**Supplementary Material**

**S1.** ***Social Ties’ Efforts to Encourage Health Risk Behaviors (Self-Developed Items).***

1. How often do your peers encourage you to consume unhealthy foods?

* Very often
* Often
* Seldom
* Never

1. How often do your peers encourage you to drink a lot of alcohol?

* Very often
* Often
* Seldom
* Never

1. How often do your peers encourage you to not be physically active?

* Very often
* Often
* Seldom
* Never

1. How often do your parents encourage you to consume unhealthy foods?

* Very often
* Often
* Seldom
* Never

1. How often do your parents encourage you to drink a lot of alcohol?

* Very often
* Often
* Seldom
* Never

1. How often do your parents encourage you to not be physically active?

* Very often
* Often
* Seldom
* Never

1. How often does your romantic partner encourages you to consume unhealthy foods?1

* Very often
* Often
* Seldom
* Never

1. How often does your romantic partner encourages you to drink a lot of alcohol? 1

* Very often
* Often
* Seldom
* Never

1. How often does your romantic partner encourage you to not be physically active? 1

* Very often
* Often
* Seldom
* Never

**Supplementary Material**

**S2***.* ***Comparison of Completers and Dropouts.***

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | *Completers* | | *Drop-Outs* | |  |  |  |
|  | *M1* | *SD1* | *M1* | *SD1* | *t* | *df* | *p* |
| **Demographics** |  |  |  |  |  |  |  |
| Age | 20.71 | 2.68 | 20.47 | 2.58 | –.62 | 206 | .54 |
| Sex | 1.83 | .41 | 1.87 | .41 | .48 | 206 | .64 |
| Hometown | 1.05 | .22 | 1.00 | .01 | –1.32 | 206 | .19 |
| **Behavior** |  |  |  |  |  |  |  |
| FC | 19.64 | 2.59 | 19.63 | 2.76 | –.03 | 206 | .97 |
| PA | 24.42 | 5.86 | 22.85 | 5.79 | –1.61 | 206 | .11 |
| ND | 9.78 | 15.31 | 11.00 | 14.44 | .50 | 206 | .62 |
| BD | 1.89 | .91 | 2.01 | .94 | .75 | 206 | .46 |

*Note. FC* = food consumption; *PA* = physical activity; *ND* = number of drinks consumed per month; *BD* = binge drinking; *M1* = mean score at time 1; *SD1* = standard deviation at time 1; *t* = test of between-group differences; *df* = degrees of freedom.

