0.007 (-0.06; 0.05)	-0.01 (-0.09; 0.05)	-0.01 (-0.09; 0.06)	-0.01 (-0.09; 0.06)
Task self-efficacy	0.04 (0.02; 0.07)	0.09 (0.03; 0.19)	0.04 (-0.07; 0.12)	0.08 (0.02; 0.18)
Satisfaction with social support	-0.01 (-0.07; 0.04)	-0.01 (-0.05; 0.03)	-0.005 (-0.05; 0.02)	-0.01 (-0.05; 0.02)
Perceived risk for GDM	-0.05 (-0.17; 0.06)	-0.001 (-0.03; 0.01)	0.003 (-0.02; 0.02)	-0.002 (-0.02; 0.02)
MVPA at 35-37 weeks (n = 332)	Estimate (95% CI)	Estimate (95% CI)	Estimate (95% CI)	Estimate (95% CI)
Outcome expectancy GDM risk reduction	-0.01 (-0.08; 0.07)	-0.01 (-0.15; 0.10)	-0.01 (-0.13; 0.10)	-0.01 (-0.16; 0.12)
Outcome expectancy risk reduction baby	-0.02 (-0.09; 0.06)	-0.01 (-0.15; 0.05)	-0.02 (-0.15; 0.07)	-0.02 (-0.15; 0.08)
Task self-efficacy	0.03 (0.02; 0.06)	0.06 (0.01; 0.16)	0.03 (-0.01 0.11)	0.08 (0.01; 0.20)
Satisfaction with social support	0.02 (-0.06; 0.10)	0.01 (-0.02; 0.07)	0.01 (-0.01; 0.06)	0.01 (-0.01; 0.07)
Perceived risk for GDM	0.001 (-0.15; 0.15)	0.0001 (-0.03; 0.03)	0.000 (-0.02; 0.02)	0.000 (-0.02; 0.02)

Abbreviations: CI= Confidence Interval; HE=Healthy Eating; PA=Physical Activity; HE&PA= Healthy Eating & Physical Activity; GDM=gestational diabetes; MVPA=moderate-to-vigorous physical activity.

Table 2Sb. Sedentary behaviour at 24-28 weeks and 35-37 weeks, mediators at 24-28 weeks.

	Effect of mediator on sedentary behaviour (b-path)	Indirect effect (path a*b)		
		HE&PA	HE	PA
Sedentary behaviour at 24-28 weeks (<i>n</i> = 387)	Estimate (95% CI)	Estimate (95% CI)	Estimate (95% CI)	Estimate (95% CI)
Outcome expectancy GDM risk reduction	-0.16 (-0.59; 0.26)	-0.21 (-1.04; 0.27)	-0.20 (-0.93; 0.27)	-0.22 (-1.01; 0.30)
Outcome expectancy risk reduction baby	0.21 (-0.24; 0.65)	0.17 (-0.12; 0.96)	0.19 (-0.14; 0.89)	0.20 (-0.15; 0.86)
Task self-efficacy	-0.18 (-0.37; 0.01)	-0.37 (-1.11; 0.03)	-0.19 (-0.78; 0.03)	-0.33 (-1.05; 0.02)
Satisfaction with social support	-0.18 (-0.65; 0.29)	-0.10 (-0.60; 0.19)	-0.07 (-0.52; 0.12)	-0.09 (-0.54; 0.15)
Perceived risk for GDM	0.36 (-0.56; 1.28)	0.01 (-0.07; 0.26)	0.001 (-0.13; 0.18)	-0.004 (-0.19; 0.10)
Sedentary behaviour at 35-37 weeks (<i>n</i> = 336)	Estimate (95% CI)	Estimate (95% CI)	Estimate (95% CI)	Estimate (95% CI)
Outcome expectancy GDM risk reduction	0.02 (-0.53; 0.57)	0.03 (-0.78; 0.82)	0.02 (-0.76; 0.70)	0.03 (-0.89; 0.83)
Outcome expectancy risk reduction baby	0.001 (-0.55; 0.55)	0.001 (-0.54; 0.62)	0.002 (-0.65; 0.68)	0.002 (-0.67; 0.68)
Task self-efficacy	-0.14 (-0.36; 0.09)	-0.25 (-0.80; 0.11)	-0.13 (-0.62; 0.07)	-0.31 (-1.03; 0.14)
Satisfaction with social support	-0.02 (-0.60; 0.57)	-0.01 (-0.44; 0.35)	-0.01 (-0.31; 0.23)	-0.01 (-0.34; 0.25)
Perceived risk for GDM	0.14 (-0.95; 1.23)	0.01 (-0.09; 0.30)	0.003 (-0.12; 0.19)	-0.003 (-0.19; 0.12)

