**Appendices (Supplementary)**

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| Table 1A. Codebook detailing variables used in the analyses: variable name, question wording in the survey, variable type and how they were coded |
| **Level** | **Item** | **Variable name †** | **Description** | **Variable Type** | **Values** |
| Outcome | EQ VAS | eqvas | Self-rated health operationalised by the question: "I would like to know how good or bad your health is TODAY. The scale is numbered from 0 to 100. 100 means the best health you can imagine. 0 means the worst case you can imagine." | Continuous | 0 to 100 |
| Individual level | Bonding-structural social capital | bonding | Standardised score of belonging to groups or having personal connections categorised as bonding (low connectedness), derived from binary responses to the following questions:"Do you belong to one of the following groups or associations?"*Bonding group memberships:* Church and religious meeting."Do you happen to personally know anyone who is a \_\_\_\_\_\_\_\_\_\_?"*Bonding personal connections:* Barangay captain, pastor and barangay health worker | Continuous | 0 (Low) to 1 (High) |
| Bridging-structural social capital | bridging | Standardised score of belonging to groups or having personal connections categorised as bridging high connectedness), derived from binary responses to the following questions:"Do you belong to one of the following groups or associations?"*Bridging group memberships:* Barangay association, finance or credit group, savings group, cooperative, political association."Do you happen to personally know anyone who is a \_\_\_\_\_\_\_\_\_\_?"*Bridging personal connections:* Health professional, priest, large business owner, member of a co-op. | Continuous | 0 (Low) to 1 (High) |
| Cognitive social capital | cognitive | Standardised score of binary responses to the following questions:"In general, would you say that most people can be trusted or that most people cannot be trusted?""Do you think most people would try to take advantage of you if they got a chance, or would they try to be fair?""Would you say that most of the time people try to be helpful, or that they are mostly just looking out for themselves?" | Continuous | 0 (Low) to 1 (High) |
| Age | age | Age of the respondent | Continuous | ≥18 |
| Sex | sex | Sex of the respondent | Categorical | 2 = Female1 = Male |
| Marital status | marstat | Marital status of the respondent | Categorical | 5 = Single4 = Widowed3 = Separated2 = Live-in1 = Married |
| Number of people in the household | hhnum | Number of people who usually sleep and eat in the participant's household | Continuous | ≥1 |
| Educational attainment | edu | Respondent's highest level of schooling completed | Categorical | 2 = College or higher1 = High school or below0 = None |
| Employment status | work | Whether the respondent is currently in work  | Categorical | 1 = Yes0 = No |
| Food security | foodsec | Standardised score of ordinal responses to the following questions:"Over the last MONTH, did your household (have)...No food to eat of any kind in your household?Go to sleep at night hungry?Go a whole day and night without eating?" | Continuous | 0 (Low) to 1 (High) |
| Hygiene | hygiene | Standardised score of ordinal responses to the following questions regarding handwashing practices:"How often do you wash your hands?""Do you have soap in your house?""Do all members of the household wash their hands with ash or soap after using the latrine?" | Continuous | 0 (Low) to 1 (High) |
| Religious identification | religion | What is your current religion? | Categorical | 5 = Other4 = Iglesia ni Cristo3 = Muslim2 = Protestant1 = Roman Catholic |
| Community level  | Community ID | cid | Unique identifying number of community where the respondent received *Transform* | Categorical | 1 to 44 |
| **†** Suffix "\_pre" used for baseline data; suffix "\_post" used for endline data |  |  |

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| Table 2A. Mean number of memberships types held by *Transform* participants, by group membership, calculated to differentiate bonding and bridging relationships |
| **Type of group** | **Mean number of membership types for members of…** |
| *Bonding* |  |
|  Church | 2.12 |
|  Religious meeting | 2.66 |
| *Bridging* |  |
|  Barangay association | 3.15 |
|  Finance or credit group | 3.37 |
|  Savings group | 3.55 |
|  Cooperative | 3.72 |
|  Political association | 4.04 |

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| Table 3A. Mean number of connection types held by *Transform* participants, by personal connection, calculated to differentiate bonding and bridging relationships  |
| **Type of connection** | **Mean number of connection types for people who know…** |
| *Bonding* |  |
|  Barangay captain | 3.88 |
|  Pastor | 3.94 |
|  Barangay health worker | 4.13 |
| *Bridging* |  |
|  Health professional | 4.46 |
|  Priest | 4.63 |
|  Large business owner | 5.32 |
|  Member of a co-op | 5.33 |

