**Supplemental Digital Content Table 5**: Changes from baseline in mean activity, and differences between intervention and control groups, adjusting for confounders (multiple imputation analysis)a

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Outcome** |  | **Time** |  | **Intervention (n=136)** |  | **Control (n=95)** |  | **Intervention – Control** | | | **p** |
|  |  |  |  | **Change in mean**  **(95% CI) a** |  | **Change in mean**  **(95% CI) a** |  | **Difference**  **(95% CI) b** |  | **p** | **3M vs 12M** |
| **Workplace** |  |  |  |  |  |  |  |  |  |  |  |
| Sittingc , min/8h |  | 3M |  | **-105.6 (-123.8, -87.3)\*\*\*** |  | -8.0 (-18.7, 2.8) |  | **-97.6 (-119.0, -76.2)** |  | **<0.001** | **<0.001** |
| *Baseline =* 387.3 |  | 12M |  | **-59.4 (-77.5, -41.3)\*\*\*** |  | -12.6 (-27.9, 2.7) |  | **-46.8 (-69.9, -23.7)** |  | **<0.001** |
|  |  | All |  | **-80.9 (-97.7, -64.2)\*\*\*** |  | -10.2 (-22.0, 1.5)^ |  | **-70.7 (-91.1, -50.3)** |  | **<0.001** |
| Sitting ≥30 min bouts, min/8h |  | 3M |  | **-85.8 (-101.5, -70.1)\*\*\*** |  | -14.8 (-33.0, 3.4) |  | **-71.0 (-94.9, -47.0)** |  | **<0.001** | **<0.001** |
| *Baseline = 202.3* |  | 12M |  | **-48.2 (-69.5,-26.9)\*\*\*** |  | **-34.2 (-57.1, -11.3)\*\*** |  | -14.0 (-45.1, 17.0) |  | 0.376 |
|  |  | All |  | **-67.0 (-83.4, -50.7)\*\*\*** |  | **-24.5 (-42.7, -6.4)\*\*** |  | **-42.5 (-67.1, -17.9)** |  | **<0.001** |
| Standingc, min/8h |  | 3M |  | **98.3 (82.9, 113.7)\*\*\*** |  | 5.5 (-1.9, 12.8) |  | **92.8 (75.6, 110.0)** |  | **<0.001** | **<0.001** |
| *Baseline = 59.9* |  | 12M |  | **53.7 (38.3, 69.1)\*\*\*** |  | **11.5 (0.5, 22.5)\*** |  | **42.2 (23.8, 60.6)** |  | **<0.001** |
|  |  | All |  | **74.1 (60.2, 88.1)\*\*\*** |  | **8.4 (0.4, 16.4)\*** |  | **65.7 (49.8, 81.6)** |  | **<0.001** |
| Steppingc, min/8h |  | 3M |  | 2.1 (-0.9, 5.2) |  | 1.8 (-1.4, 5.0) |  | 0.3 (-4.1, 4.7) |  | 0.882 | 0.700 |
| *Baseline = 30.0* |  | 12M |  | -0.0 (-3.1, 3.1) |  | 0.3 (-3.3, 3.9) |  | -0.3 (-5.0, 4.4) |  | 0.895 |
|  |  | All |  | 1.0 (-1.9, 3.9) |  | 1.0 (-2.1, 4.2) |  | -0.0 (-4.3, 4.3) |  | 0.961 |
| Light steppingc, min/8h |  | 3M |  | **1.3 (0.5, 2.0)\*\*** |  | 0.4 (-0.3, 1.0) |  | 0.9 (-0.1, 1.9) |  | 0.078 | **0.022** |
| *Baseline = 6.0* |  | 12M |  | 0.5 (-0.2, 1.2) |  | 0.5 (-0.3, 1.3) |  | 0.0 (-1.0, 1.1) |  | 0.983 |
|  |  | All |  | **0.9 (0.2, 1.5)\*\*** |  | 0.4 (-0.2, 1.1) |  | 0.4 (-0.5, 1.4) |  | 0.300 |
| MVPA steppingc, min/8h |  | 3M |  | 0.9 (-1.5, 3.2) |  | 1.3 (-1.3, 3.9) |  | -0.4 (-4.0, 3.1) |  | 0.801 | 0.835 |
| *Baseline=23.5* |  | 12M |  | -0.6 (-3.1, 1.9) |  | -0.5 (-3.4, 2.4) |  | -0.1 (-3.9, 3.7) |  | 0.948 |
|  |  | All |  | 0.1 (-2.2, 2.4) |  | 0.4 (-2.1, 2.9) |  | -0.3 (-3.7, 3.1) |  | 0.842 |