Abbreviations: CI= Confidence Interval; HE=Healthy Eating; PA=Physical Activity; HE&PA= Healthy Eating & Physical Activity; GDM=gestational diabetes;

Table S2c. Sugared drink consumption at 24-28 weeks and 35-37 weeks, mediators at 24-28 weeks.

	Effect of mediator on sugared drink consumption (b-path)	Indirect effect (path a*b)		
		HE&PA	HE	PA
Sugared drink consumption at 24-28 weeks (n = 354)	Estimate (95% CI)	Estimate (95% CI)	Estimate (95% CI)	Estimate (95% CI)
Outcome expectancy GDM risk reduction	-0.25 (-0.66; 0.17)	-0.31 (-1.10; 0.25)	-0.31 (-1.05; 0.25)	-0.27 (-0.99; 0.18)
Outcome expectancy risk reduction baby	0.40 (-0.04; 0.85)	0.38 (0.02; 1.13)	0.38 (0.01; 1.21)	0.43 (0.02; 1.32)
Task self-efficacy	-0.24 (-0.42; -0.06)	-0.56 (-1.43; -0.07)	-0.48 (-1.27; -0.06)	-0.13 (-0.69; 0.11)
Satisfaction with social support	-0.11 (-0.57; 0.36)	-0.02 (-0.31; 0.07)	-0.04 (-0.34; 0.11)	-0.01 (-0.23; 0.07)
Perceived risk for GDM	-0.32 (-1.11; 0.46)	-0.01 (-0.23; 0.07)	-0.005 (-0.17; 0.10)	-0.004 (-0.16; 0.09)
Sugared drink consumption at 35-37 weeks (n = 295)	Estimate (95% CI)	Estimate (95% CI)	Estimate (95% CI)	Estimate (95% CI)
Outcome expectancy GDM risk reduction	0.05 (-0.63; 0.74)	0.08 (-0.86; 1.31)	0.07 (-0.69; 1.19)	0.08 (-0.78; 1.28)
Outcome expectancy risk reduction baby	0.05 (-0.66; 0.76)	0.06 (-0.79; 1.09)	0.06 (-0.76; 1.07)	0.07 (-0.86; 1.21)
Task self-efficacy	-0.24 (-0.51; 0.04)	-0.63 (-1.90; 0.20)	-0.54(-1.75; 0.15)	-0.29(-1.29; 0.07)
Satisfaction with social support	-0.17 (-0.93; 0.58)	-0.06 (-0.58; 0.14)	-0.08(-0.64; 0.24)	-0.02 (-0.43; 0.10)
Perceived risk for GDM	-0.58 (-1.79; 0.63)	-0.05 (-0.59; 0.07)	-0.03 (-0.50; 0.09)	-0.004 (-0.31; 0.19)

Abbreviations: CI= Confidence Interval; HE=Healthy Eating; PA=Physical Activity; HE&PA= Healthy Eating & Physical Activity; GDM=gestational diabetes; MVPA=moderate-to-vigorous physical activity.

Table S2d. Vegetable consumption at 24-28 weeks and 35-37 weeks, mediators at 24-28 weeks.

