

Table S2. Within and between-group differences from baseline to follow-up for psychological outcomes. Data presented as mean (SD).

Variable	Control baseline	Control follow-up	Within-group differences	Intervention baseline	Intervention follow-up	Within-group differences	Between group differences	Cohen's d
Theory of Planned Behaviour								
Attitude	5.2 (2.0)	5.5 (1.6)	0.3 (2.2)	5.4 (0.6)	6.1 (0.6)	0.6 (0.8)	0.4 (2.1)	0.18
Subjective norms	4.4 (1.3)	4.6 (0.8)	0.2 (1.2)	4.5 (1.0)	4.1 (1.1)	-0.4 (1.3)	-0.6 (2.2)	0.34
Perceived behavioural control	4.3 (0.6)	4.9 (0.5)	0.6 (0.7)	4.7 (0.4)	5.0 (0.8)	0.3 (0.8)	-0.3 (1.1)	0.40
Intention	5.3 (1.1)	5.6 (1.0)	0.4 (1.1)	5.2 (1.3)	6.1 (0.6)	0.9 (1.6)	0.5 (2.0)	0.36
Planning								
Sitting Self-efficacy	14.9 (4.3)	17.2 (1.9)	2.3 (4.3)	15.4 (3.8)	15.2 (3.3)	-0.2 (3.6)	-2.6 (5.8)	0.63
Planning	1.4 (0.6)	2.1 (0.8)	0.6 (1.2)	1.6 (0.9)	2.7 (0.7)	1.1 (1.2)	0.4 (1.7)	0.42
Wellbeing								
WEMWBS	50.6 (4.8)	50.6 (6.1)	0.0 (3.2)	51.0 (8.1)	53.2 (8.9)	2.2 (10.9)	2.2 (9.5)	0.27
Positive affect	35.4 (4.9)	33.4 (5.8)	-2.0 (3.6)	32.1 (7.2)	35.6 (5.7)	3.4 (9.9)	5.4 (10.7)	0.72
Negative affect	16.1 (4.9)	15.1 (5.2)	-1.0 (4.6)	16.6 (6.6)	14.6 (4.1)	-2.0 (6.6)	-1.0 (8.1)	0.18
Life satisfaction	6.4 (2.5)	6.4 (2.1)	0.0 (2.5)	6.9 (1.5)	7.3(1.7)	0.4 (2.1)	0.4 (3.8)	0.17
Worthwhileness	8.0 (1.9)	7.4 (0.7)	-0.6 (2.1)	7.4 (1.5)	7.7 (1.3)	0.2 (1.4)	0.8 (2.6)	0.45
Happiness	7.8 (2.0)	7.3 (1.6)	-0.4 (2.8)	7.2 (1.5)	7.8 (1.3)	0.6 (2.1)	1.0 (4.2)	0.40
Anxiety	3.0 (2.8)	2.6 (1.9)	-0.4 (1.6)	2.78 (2.1)	2.78 (2.3)	0.0 (1.6)	0.4 (2.5)	0.25

Note: WEMWBS—Warwick-Edinburgh Mental Well-being Scale.