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| Table 4A. Correlation between social capital variables at baseline |
|  | **Bonding SC** | **Bridging SC** | **Cognitive SC** |
| **Bonding SC** | 1.00 |  |  |
| **Bridging SC** | 0.21 | 1.00 |  |
| **Cognitive SC** | 0.13 | 0.00 | 1.00 |
|  |  |  |  |
| Table 5A. Correlation between social capital variables at endline |
|  | **Bonding SC** | **Bridging SC** | **Cognitive SC** |
| **Bonding SC** | 1.00 |  |  |
| **Bridging SC** | 0.25 | 1.00 |  |
| **Cognitive SC** | 0.09 | -0.01 | 1.00 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
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| Table 6A. Multilevel mixed-effects linear regression testing the impact of social capital on self-rated health, pre-*Transform* (Baseline data) |
| Variables | Unstandardised estimate (S.E.) |
|   | Model 1 | Model 2 | Model 3 |
| *Fixed effects* |  |  |  |
|  Bonding SC |  |  1.72 (1.84) |  1.77 (2.41) |
|  Bridging SC |  | -3.45 (2.44) | -3.18 (8.26) |
|  Cognitive SC |  |  3.22 (1.11)\*\* |  3.22 (1.11)\*\* |
|  |  |  |  |
|  Age |  | -0.28 (0.03)\*\*\* | -0.28 (0.03)\*\*\* |
|  |  |  |  |
|  *Sex* |  |  |  |
|  Male | *- reference category -* |
|  Female |  | -0.48 (1.09) | -0.48 (1.09) |
|  |  |  |  |
|  *Marital Status* |  |  |  |
|  Married | *- reference category -* |
|  Live-in |  | -1.35 (0.93) | -1.35 (0.93) |
|  Separated |  | -4.35 (1.97)\* | -4.35 (1.97)\* |
|  Widowed |  |  0.01 (1.17) |  0.01 (1.17) |
|  Single |  | -2.58 (2.68) | -2.58 (2.68) |
|  |  |  |  |
|  *Number of people in household* |  |  0.41 (0.17)\* |  0.41 (0.17)\* |
|  |  |  |  |
|  *Highest educational attainment* |  |  |  |
|  None | *- reference category -* |
|  High school or below |  | -1.71 (1.45) | -1.71 (1.46) |
|  College or above |  |  1.26 (1.51) |  1.26 (1.52) |
|  |  |  |  |
|  *Is the respondent in work?* |  |  |  |
|  No | *- reference category -* |
|  Yes |  |  1.48 (0.81) |  1.48 (0.81) |
|  |  |  |  |
|  *Religion* |  |  |  |
|  Roman Catholic | *- reference category -* |
|  Protestant |  |  0.70 (0.81)  |  0.70 (0.81)  |
|  Muslim |  |  0.73 (3.24) |  0.73 (3.26) |
|  Iglesia ni Cristo |  | -0.85 (4.37) | -0.85 (4.36) |
|  Other |  | -0.53 (1.27) | -0.53 (1.27) |
|  |  |  |  |
|  *Food security* |  | 11.23 (3.21)\*\*\* | 11.23 (3.21)\*\*\* |
|  *Hygiene* |  |  5.46 (1.86)\*\* |  5.46 (1.86)\*\* |
|  |  |  |  |
|  *Intercept* | 80.55 (0.52)\*\*\* | 69.72 (3.74)\*\*\* | 69.67 (3.89)\*\*\* |
|  |  |  |  |
| *Random effects* |  |  |  |
|  *Level 1 variance* | 216.22 (23.34) | 168.69 (18.27) | 168.69 (18.27) |
|  *Level 2* |  |  |  |
|  Variance of random intercepts (RI) | 6.48 (2.34) | 5.45 (1.79) | 5.45 (1.79) |
|  |  |  |  |
|  ICC | 0.029 | 0.031 | 0.031 |
|  |  |  |  |
| *Model information criteria* |  |  |  |
|  -2 log-likelihood | -8915.12 | -7753.72 | -7753.72 |
|  AIC | 17836.24 | 15551.43 | 15553.43 |
| Ni = 1942, Nj = 44 |  |  |
| \* p < 0.05; \*\* p < 0.01; \*\*\* p < 0.001 |  |  |  |