	Effect of mediator on vegetable consumption (b-path)	Indirect effect (path a*b)		
		HE&PA	HE	PA
Vegetable consumption at 24-28 weeks (n = 357)	Estimate (95% CI)	Estimate (95% CI)	Estimate (95% CI)	Estimate (95% CI)
Outcome expectancy GDM risk reduction	0.42 (-0.11; 0.95)	0.53 (-0.04; 1.42)	0.52 (-0.04; 1.44)	0.47 (-0.02; 1.38)
Outcome expectancy risk reduction baby	-0.22 (-0.79; 0.35)	-0.20 (-0.96; 0.23)	-0.20 (-0.04; 1.44)	-0.21 (-0.94; 0.27)
Task self-efficacy	0.15 (-0.08; 0.39)	0.34 (-0.15; 1.04)	0.36 (-0.17; 1.07)	0.08 (-0.08; 0.61)
Satisfaction with social support	-0.28 (-0.88; 0.32)	-0.03 (-0.40; 0.10)	-0.11 (-0.60; 0.08)	-0.02 (-0.35; 0.11)
Perceived risk for GDM	0.73(-0.30; 1.77)	0.06 (-0.08; 0.46)	0.02 (-0.14; 0.37)	-0.01 (-0.27; 0.18)
Vegetable consumption at 35-37 weeks (n = 303)	Estimate (95% CI)	Estimate (95% CI)	Estimate (95% CI)	Estimate (95% CI)
Outcome expectancy GDM risk reduction	-0.21 (-0.95; 0.52)	-0.36 (-1.85; 0.66)	-0.30 (-1.68; 0.56)	-0.31 (-1.60; 0.56)
Outcome expectancy risk reduction baby	0.47 (-0.32; 1.25)	0.57 (-0.18; 1.98)	0.52 (-0.18; 1.91)	0.56 (-0.17; 1.94)
Task self-efficacy	0.01 (-0.30; 0.32)	0.03 (-0.85; 0.81)	0.03 (-0.84 0.79)	0.01 (-0.32; 0.47)
Satisfaction with social support	-0.03 (-0.88; 0.83)	-0.004 (-0.36; 0.26)	-0.01 (-0.50; 0.45)	0.001 (-0.22; 0.27)
Perceived risk for GDM	0.03 (-1.33; 1.39)	0.004 (-0.24; 0.29)	0.002 (-0.18; 0.36)	0.000 (-0.18; 0.19)

Abbreviations: CI= Confidence Interval; HE=Healthy Eating; PA=Physical Activity; HE&PA= Healthy Eating & Physical Activity; GDM=gestational diabetes; MVPA=moderate-to-vigorous physical activity.

Table S2e. Carbohydrate consumption at 24-28 weeks and 35-37 weeks, mediators at 24-28 weeks.

	Effect of mediator on carbohydrate consumption (b-path)	Indirect effect (path a*b)		
		HE&PA	HE	PA
Carbohydrate consumption at 24-28 weeks (n = 328)	Estimate (95% CI)	Estimate (95% CI)	Estimate (95% CI)	Estimate (95% CI)
Outcome expectancy GDM risk reduction	-0.03 (-1.09; 1.02)	-0.05 (-1.97; 1.76)	-0.05 (-1.90; 1.63)	-0.03 (-1.30; 1.12)
Outcome expectancy risk reduction baby	0.16 (-0.99; 1.32)	0.16 (-1.00; 1.63)	0.17 (-1.04; 1.72)	0.12 (-0.69; 1.42)
Task self-efficacy	-0.19 (-0.66; 0.27)	-0.43 (-1.83; 0.69)	-0.45 (-1.87; 0.70)	-0.05 (-0.84; 0.24)
Satisfaction with social support	-0.20 (-1.41; 1.01)	-0.05 (-0.77; 0.22)	-0.08 (-0.82; 0.38)	0.004 (-0.30; 0.36)
Perceived risk for GDM	-1.41 (-3.39; 0.56)	-0.11 (-0.88; 0.17)	-0.03 (-0.61; 0.32)	-0.05 (-0.62; 0.27)
Carbohydrate consumption at 35-37 weeks (n = 270)	Estimate (95% CI)	Estimate (95% CI)	Estimate (95% CI)	Estimate (95% CI)
Outcome expectancy GDM risk reduction	0.04 (-1.91; 1.99)	0.07 (-2.96; 2.98)	0.06 (-2.41; 2.53)	0.05 (-2.20; 2.22)
Outcome expectancy risk reduction baby	0.47 (-1.59; 2.54)	0.62 (-1.20; 3.57)	0.57 (-1.15; 3.50)	0.48 (-0.91; 2.97)
Task self-efficacy	-0.17 (-0.95; 0.61)	-0.43 (-2.56; 1.44)	-0.43 (-2.56 1.50)	-0.13 (-1.39; 0.39)
Satisfaction with social support	-0.65 (-2.89; 1.60)	-0.26 (-2.05; 0.49)	-0.37 (-2.31; 0.79)	-0.02 (-0.98; 0.51)
Perceived risk for GDM	-2.02 (-5.47; 1.44)	-0.19 (-1.70; 0.23)	-0.20 (-1.66; 0.21)	-0.01 (-0.88; 0.65)

