**Supplemental Content 2: Table 2. Descriptive Statistics for Multicontext Sitting Questionnaire (MSTQ) instrument**

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| --- | --- | --- | --- | --- |
|  |  | **Mean (S.D.)** | **Median** | **n** |
| *Workday sleeping and sitting (hours/day)* |  |  |  |
|  | sleeping per night | 6.4 (1.2) | 6.3 | 89 |
|  | sitting while working, reading or studying | 5.7 (2.4) | 6.0 | 88 |
|  | sitting while watching TV | 2.2 (1.4) | 2.0 | 87 |
|  | sitting while using a computer/videogame | 1.8 (2.0) | 1.0 | 86 |
|  | sitting during transportation | 1.8 (3.3) | 1.0 | 88 |
|  | sitting while talking/texting/socializing | 2.0 (3.5) | 1.0 | 88 |
| *Non-Workday sleeping and sitting (hours/day)* |  |  |  |
|  | sleeping per night | 7.1 (1.5) | 7.0 | 88 |
|  | sitting while working, reading or studying | 2.5 (2.2) | 2.0 | 84 |
|  | sitting while watching TV | 3.4 (2.3) | 3.0 | 86 |
|  | sitting while using a computer/videogame | 1.5 (1.4) | 1.0 | 85 |
|  | sitting during transportation | 1.7 (1.2) | 1.0 | 87 |
|  | sitting while talking/texting/socializing | 2.2 (2.1) | 2.0 | 86 |

Note: 89% of the respondents stated their answers in MSTQ reflected their normal activity levels. 9% stated their ability to move was reduced during injury/illness (at some time during the past 2 weeks prior to the survey). Standard deviations are displayed in the parentheses. n is sample size.