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| Table 7A. Multilevel mixed-effects linear regression testing the impact of social capital on self-rated health, post-*Transform* (Endline data) |
| Variables | Unstandardised estimate (S.E.) |
|   | Model 1 | Model 2 | Model 3 | Model 4 |
| *Fixed effects* |  |  |  |  |
|  Bonding SC |  | -4.44 (3.31) | -3.25 (2.24) | -10.15 (4.20)\* |
|  Bridging SC |  |  6.20 (3.16)\* |  5.38 (2.19)\* | -7.80 (12.46) |
|  Cognitive SC |  |  4.22 (2.66) |  5.42 (2.77)\* |  10.14 (4.12)\* |
|  |  |  |  |  |
|  Bonding SC x Bridging SC |  |  |  | 27.26 (13.82)\* |
|  Bonding SC x Cognitive SC |  |  |  |  |
|  Bridging SC x Cognitive SC |  |  |  | -13.94 (6.99)\* |
|  |  |  |  |  |
|  Age |  | -0.15 (0.04)\*\*\* | -0.15 (0.04)\*\*\* | -0.15 (0.04)\*\*\* |
|  |  |  |  |  |
|  *Sex* |  |  |  |  |
|  Male |  | *- reference category -* |
|  Female |  | -0.04 (2.27) | -0.21 (1.66) | -0.11 (2.16) |
|  |  |  |  |  |
|  *Marital Status* |  |  |  |  |
|  Married |  | *- reference category -* |
|  Live-in |  | -1.81 (1.37) | -1.69 (1.13) | -1.55 (1.40) |
|  Separated |  | -1.56 (2.85) | -1.72 (3.66) | -1.31 (3.06) |
|  Widowed |  | -4.88 (2.85) | -3.71 (2.04) | -3.77 (2.50) |
|  Single |  | -0.61 (3.28) | -1.23 (2.90) | -1.09 (3.00) |
|  |  |  |  |  |
|  *Number of people in household* |  |  0.18 (0.21) | 0.13 (0.24) | 0.13 (0.20) |
|  |  |  |  |  |
|  *Highest educational attainment* |  |  |  |  |
|  None |  | *- reference category -* |
|  High school or below |  |  2.53 (3.88) |  3.54 (2.22) | 3.63 (3.85) |
|  College or above |  |  4.30 (4.26) |  5.81 (2.71)\* | 5.74 (4.24) |
|  |  |  |  |  |
|  *Is the respondent in work?* |  |  |  |  |
|  No |  | *- reference category -* |
|  Yes |  |  0.64 (1.27) |  0.68 (0.93) | 0.76 (1.17) |
|  |  |  |  |  |
|  *Religion* |  |  |  |  |
|  Roman Catholic |  | *- reference category -* |
|  Protestant |  |  2.59 (1.22)\* |  2.98 (0.96)\*\* | 2.68 (1.16)\* |
|  Muslim |  |  7.93 (4.02)\* |  6.95 (9.19) | 6.66 (2.05)\*\*\* |
|  Iglesia ni Cristo |  |  9.24 (1.63)\*\*\* |  7.07 (5.60) | 7.16 (2.55)\*\* |
|  Other |  | -0.98 (2.67) |  1.02 (1.54) | 1.19 (1.82) |
|  |  |  |  |  |
|  *Food security* |  | 30.00 (8.72)\*\*\* | 27.04 (5.23)\*\*\* | 26.18 (8.92)\*\* |
|  *Hygiene* |  | 19.27 (3.10)\*\*\* | 19.41 (2.54)\*\*\* | 19.77 (2.82)\*\*\* |
|  |  |  |  |  |
|  *Intercept* | 79.71 (0.74)\*\*\* | 31.81 (10.02)\*\*\* | 31.78 (5.53)\*\*\* | 34.31 (10.12)\*\* |
|  |  |  |  |  |
| *Random effects* |  |  |  |  |
|  *Level 1 variance* | 375.87 (37.90) | 361.71 (36.09) | 326.28 (10.76) | 323.96 (31.17) |
|  *Level 2* |  |  |  |  |
|  Variance of random intercepts (RI) | 14.82 (5.89) | 15.65 (6.21) | 196.60 (53.09) | 195.74 (72.06) |
|  Variance of random slopes (RS)  |  |  | 256.37 (71.25) | 256.41 (82.10) |
|  Covariance between the RI and RS  |  |  | -216.55 (59.85) | -215.56 (75.40) |
|  |  |  |  |  |
|  ICC | 0.038 | 0.041 |  |  |
|  |  |  |  |  |
| *Model information criteria* |  |  |  |  |
|  -2 log-likelihood | -9517.59 | -8436.89 | -8374.24 | -8368.31 |
|  AIC | 19041.18 | 16917.78  | 16796.48  | 16788.62 |
| Ni = 1928, Nj = 44 |  |  |  |
| \* p < 0.05; \*\* p < 0.01; \*\*\* p < 0.001 |  |  |  |  |

Table 9A. Likelihood ratio tests comparing multilevel models |  |
|   | SL | Model 1 (VC) | Model 2 (RI) | Model 3 (RS) | Model 4 (RS) |
| *Pre-Transform* |  |  |  |  |  |
|  Log-likelihood | -8929.50 | -8915.12 | -7753.72 |  |  |
|  d.f. |  | 1 |  |  |  |
|  LR chi2 |  | 28.76 |  |  |  |
|  p |  | 0.00 |  |  |  |
|  |  |  |  |  |  |
| *Post-Transform* |  |  |  |  |  |
|  Log-likelihood | -9535.78 | -9517.58 | -8436.89 | -8374.24 | -8368.31 |
|  d.f. |  | 1 |  | 2 | 2 |
|  LR chi2 |  | 36.38 |  | 125.31 | 11.85 |
|  p |   | 0.00 |   | 0.00 | 0.00 |