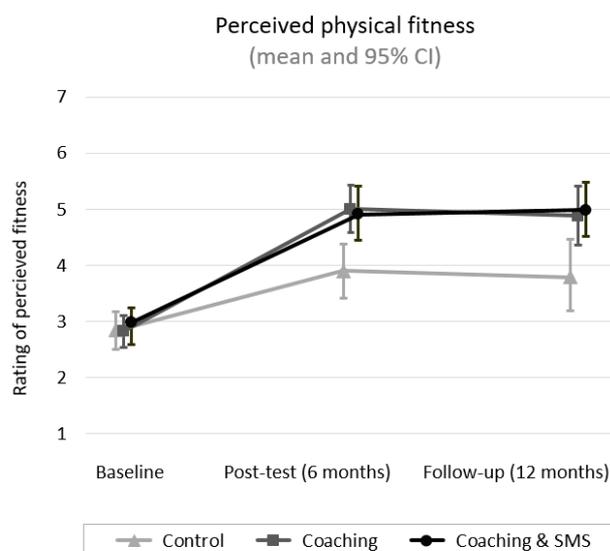


Supplementary Material

Telephone-Based Coaching and Prompting for Physical Activity: Short- and Long-Term Findings of a Randomized Controlled Trial (Movingcall)

Xenia Fischer, Jan-Niklas Kreppke, Lukas Zahner, Markus Gerber, Oliver Faude and Lars Donath

## S1: Supplementary File on Perceived Fitness



**Figure 1.** Unadjusted means and boot-strapped bias-corrected and accelerated confidence intervals of self-rated physical fitness.  $N = 285$  at baseline,  $n = 205$  at 6 months and  $n = 177$  at 12 months.

**Table 1.** Adjusted changes in perceived physical fitness within groups and differences between groups at each time point

| M  | Adjusted Mean Change from Baseline (95% CI) |                     |                     | Pairwise Comparison: Differences among Groups in Change from Baseline (95% CI) |                              |                               |
|----|---|---------------------|---------------------|--|------------------------------|-------------------------------|
|    | Control                                     | Coaching            | Coaching and SMS    | Coaching vs. Control   | Coaching and SMS vs. Control | Coaching and SMS vs. Coaching |
| 6  | 1.1<br>(0.7 to 1.5)                         | 2.1<br>(1.7 to 2.5) | 2.0<br>(1.5 to 2.4) | 1.0<br>(0.4 to 1.6)  | 0.9<br>(0.3 to 1.5)          | -1<br>(-0.7 to 0.4)           |
| 12 | 0.9<br>(0.4 to 1.4)                         | 2.1<br>(1.7 to 2.5) | 2.1<br>(1.7 to 2.5) | 1.2<br>(0.5 to 1.8)  | 1.2<br>(.6 to 1.8)           | 0.04<br>(-.5 to 0.6)          |

M = Months.



© 2019 by the authors. Submitted for possible open access publication under the terms and conditions of the Creative Commons Attribution (CC BY) license (<http://creativecommons.org/licenses/by/4.0/>).