| Usual bout duration |  | 3M |  | **-7.1 (-9.2, -5.1)\*\*\*** |  | **-2.5 (-4.8, -0.2)\*** |  | -4.6 (-7.7, -1.5) |  | **0.003** | **<0.001** |
| *Baseline=32.6* |  | 12M |  | **-3.3 (-6.0, -0.6)\*** |  | **-5.7 (-8.9, -2.6)\*\*\*** |  | 2.4 (-1.6, 6.5) |  | 0.241 |
|  |  | All |  | **-5.2 (-7.3, -3.1)\*\*\*** |  | **-4.1 (-6.4, -1.8)\*\*** |  | -1.1 (-4.2, 2.0) |  | 0.081 |
| **Overall** |  |  |  |  |  |  |  |  |  |  |  |
| Sitting, min/16h |  | 3M |  | **-79.6 (-98.8, -60.4)\*\*\*** |  | 1.1 (-19.8, 22.0) |  | **-80.8 (-109.3, -52.2)** |  | **<0.001** | **<0.001** |
| *Baseline = 620.6* |  | 12M |  | **-43.1 (-64.7, -21.5)\*\*\*** |  | -8.4 (-32.6, 15.9) |  | **-34.8 (-66.5, -3.1)** |  | **0.032** |
|  |  | All |  | **-61.4 (-80.2, -42.5)\*\*\*** |  | -3.6 (-24.2, -16.9) |  | **-57.8 (-85.3, -30.2)** |  | **<0.001** |
| Standing, min/16h |  | 3M |  | **77.1 (59.7, 94.4)\*\*\*** |  | -0.3 (-19.4, 18.9) |  | **77.3 (51.2, 103.4)** |  | **<0.001** | **<0.001** |
| *Baseline = 236.0* |  | 12M |  | **46.4 (26.2, 66.6)\*\*\*** |  | 9.1 (-13.8, 32.0) |  | **37.3 (7.4, 67.3)** |  | **0.015** |
|  |  | All |  | **61.7 (44.2, 79.4)\*\*\*** |  | 4.4 (-14.9, 23.7) |  | **57.3 (31.5, 83.2)** |  | **<0.001** |
| Stepping, min/16h |  | 3M |  | 1.8 (-3.8, 7.3) |  | 0.5 (-5.7, 6.6) |  | 1.3 (-7.0, 9.6) |  | 0.763 | **0.017** |
| *Baseline = 103.4* |  | 12M |  | **-6.6 (-12.5, -0.6)\*** |  | 0.6 (-6.2, 7.4) |  | -7.2 (-16.2, 1.8) |  | 0.118 |
|  |  | All |  | -2.4 (-7.7, 2.9) |  | 0.6 (-5.4, 6.5) |  | -2.9 (-10.9, 5.0) |  | 0.497 |

^ p<0.1 (change from baseline) \* p<0.05 change from baseline \*\* p<0.01 change from baseline \*\*\* p<0.001 change from baseline

a all differences between groups and changes over time are estimated as adjusted means, estimated from MI marginal means, with baseline values of the outcome and all confounders set to the overall mean, with the means backtransformed to original units for transformed outcomes. Changes are estimated from marginal means for predicted mean – mean baseline value; differences between groups are estimated from marginal means at three months, 12 months and overall (i.e., across both 3- and 12- month follow-ups combined) from models including a group x timepoint (3M/12M interaction)

b mean difference, 95% CI estimated from pairwise comparisons of marginal means at mean values of baseline levels and all covariates (at 3-months, at 12-months and overall) all derived from models including a group x timepoint (3M/12M) interaction; p-value from coefficient for group (for 3M, with interaction group x timepoint (3M/12M) with 3M = referent; for 12M, with interaction group x timepoint (3M/12M) with 12M = referent; for overall, omitting the group x timepoint interaction)

c outcome modelled as log of outcome or as log of 480 for workplace sitting; results in tables are presented back-transformed to original units