## Underpinning model & theories

The intervention is grounded in several behaviour change theories and implemented through the Behaviour Change Wheel (BCW) intervention functions

Organisational: Grounded in Social Cognitive Theory (SCT) and Organisational Development Theory (ODT). BCW intervention functions: enablement, persuasion, environmental restructuring, modelling

Environmental: Grounded in SCT, ODT and Habit Theory. BCW intervention functions: environmental restructuring, enablement and training

Individual and Group:
Grounded in SCT, Self-Regulation
Theory and Relapse Prevention
Theory. BCW intervention
functions: enablement,
persuasion, education and
training

## Available resources and activities

Senior management promotion and encouragement

Peer support from colleagues

Motivational posters displayed

Environmental restructuring: e.g., standing meetings

Choice of height-adjustable workstation, training and leaflet

One-to-one coaching (review progress, discuss barriers and reset goals)

Group educational seminar

Action planning, goal setting, barrier identification and solutions

activPAL feedback

Self-monitoring and prompting with Darma cushion

## Short term outputs/goals

Enhanced group motivation and encouragement

Increased social interaction and peer support

More opportunity for standing/moving throughout the day leads to reductions in sitting time

Enhanced knowledge of the risks of sitting too much and prolonged sitting, benefits of reducing and breaking up sitting time

Enhanced self-regulation skills. Real time feedback on sitting levels and real time prompts to change posture regularly leads to reductions in sitting time

## Long term outputs/goals

Intervention is costeffective

Improvements in workplace outcomes (absenteeism, work engagement, job performance and satisfaction, presenteeism)

Improved psychological health (anxiety, depression, cognitive function) and well-being (quality of life) of office workers

Improved physiological health (reduction in musculoskeletal issues) of office workers

Reductions in occupational, overall sitting time and prolonged sitting sustained