

Additional file Table 1a Associations between changes in sedentary behavior or physical activity and potential determinants/moderators in boys

Dependent variables	Do you like sports or exercise?	Boys: 1: n=24, 2: n=73				Are you good at sports or exercise?	Boys: 1: n=10, 2: n=40, 3: n=48				How would you describe your body shape?	Boys: 1: n=9, 2: n=72, 3: n=17				Is your child healthy?	Boys: 1: n=54, 2: n=43			
		Estimated mean	SE	B	P-value		Estimated mean	SE	B	P-value		Estimated mean	SE	B	P-value		Estimated mean	SE	B	P-value
ASedentary behavior (min/day)	1. slightly dislike or like	9.1	11.1	-1.5	0.902	1. considerably and slightly lower skilled	-16.5	16.4	-27.1	1. thin	5.2	19.4	-25.5	1 not healthy and healthy	-0.2	7.8	-19.1	0.073		
	2. considerably like	10.6	7.0	0.0		2. slightly highly skilled	13.5	8.8	2.9	2. maintain the present body	3.3	7.2	-27.4	2 very healthy	18.9	8.3	0.0			
	*1. slightly dislike or like	8.4	11.1	0.1	0.996	3. considerably highly skill	10.6	8.4	0.0	3. overweight or obese	30.7	16.1	0.0	*1 not healthy and healthy	-1.7	7.9	-18.6	0.080		
	*2. considerably like	8.3	7.2	0.0		*1. considerably and slightly lower skilled	-12.6	17.1	-21.5	*1. thin	2.9	19.3	-29.7	*2 very healthy	16.9	8.4	0.0			
					*2. slightly highly skilled	11.7	9.1	2.8	*2. maintain the present body	0.7	7.4	-32.0								
					*3. considerably highly skill	8.9	8.7	0.0	*3. overweight or obese	32.6	16.1	0.0								
ALPA (min/day)																				
Ambulatory	1. slightly dislike or like	-20.9	4.4	-7.8	0.117	1. considerably and slightly lower skilled	-21.8	6.8	-9.2	1. thin	-17.5	8.1	1.9	1 not healthy and healthy	-9.8	3.1	10.6	0.016		
	2. considerably like	-13.1	2.9	0.0		2. slightly highly skilled	-13.8	3.6	-1.3	2. maintain the present body	-12.6	3.0	6.7	2 very healthy	-20.4	3.5	0.0			
	*1. slightly dislike or like	-22.0	4.4	-8.8	0.077	3. considerably highly skill	-12.6	3.7	0.0	3. overweight or obese	-19.4	6.7	0.0	*1 not healthy and healthy	-9.9	3.2	10.5	0.017		
	*2. considerably like	-13.2	2.9	0.0		*1. considerably and slightly lower skilled	-24.7	6.9	-12.9	*1. thin	-17.7	8.1	0.6	*2 very healthy	-20.5	3.5	0.0			
					*2. slightly highly skilled	-14.6	3.6	-2.7	*2. maintain the present body	-13.3	3.1	5.1								
					*3. considerably highly skill	-11.8	3.7	0.0	*3. overweight or obese	-18.3	6.8	0.0								
Non-ambulatory	1. slightly dislike or like	-5.6	9.1	15.7	0.123	1. considerably and slightly lower skilled	11.3	13.2	26.3	0.017 (1 VS 2)	1. thin	1.7	16.2	42.0	1 not healthy and healthy	-15.7	6.6	4.7	0.600	
	2. considerably like	-21.3	5.7	0.0		2. slightly highly skilled	-30.1	7.1	-15.2	2. maintain the present body	-14.9	5.8	25.4	2 very healthy	-20.4	7.1	0.0			
	*1. slightly dislike or like	-5.1	9.2	15.8	0.123	3. considerably highly skill	-14.9	6.8	0.0	3. overweight or obese	-40.3	13.5	0.0	*1 not healthy and healthy	-15.0	6.8	5.2	0.567		
	*2. considerably like	-20.9	5.8	0.0		*1. considerably and slightly lower skilled	11.4	13.3	25.8	0.023 (1 VS 2)	*1. thin	2.3	16.3	43.0	*2 very healthy	-20.2	7.1	0.0		
					*2. slightly highly skilled	-28.9	7.4	-14.4	*2. maintain the present body	-14.2	6.0	26.5								
					*3. considerably highly skill	-14.5	6.9	0.0	*3. overweight or obese	-40.7	13.5	0.0								
Total	1. slightly dislike or like	-27.0	10.9	7.9	0.512	1. considerably and slightly lower skilled	-10.3	15.8	18.2	1. thin	-15.9	18.9	43.8	1 not healthy and healthy	-25.7	7.6	15.6	0.140		
