Supplemental Table 4. Characteristics of worksite-based interventions, by intervention promise.

Characteristics	Interventions				Promise ratio for intervention functions / behaviour change techniques *
	Very promising (n = 7)	Quite promising (n = 5)	Non-promising (n = 8)	All (n = 20)	
Primary behaviour change aim					
To reduce sedentary behaviour	4	1	1	6	
Joint: To reduce sedentary behaviour and increase physical activity	1	0	0	1	
To increase physical activity	1	4	6	11	
Other	1	0	1	2	
Intervention functions					
Education	**2**	**2**	**1**	**5**	**4.0**
Persuasion	1	0	0	1	-
Incentivisation	1	0	0	1	-
Training	1	0	0	1	-
Environmental restructuring	**5**	**1**	**0**	**6**	**-**
Modelling	1	0	0	1	-
Enablement	6	4	6	16	1.7
Behaviour change techniques					
Goal setting (behaviour)	4	4	5	13	1.6
Problem solving	**2**	**2**	**0**	**4**	**-**
Goal setting (outcome)	2	0	2	4	1.0
Action planning	3	2	3	8	1.7
Review behavioural goals	**1**	**3**	**2**	**6**	**2.0**
Discrepancy between current behaviour and goal	**2**	**0**	**0**	**2**	**-**
Review outcome goals	1	0	0	1	-
Feedback on behaviour	**2**	**0**	**0**	**2**	**-**

Self-monitoring (behaviour)	**4**	**3**	**2**	*9*	*3.5*
Self-monitoring (outcome)	1	0	2	*3*	*0.5*
Feedback on outcomes	0	1	0	*1*	-
Social support (unspecified)	3	3	4	*10*	*1.5*
Social support (practical)	**2**	**0**	**0**	*2*	*-*
Instruction on how to perform behaviour	**4**	**3**	**3**	*10*	*2.3*
Information on health consequences	**2**	**2**	**2**	*6*	*2.0*
Information on social and emotional consequences	1	0	0	*1*	-
Social comparison	**1**	**1**	**0**	*2*	*-*
Prompts / cues	2	1	2	*5*	*1.5*
Behavioural practice / rehearsal	**2**	**0**	**0**	*2*	*-*
Behaviour substitution	**3**	**1**	**2**	*6*	*2.0*
Habit formation	1	0	0	*1*	-
Graded tasks	1	0	2	*3*	*0.5*
Pros and cons	1	0	0	*1*	-
Material incentive for behaviour	1	0	0	*1*	-
Material reward for behaviour	1	0	0	*1*	-
Restructuring the physical environment	**4**	**1**	**0**	*5*	*-*
Restructuring the social environment	**3**	**0**	**0**	*3*	*-*
Adding objects to the environment	**6**	**1**	**2**	*9*	*3.5*

* Promise ratio denotes the number of very or quite-promising interventions in which an intervention function or behaviour change technique featured, divided by the number of non-promising interventions in which it featured. Promise ratios only calculable for functions or techniques used in both promising and non-promising interventions. Rows in bold denote functions or techniques associated with a promise ratio of 2 or above, or used exclusively in promising interventions, and which featured in at least two interventions.