Abbreviations: CI= Confidence Interval; HE=Healthy Eating; PA=Physical Activity; HE&PA= Healthy Eating & Physical Activity; GDM=gestational diabetes; MVPA=moderate-to-vigorous physical activity.

Table S2f. Portion size at 24-28 weeks and 35-37 weeks, mediators at 24-28 weeks.

Portion size at 24-28 weeks (<i>n</i> = 346)	Effect of mediator on portion size (b-path)	Indirect effect (path a × b)		
	Estimate (95% CI)	HE&PA	HE	PA
		Estimate (95% CI)	Estimate (95% CI)	Estimate (95% CI)
Outcome expectancy GDM risk reduction	-0.66 (-1.54; 0.21)	-0.83 (-2.62; 0.17)	-0.87 (-2.70; 0.17)	-0.64 (-2.23; 0.10)
Outcome expectancy risk reduction baby	0.90 (-0.05; 1.86)	0.80 (0.05; 2.47)	0.97 (0.07; 2.73)	0.84 (0.05; 2.53)
Task self-efficacy	-0.26 (-0.66; 0.14)	-0.62 (-1.97; 0.40)	-0.63 (-1.96; 0.42)	-0.16 (-1.06; 0.14)
Satisfaction with social support	-0.67 (-1.66; 0.33)	-0.14 (-1.14; 0.13)	-0.27 (-1.35; 0.11)	-0.03 (-0.71; 0.26)
Perceived risk for GDM	-0.01 (-1.72; 1.70)	-0.004 (-0.22; 0.21)	-0.004 (-0.22; 0.19)	-0.0002 (-0.21; 0.19)
Portion size at 35-37 weeks (<i>n</i> =293)	Estimate (95% CI)	HE&PA	HE	PA
		Estimate (95% CI)	Estimate (95% CI)	Estimate (95% CI)
		Estimate (95% CI)	Estimate (95% CI)	Estimate (95% CI)
Outcome expectancy GDM risk reduction	-0.20 (-1.20; 0.81)	-0.31 (-2.11; 1.22)	-0.29 (-1.97; 1.18)	-0.24 (-1.75; 0.94)
Outcome expectancy risk reduction baby	0.37 (-0.70; 1.45)	0.41 (-0.66; 2.32)	0.47 (-0.80; 2.46)	0.42 (-0.68; 2.23)
Task self-efficacy	-0.39 (-0.81; 0.04)	-1.01 (-2.72; 0.09)	-1.00 (-2.71 0.10)	-0.41 (-1.62; 0.09)
Satisfaction with social support	-1.15 (-2.30; -0.01)	-0.35 (-1.46; 0.11)	-0.61 (-1.93; -0.03)	-0.10 (-0.98; 0.40)
Perceived risk for GDM	-0.15 (-2.02; 1.72)	-0.01 (-0.48; 0.20)	-0.02 (-0.47; 0.21)	0.002 (-0.21; 0.29)

Abbreviations: CI= Confidence Interval; HE=Healthy Eating; PA=Physical Activity; HE&PA= Healthy Eating & Physical Activity; GDM=gestational diabetes; MVPA=moderate-to-vigorous physical activity.

Table S3. Total (c-path) and direct (c'-path) intervention effects on lifestyle behaviours*.

