**Supplemental Digital Content Table 2**: Odds of missing data (logistic regression) in 136 intervention (Int) and 95 control (C) participants a

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|  | | **Activity models** | |
|  | **OR (95% CI)** | **p** |
| Missing (Int) | 44 (33%) |  |
| Missing (C) | 31 (33%) |  |
| Intervention group (Y/N) | 0.99 (0.35, 2.75) | .979 |
| Age (years) | 1.01 (0.96, 1.06) | .603 |
| Female (Y/N) | 1.42 (0.77, 2.59) | .236 |
| Physical QoL score | 0.93 (0.63, 1.38) | .711 |
| Mental QoL score | 1.01 (0.57, 1.76) | .983 |
| FFBQ score | 1.25 (0.58, 2.73) | .542 |
| Fatigue score | 1.00 (0.93. 1.07) | .933 |
| BMI (log), kg/m2 | 2.06 (0.58, 7.33) | .239 |
| TV viewing (log) h/day | 0.77 (0.54, 1.11) | .146 |
| Caucasian (Y/N) | 0.50 (0.24, 1.05) | .065 |
| Married/living together (Y/N) | 1.11 (0.58, 2.13) | .727 |
| Post school education (Y/N) | 0.59 (0.28, 1.23) | .145 |
| Currently smoke (Y/N) | 2.44 (0.88, 6.76) | .082 |
| **Musculoskeleta**l |  |  |
| Lower back |  | *.842* |
| No problem | 1 (ref) |  |
| Asymptomatic | 0.90 (0.47, 1.70) | .719 |
| Symptomatic | 1.17 (0.48, 2.83) | .706 |
| Upper extremities |  | *.585* |
| No problem | 1 (ref) |  |
| Asymptomatic | 0.70 (0.29, 1.73) | .414 |
| Symptomatic | 0.94 (0.41, 2.18) | .883 |
| Lower extremities |  | *.290* |
| No problem | 1 (ref) |  |
| Asymptomatic | 1.45 (0.66, 3.20) | .326 |
| Symptomatic | 1.91 (0.82, 4.43) | .120 |
| Weekly sleep problems (Y/N) | 0.91 (0.39, 2.12) | .812 |
| Weekly headaches (Y/N) | 0.85 (0.27, 2.68) | .767 |
| Sitting (log) h/16-h day | 2.54 (0.28, 22.98) | .378 |
| MVPA stepping (log) min/16-h | 0.63 (0.20, 1.98) | .399 |
| Job control (High/Low) | 0.72 (0.33, 1.58) | .386 |
| Productivity High/Low) | 0.64 (0.36, 1.15) | .125 |
| Mental demands High/Low) | **1.95 (1.04, 3.66)** | **.038** |

Table presents odds ratio (OR) with 95% confidence interval (CI) and p-value from logistic regression. All yes/no (Y/N) variables compare yes versus no and high/low variables compare high versus low.

a Participants are considered to have missing data if data are missing for any of the outcomes at any timepoint, or for any of the covariates used in models for these outcomes.