

Supplementary file 1. Results of missing values analyses

Variables at all time points (baseline, post-workshop, 2-month follow-up)	Results of Little's missing completely at random test	Overall summary of missing values	
		Cases % (n)	Values % (n)
All variables	$\chi^2=8.660$, $df=1,092$, $p=1.000$	30.00 (9)	0.33 (15)
Parental capability			
Parental knowledge	$\chi^2=56.958$, $df=51$, $p=0.263$	6.67 (2)	0.37 (3)
Parental opportunity			
Parental perceived availability of resources	<i>no missing values</i>		
Parental perceived barriers	$\chi^2=16.677$, $df=14$, $p=0.274$	3.33 (1)	0.22 (1)
Parental motivation			
Parental confidence	$\chi^2=108.259$, $df=127$, $p=0.884$	13.33 (4)	0.51 (5)
Parental beliefs	$\chi^2=16.044$, $df=11$, $p=0.140$	3.33 (1)	0.28 (1)
Parental outcome expectations	$\chi^2=4.148$, $df=16$, $p=0.999$	6.67 (2)	0.74 (2)
Other			
Parental physical activity modeling	$\chi^2=3.021$, $df=8$, $p=0.933$	3.33 (1)	0.37 (1)
Parent-child co-participation in physical activity	$\chi^2=30.848$, $df=22$, $p=0.099$	6.67 (2)	0.56 (2)