Total effect	HE&PA vs UC	HE vs UC	PA vs UC
24-28 weeks	Beta (95% CI)	Beta (95% CI)	Beta (95% CI)
MVPA, MET-h/week**	0.27 (0.02, 0.52)	0.05 (-0.20, 0.29)	0.35 (0.10, 0.60)
Sedentary behaviour, MET-h/week	-2.46 (-4.51, -0.40)	-2.37 (-4.37, -0.36)	-2.09 (-4.13, -0.05)
Sugary drinks, portions /week	-1.31 (-4.22, 1.59)	-1.67 (-3.41, 0.07)	1.43 (-0.36, 3.22)
Vegetables, portions /week	2.49 (0.20, 4.79)	3.71 (1.47, 5.94)	0.12 (-2.16, 2.39)
Carbohydrates, portions /week	-1.78 (-6.24, 2.68)	-4.62 (-8.88, -0.35)	-2.44 (-6.79, 1.91)
Portion size, portions /week	-1.25 (-5.12, 2.62)	-5.48 (-9.19, -1.76)	-1.49 (-5.29, 2.31)
Total effect			
35-37 weeks			
MVPA, MET-h/week**	0.06 (-0.27, 0.38)	0.04 (-0.28, 0.36)	0.26 (-0.06, 0.58)
Sedentary behaviour, MET-h/week	-3.49 (-5.88, -1.10)	-1.12 (-3.48, 1.25)	-1.19 (-3.55, 1.17)
Sugary drinks, portions /week	-3.19 (-5.89, -0.50)	-1.45 (-4.09, 1.20)	1.51 (-1.15, 4.18)
Vegetables, portions /week	0.72 (-2.23, 3.68)	3.28 (0.33, 6.23)	-1.31 (-4.22, 1.59)
Carbohydrates, portions /week	-4.70 (-12.21, 2.80)	-4.94 (-12.29, 2.41)	-1.15 (-8.43, 6.13)
Portion size, portions /week	-4.01 (-8.14, 0.12)	-4.03 (-8.04, -0.02)	-0.04 (-4.06, 3.98)
Direct effect			
24-28 weeks			
MVPA, MET-h/week**	0.20 (-0.06; 0.45)	0.02 (-0.23; 0.26)	0.29 (0.04; 0.54)
Sedentary behaviour, MET-h/wk	-1.95 (-4.05; 0.14)	-2.09 (-4.12; -0.07)	-1.64 (-3.71; 0.44)
Sugary drinks, portions /week	-1.57 (-4.56; 1.42)	-1.23 (-2.98; 0.52)	1.42 (-0.37; 3.21)
Vegetables, portions /week	1.80 (-0.55; 4.14)	3.11 (0.83; 5.39)	-0.20 (-2.48; 2.09)
Carbohydrates, portions /week	-1.30 (-5.93; 3.33)	-4.18 (-8.59; 0.23)	-2.44 (-6.85; 1.98)
Portion size, portions /week	-0.46 (-4.43; 3.50)	-4.68 (-8.48; -0.87)	-1.50 (-5.32; 2.32)
Direct effect			
35-37 weeks			
MVPA, MET-h/week **	0.01 (-0.32; 0.34)	0.03 (-0.29; 0.36)	0.20 (-0.13; 0.53)
Sedentary behaviour, MET-h/week	-3.27 (-5.73; -0.81)	-1.01 (-3.42; 1.40)	-0.90 (-3.34; 1.54)
Sugary drinks, portions /week	-2.60 (-5.38; 0.19)	-0.91 (-3.61; 1.79)	1.69 (-1.03; 4.40)
Vegetables, portions /week	0.49 (-2.61; 3.60)	3.05 (-0.01; 6.10)	-1.57 (-4.56; 1.42)
Carbohydrates, portions /week	-4.52 (-12.41; 3.38)	-4.57 (-12.22; 3.08)	-1.52 (-9.00; 5.96)
Portion size, portions /week	-2.73 (-6.96; 1.48)	-2.59 (-6.66; 1.49)	0.29 (-3.73; 4.31)

Abbreviations: CI= Confidence Interval; UC= Usual Care; HE=Healthy Eating; PA=Physical Activity; HE&PA= Healthy Eating & Physical Activity; GDM=gestational diabetes; MVPA=moderate-to-vigorous physical activity.* The total intervention effects result from the parallel mediation analyses, therefore may differ slightly from results presented previously [9]. ** LN of MVPA