	2. considerably like	-34.9	6.9	0.0		2. slightly highly skilled	-44.3	8.5	-15.8	2. maintain the present body	-28.0	6.9	31.8	2 very healthy	-41.3	8.3	0.0			
	*1. slightly dislike or like	-27.3	11.0	7.7	0.528	3. considerably highly skill	-28.5	8.2	0.0	3. overweight or obese	-59.8	15.7	0.0	*1 not healthy and healthy	-25.7	7.9	15.6	0.150		
	*2. considerably like	-35.0	7.0	0.0		*1. considerably and slightly lower skilled	-10.9	16.1	17.6	*1. thin	-16.2	19.1	43.5	*2 very healthy	-41.3	8.4	0.0			
					*2. slightly highly skilled	-44.5	8.6	-16.1	*2. maintain the present body	-28.2	7.0	31.5								
					*3. considerably highly skill	-28.5	8.3	0.0	*3. overweight or obese	-59.6	15.8	0.0								
AMVPA (min/day)																				
Ambulatory	1. slightly dislike or like	-14.4	3.0	-8.4	0.014	1. considerably and slightly lower skilled	-11.1	4.8	-3.8	1. thin	-17.2	5.7	-11.3	1 not healthy and healthy	-5.7	2.2	4.7	0.118		
	2. considerably like	-6.0	1.9	0.0		2. slightly highly skilled	-7.3	2.6	0.1	2. maintain the present body	-7.3	2.1	-1.4	2 very healthy	-10.5	2.4	0.0			
	*1. slightly dislike or like	-15.5	3.0	-9.2	0.006	3. considerably highly skill	-7.4	2.5	0.0	3. overweight or obese	-5.8	4.7	0.0	*1 not healthy and healthy	-6.2	2.2	4.5	0.136		
	*2. considerably like	-6.3	1.9	0.0		*1. considerably and slightly lower skilled	-13.6	4.9	-6.4	*1. thin	-17.0	5.6	-11.6	*2 very healthy	-10.7	2.4	0.0			
					*2. slightly highly skilled	-7.5	2.6	-0.3	*2. maintain the present body	-7.8	2.1	-2.5								
					*3. considerably highly skill	-7.2	2.5	0.0	*3. overweight or obese	-5.3	4.7	0.0								
Non-ambulatory	1. slightly dislike or like	-0.4	1.5	-1.1	0.511	1. considerably and slightly lower skilled	-1.1	2.2	-2.8	1. thin	2.5	2.6	7.7	1 not healthy and healthy	0.0	1.1	-1.0	0.480		
	2. considerably like	0.7	1.0	0.0		2. slightly highly skilled	-0.4	1.2	-2.1	2. maintain the present body	1.8	1.0	7.0	0.014 (2 VS 3)	2 very healthy	1.1	1.2	0.0		
	*1. slightly dislike or like	-0.4	1.5	-1.1	0.526	3. considerably highly skill	1.7	1.2	0.0	3. overweight or obese	-5.2	2.1	0.0	*1 not healthy and healthy	0.0	1.1	-1.0	0.483		
	*2. considerably like	0.6	1.0	0.0		*1. considerably and slightly lower skilled	-1.5	2.2	-3.1	*1. thin	2.5	2.6	7.5	*2 very healthy	1.0	1.2	0.0			
					*2. slightly highly skilled	-0.4	1.2	-2.0	*2. maintain the present body	1.7	1.0	6.7	0.021 (2 VS 3)							
					*3. considerably highly skill	1.7	1.2	0.0	*3. overweight or obese	-5.0	2.2	0.0								
Total	1. slightly dislike or like	-14.9	3.7	-9.4	0.025	1. considerably and slightly lower skilled	-12.1	5.8	-6.3	1. thin	-14.5	7.0	-3.5	1 not healthy and healthy	-5.7	2.8	3.8	0.314		
	2. considerably like	-5.5	2.4	0.0		2. slightly highly skilled	-7.5	3.2	-1.7	2. maintain the present body	-5.4	2.7	5.6	2 very healthy	-9.5	3.0	0.0			
	*1. slightly dislike or like	-15.7	3.7	-10.3	0.013	3. considerably highly skill	-5.8	3.1	0.0	3. overweight or obese	-11.0	5.8	0.0	*1 not healthy and healthy	-6.0	2.8	3.5	0.347		
	*2. considerably like	-5.4	2.4	0.0		*1. considerably and slightly lower skilled	-15.8	5.9	-10.5	*1. thin	-14.2	6.9	-3.6	*2 very healthy	-9.5	3.0	0.0			
					*2. slightly highly skilled	-7.2	3.2	-2.0	*2. maintain the present body	-5.8	2.6	4.8								
					*3. considerably highly skill	-5.3	3.0	0.0	*3. overweight or obese	-10.6	5.8	0.0								
AMPA (min/day)																				
