

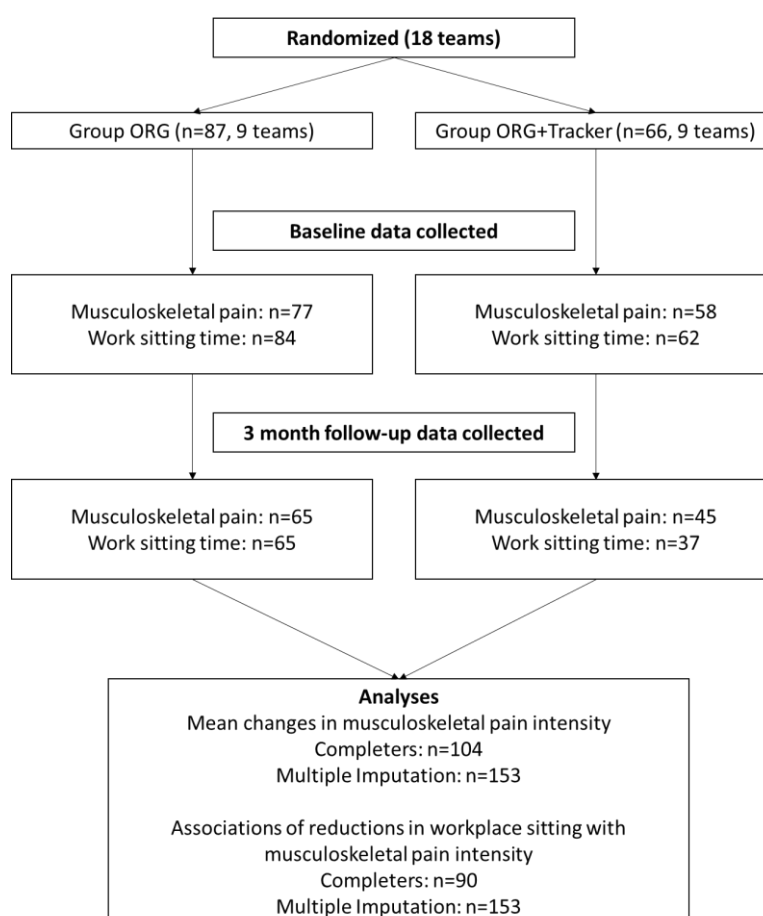


Supplementary Materials

Evaluating Short-Term Musculoskeletal Pain Changes in Desk-Based Workers Receiving a Workplace Sitting-Reduction Intervention

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Supplemental Table S1. Participant flow chart.



Supplemental Table S2. Prevalence of pain at baseline and three months in all Stand Up Lendlease participants.

	Baseline (<i>n</i> = 135)	3 months (<i>n</i> = 110)
Neck pain	56 (41.5%)	45 (40.9%)
Upper extremity pain	62 (45.9%)	45 (40.9%)
Upper back pain	39 (28.9%)	24 (21.8%)
Lower back pain	54 (40.0%)	41 (37.3%)
Lower extremity pain	57 (42.2%)	49 (44.5%)
<i>Number of areas with pain (/5), n(%)</i>		
0	28 (20.7%)	26 (23.6%)
1	30 (22.2%)	27 (24.5%)
2	28 (20.7%)	18 (16.4%)
3	21 (15.6%)	24 (21.8%)
4	21 (15.6%)	6 (5.5%)
5	7 (5.2%)	9 (8.2%)

Supplemental Table S3. The odds of missing data on three-month pain and activity changes by baseline characteristics in all Stand Up Lendlease participants at baseline.

Characteristic	<i>n</i>	Odds Ratio (95% CI)	<i>p</i>
Intervention arm (ORG + Tracker vs ORG)	153	1.52 (0.66, 3.53)	0.305
Age, per 10 years	143	1.08 (0.65, 1.78)	0.754
Sex (female vs male)	153	0.53 (0.26, 1.05)	0.065
Body mass index, kg/m ²	118	1.02 (0.87, 1.19)	
Job category	153		0.061
Senior leader/team leader	25	1 (ref)	
Other managerial	80	1.34 (0.36, 4.94)	0.643
General staff	48	0.38 (0.08, 1.87)	0.216
Weekday work hours, h/workday	149	1.45 (0.92, 2.27)	0.101
Education (university vs <university)	144	1.15 (0.44, 2.99)	0.760
Currently smoke (yes vs no)	135	1.82 (0.55, 6.03)	0.302
Sitting knowledge (1-5), per unit	134	0.50 (0.26, 0.95)	0.037
Physical quality of life (0-100), per 10 units	128	0.87 (0.57, 1.32)	0.495
Mental quality of life (0-100), per 10 units	128	1.14 (0.88, 1.47)	0.311
Stress (1-10), per unit	131	1.03 (0.91, 1.17)	0.590
Job performance (1-10), per unit	131	1.05 (0.66, 1.64)	0.839
Job control (1-10), per unit	129	1.21 (1.00, 1.47)	0.049
Supervisor relations (1-10), per unit	131	1.02 (0.79, 1.30)	0.898
Work satisfaction (1-10), per unit	131	1.12 (0.73, 1.72)	0.570
Total pain (0-9), per unit	135	0.71 (0.49, 1.03)	0.069
Work sitting, per h/10h workday	146	0.78 (0.55, 1.12)	0.162
Work prolonged sitting, per h/10h workday	146	0.85 (0.62, 1.16)	0.284
MVPA, per 10 min/16h day	149	1.03 (0.90, 1.18)	0.627

Table presents odds ratio (OR) and 95% confidence interval (CI) from logistic regression models, using linearized variance estimation ('survey commands') to correct for clustering. MVPA = moderate-vigorous physical activity.

Supplemental Table S4. Associations of sitting time reductions (h/10 h at work) with changes in lower back pain scores (completer analyses).

Model	Adjusts for	<i>b</i> (95% CI)	<i>p</i>
A. 'Unadjusted' ^a	-	-0.84 (-1.43, -0.25)	0.005
B. Minimally adjusted ^a	age, sex (male/female), BMI category (normal/underweight, overweight/obese, missing)	-0.84 (-1.44, -0.23)	0.007
C. Confounder adjusted ^a	age, sex, BMI category (normal/underweight, overweight/obese, missing), weekday work hours, full time equivalency (1.0 / <1.0), physical quality of life, mental quality of life	-0.81 (-1.44, -0.18)	0.012
D. Further adjusted ^{a,b}	age, sex, BMI category (normal/underweight, overweight/obese, missing), MVPA, mental quality of life, physical quality of life, job control score, work satisfaction score, desired sitting (over half/under half), current smoker (yes/no)	-0.75 (-1.37, -0.13)	0.017

^a All estimates are from mixed models that adjust for clustering (random intercept), and intervention arm (fixed effect).

^b Adjusted for age, sex, BMI category and variables significant at $p < 0.2$ out of potential confounders (MVPA, mental quality of life, physical quality of life, weekday work hours, full time equivalency [1.0 / <1.0]) and potential influencers of uptake of the behavioural messages (education, current smoker [yes/no], job control score, work satisfaction score, preferred time spent sitting at work [over/under 50%], current smoker [yes/no], job performance score, supervisor relations score, work satisfaction score, sitting knowledge score, and stress).



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