**S3. *Bivariate Correlations Between All Model Variables.***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | ***M (SD)*** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **16** |
| **Behavior** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. FC-1 | 19.63 (2.72) | 1.00 | .14\* | 0.05 | 0.10 | .24\*\* | -0.07 | 0.00 | -0.05 | .62\*\* | -0.07 | -0.01 | -0.02 | 0.12 | -0.08 | -0.04 | -0.08 |
| 2. PA-1 | 23.19 (5.83) | .14\* | 1.00 | -0.03 | 0.06 | -0.15 | -.27\*\* | 0.01 | 0.04 | -0.03 | .78\*\* | -0.03 | -0.03 | -0.15 | -.29\*\* | 0.05 | -0.01 |
| 3. ND-1 | 10.74 (14.61) | 0.05 | -0.03 | 1.00 | .69\*\* | 0.04 | 0.12 | .38\*\* | .29\*\* | .23\*\* | 0.00 | .76\*\* | .53\*\* | 0.13 | 0.12 | .29\*\* | .34\*\* |
| 4. BD-1 | 1.98 (.93) | 0.10 | 0.06 | .69\*\* | 1.00 | 0.13 | 0.06 | .36\*\* | .38\*\* | .16\* | -0.01 | .56\*\* | .77\*\* | 0.14 | 0.04 | .34\*\* | .43\*\* |
| 5. FC-2 | 15.72 (2.57) | .24\*\* | -0.15 | 0.04 | 0.13 | 1.00 | 0.13 | 0.08 | 0.15 | .17\* | -0.15 | 0.00 | 0.11 | .79\*\* | 0.11 | 0.08 | 0.08 |
| 6. PA-2 | 13.88 (5.96) | -0.07 | -.27\*\* | 0.12 | 0.06 | 0.13 | 1.00 | 0.13 | 0.14 | 0.02 | -.18\* | 0.13 | 0.10 | .16\* | .81\*\* | .17\* | 0.09 |
| 7. ND-2 | 25.03 (27.68) | 0.00 | 0.01 | .38\*\* | .36\*\* | 0.08 | 0.13 | 1.00 | .66\*\* | 0.12 | 0.03 | .32\*\* | .35\*\* | 0.09 | 0.12 | .68\*\* | .65\*\* |
| 8. BD-2 | 1.97 (.90) | -0.05 | 0.04 | .23\*\* | .38\*\* | 0.15 | 0.14 | .66\*\* | 1.00 | -0.05 | 0.04 | .27\*\* | .34\*\* | 0.09 | 0.05 | .54\*\* | .77\*\* |
| **Expectation** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 9. FC-1 | 19.23 (2.72) | .62\*\* | -0.03 | .23\*\* | .16\* | .17\* | 0.02 | 0.12 | -0.05 | 1.00 | 0.05 | .16\* | 0.09 | 0.14 | 0.05 | 0.01 | 0.07 |
| 10. PA-1 | 21.34 (5.68) | -0.07 | .78\*\* | 0.00 | -0.01 | -0.15 | -.18\* | 0.03 | 0.04 | 0.05 | 1.00 | -0.01 | -0.05 | -0.14 | -.25\*\* | 0.05 | 0.00 |
| 11. ND-1 | 11.01 (13.15) | -0.01 | -0.03 | .76\*\* | .56\*\* | 0.00 | 0.13 | .32\*\* | .27\*\* | .16\* | -0.01 | 1.00 | .56\*\* | 0.06 | 0.14 | .21\*\* | .27\*\* |
| 12. BD-1 | 1.90 (.93) | -0.02 | -0.03 | .53\*\* | .77\*\* | 0.11 | 0.10 | .35\*\* | .34\*\* | 0.09 | -0.05 | .56\*\* | 1.00 | 0.12 | 0.11 | .26\*\* | .38\*\* |
| 13. FC-2 | 15.50 (2.63) | 0.12 | -0.15 | 0.13 | 0.14 | .79\*\* | .16\* | 0.09 | 0.09 | 0.14 | -0.14 | 0.06 | 0.12 | 1.00 | .27\*\* | 0.05 | .16\* |
| 14. PA-2 | 15.91 (5.84) | -0.08 | -.29\*\* | 0.12 | 0.04 | 0.11 | .81\*\* | 0.12 | 0.05 | 0.05 | -.25\*\* | 0.14 | 0.11 | .27\*\* | 1.00 | 0.10 | 0.14 |
| 15. ND-2 | 22.51 (30.68) | -0.04 | 0.05 | .29\*\* | .34\*\* | 0.08 | .17\* | .68\*\* | .54\*\* | 0.01 | 0.05 | .21\*\* | .26\*\* | 0.05 | 0.10 | 1.00 | .56\*\* |
| 16. BD-2 | 1.89 (.85) | -0.08 | -0.01 | .34\*\* | .43\*\* | 0.08 | 0.09 | .65\*\* | .77\*\* | 0.07 | 0.00 | .27\*\* | .38\*\* | .16\* | 0.14 | .56\*\* | 1.00 |

*Note. FC* = food consumption; *PA* = physical activity; *ND* = number of drinks consumed per month; *BD* = binge drinking; *-1* = time 1; *-2* = time 2; *M*= mean score; *SD*= standard deviation.

\* *p* < .05

\*\* *p* < .01