**Table S3.** Outcomes of the randomized controlled trials evaluating the effects of home-based PA on depression and anxiety

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Study | N | Participation | Drop-out | Adherence | Depression or anxiety instrument | Time of measurement | Intervention | Control | Study outcomes | PA outcomes |
| McNeil 2019 | n = 30 (LI:15, C:15) | 84.9% | LI: 0%  C: 6.7% (n = 1) | PA: 96% (5) | PHQ-9 | Baseline | 3.4 (3.0) | 4.5 (4.9) | Change 12 weeks I vs C = -0.8, p = 0.25  Change 24 weeks I vs C = 1.9, p = 0.39 | I: higher increase in moderate to vigorous PA (p = 0.0) and greater decrease in sedentary time (p = 0.02) than C from baseline to 12 weeks (accelerometer).  No increase in I compared to C in total PA (p = 0.07) and low-intensity PA ((p = 0.50) from baseline to 12 weeks (accelerometer).  No increase in I compared to C in total PA (p = 0.34), moderate to vigorous PA (p = 0.12), low-intensity PA ((p = 0.90) and sedentary time (p = 0.99) from baseline to FU of 12 weeks (accelerometer). |
|  |  | Post: 12 weeks | 2.8 (2.0) | 4.7 (2.8) |
|  | FU: 12 weeks | 3.9 (4.2) | 3.6 (3.9) |
| Pernar 2017 | n = 41 (I:21, C:20) | 59.4% | I: 0%  C: 0% | Materials: Diary records daily steps: 81%  PA: 62% 10.000 steps norm  93% attended at least 9 group walking sessions | HADS-D | Baseline | 3.2 | 3.0 | Change I vs C = -0.5, p = 0.21 | NA |
|  |  | Post: 11 weeks | 3.0 | 3.3 |
|  |  |  |  | HADS-A | Baseline | 3.5 | 3.6 | Change I vs C = -0.2, p = 0.93 |  |
|  |  | Post: 11 weeks | 3.7 | 4.0 |

Scores represent mean (SD), higher score represents more symptoms.

Abbreviations: C, control; HADS-A, Hospital Anxiety and Depression Scale – anxiety subscale; HADS-D, Hospital Anxiety and Depression Scale – depression subscale; I, intervention; LI, low intensity intervention group; NA, not available; PA physical activity, PHQ-9 Patient Health Questionnaire 9.