Ambulatory	1. slightly dislike or like	-11.2	2.7	-0.6	0.023	1. considerably and slightly lower skilled	-8.6	4.2	-3.2	1. thin	-14.2	5.0	-10.6	1 not healthy and healthy	-3.9	2.0	4.2	0.119		
	2. considerably like	-4.3	1.7	0.0		2. slightly highly skilled	-5.1	2.3	0.3	2. maintain the present body	-5.3	1.9	-1.7	2 very healthy	-8.1	2.1	0.0			
	*1. slightly dislike or like	-12.0	2.6	-7.6	0.012	3. considerably highly skill	-5.4	2.2	0.0	3. overweight or obese	-3.6	4.2	0.0	*1 not healthy and healthy	-4.2	2.0	4.0	0.138		
	*2. considerably like	-4.4	1.7	0.0		*1. considerably and slightly lower skilled	-10.5	4.4	-5.3	*1. thin	-14.0	5.0	-10.7	*2 very healthy	-8.2	2.1	0.0			
					*2. slightly highly skilled	-5.3	2.3	-0.1	*2. maintain the present body	-5.7	1.9	-2.4								
					*3. considerably highly skill	-5.3	2.2	0.0	*3. overweight or obese	-3.3	4.1	0.0								
Non-ambulatory	1. slightly dislike or like	0.5	1.5	0.6	0.696	1. considerably and slightly lower skilled	-0.5	2.2	-2.5	1. thin	2.9	2.5	7.8	1 not healthy and healthy	0.6	1.1	-0.9	0.522		
	2. considerably like	1.1	0.9	0.0		2. slightly highly skilled	0.2	1.2	-1.8	2. maintain the present body	2.3	0.9	7.3	0.008 (2 VS 3)	2 very healthy	1.5	1.1	0.0		
	*1. slightly dislike or like	0.5	1.5	-0.6	0.715	3. considerably highly skill	2.0	1.1	0.0	3. overweight or obese	-4.9	2.1	0.0	*1 not healthy and healthy	0.5	1.1	-0.9	0.517		
	*2. considerably like	1.1	0.9	0.0		*1. considerably and slightly lower skilled	-0.7	2.2	-2.7	*1. thin	2.9	2.5	7.8	*2 very healthy	1.5	1.1	0.0			
					*2. slightly highly skilled	0.2	1.2	-1.7	*2. maintain the present body	2.3	0.9	7.2	0.010 (2 VS 3)							
					*3. considerably highly skill	2.0	1.1	0.0	*3. overweight or obese	-4.9	2.1	0.0								
Total	1. slightly dislike or like	-10.9	3.4	-7.3	0.051	1. considerably and slightly lower skilled	-8.8	5.1	-5.2	1. thin	-11.4	6.2	-2.5	1 not healthy and healthy	-3.6	2.5	3.3	0.327		
	2. considerably like	-3.6	2.2	0.0		2. slightly highly skilled	-5.1	2.9	-1.5	2. maintain the present body	-3.1	2.3	5.9	2 very healthy	-6.8	2.7	0.0			
	*1. slightly dislike or like	-11.4	3.3	-7.9	0.033	3. considerably highly skill	-3.6	2.7	0.0	3. overweight or obese	-8.9	5.1	0.0	*1 not healthy and healthy	-4.1	2.5	3.6	0.291		
	*2. considerably like	-3.5	2.1	0.0		*1. considerably and slightly lower skilled	-11.8	5.3	-8.6	*1. thin	-11.0	6.1	-2.4	*2 very healthy	-7.7	2.7	0.0			
					*2. slightly highly skilled	-4.8	2.8	-1.6	*2. maintain the present body	-3.3	2.3	5.3								
					*3. considerably highly skill	-3.2	2.7	0.0	*3. overweight or obese	-8.6	5.1	0.0								
AStep count (steps/day)																				
	1. slightly dislike or like	-2883	601	-1399	0.042	1. considerably and slightly lower skilled	-2664	953	-1089	1. thin	-2461	1143	-349	1 not healthy and healthy	-1201	440	1322	0.030		
	2. considerably like	-1483	397	0		2. slightly highly skilled	-1661	513	-86	2. maintain the present body	-1592	425	521	2 very healthy	-2523	487	0			
						3. considerably highly skill	-1576	515	0	3. overweight or obese	-2113	946	0							

LPA: Light physical activity, MVPA: moderate-to-vigorous physical activity, MPA: moderate physical activity, SE: standard error, A: change, A variables were calculated as follow-up values minus baseline values, adjusted for school, follow-up periods, age and sedentary behavior or physical activity at baseline, *: adjusted for school, follow-up periods, age and sedentary behavior or moderate-to-vigorous physical activity at baseline.