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| **Supplemental Content 5.** Associations of physical workplace characteristics with steps and sit-to-stand transitions. | | | |
|  | **Steps per workday** | **Sit-to-stand transitions per workday** |
| **Office type (office)**  Private (*n*=94)  Semi-private (*n*=37)  Public (*n*=49) | Reference  45.6±326.8  –48.7±303.7 | Reference  –1.5±2.0  3.8±1.9a |
| **Office type (home)**  Private (*n*=62)  Semi-private (*n*=9)  Public (*n*=19) | Reference  550.4±371.7  435.8±493.1 | Reference  1.3±2.9  2.6±3.8 |
| **Printer location (office)**  Personal printer (*n*=38)  Shared printer (*n*=141) | Reference  –509.3±307.7 | Reference  –2.2±1.8 |
| **Printer location (home)**  Personal printer (*n*=43)  Shared printer (*n*=23)  Don’t use printer (*n*=24) | Reference  837.5±368.2a  315.0±375.4 | Reference  –5.7±2.8a  4.5±2.9 |
| **Trashcan location (office)**  Personal trash (*n*=162)  Shared trash (*n*=18) | Reference  632.7±429.7 | Reference  6.7±2.7a |
| **Trashcan location (home)**  Personal trash (*n*=75)  Shared trash (*n*=15) | Reference  45.0±410.5 | Reference  –1.1±3.1 |
| **Restroom location (office)**  Same floor (*n*=175)  Different floor (*n*=5) | Reference  557.9±763.6 | Reference  1.1±4.8 |
| **Restroom location (home)**  Same floor (*n*=77)  Different floor (*n*=13) | Reference  386.0±416.6 | Reference  0.5±3.2 |
| **Traveling to different floor (office)**  Don’t change (*n*=31)  Stairs (*n*=88)  Elevator (*n*=60) | Reference  340.3±351.0  707.1±363.1b | Reference  –4.1±2.2b  –2.1±2.2 |
| **Traveling to different floor (home)**  Don’t change (*n*=26)  Stairs (*n*=50)  Elevator (*n*=11) | Reference  20.9±338.5  537.2±528.7 | Reference  0.6±2.5  2.1±3.9 |
| **Stairwell description (office)**  No stairwells (*n*=52)  Attractive (*n*=103)  Unattractive (*n*=19) | Reference  –186.7±277.4  –1017.4±441.2a | Reference  –1.2±1.7  4.1±2.7 |
| **Stairwell description (home)**  No stairwells (*n*=12)  Attractive (*n*=67)  Unattractive (*n*=10) | Reference  –650.3±429.0  –793.4±608.4 | Reference  –6.9±3.2a  –4.7±4.6 |
| **Stairwell location (office)**  Can’t see stairs @ desk (*n*=55)  Can see stairs @ desk (*n*=107) | Reference  –126.9±278.3 | Reference  –2.0±1.6 |
| **Stairwell location (home)**  Can’t see stairs @ desk (*n*=30)  Can see stairs @ desk (*n*=50) | Reference  –194.3±319.7 | Reference  –0.03±2.2 |
| **Access to common/break room (office)**  No (*n*=32)  Yes (*n*=148) | Reference  706.8±322.2a | Reference  1.2±2.0 |
| **Access to common/break room (home)**  No (*n*=12)  Yes (*n*=77) | Reference  180.7±441.7 | Reference  2.3±3.4 |
| **OFFESS subscales (office)**  Local connectivity (*n*=179)  Overall connectedness (*n*=179) | 120.3±215.6  455.0±212.4a | 0.3±1.4  –0.9±1.3 |
| **OFFESS subscales (home)**  Local connectivity (*n*=87)  Overall connectedness (*n*=89) | –30.1±301.1  141.5±268.4 | 3.2±2.3  0.7±2.1 |
| Results are reported as adjusted β ± standard error with adjustments for age, body mass index, gender, and work wear time. OFFESS, Office Environment and Sitting Scale; SB, sedentary behavior; SB30, duration of time spent in bouts of sedentary behavior ≥30 minutes; SB60, duration of time spent in bouts of sedentary behavior ≥60 minutes.  a Indicates p≤0.05.  b Indicates p between 0.05 and 0.10. | | |