

Multimedia Appendix 2. Baseline levels of the primary and secondary outcomes of the evaluable cases (n = 85)^a.

	n	Mean	SD
Work activity			
Sitting	85	78.7	17.1
Standing	85	12.8	15.1
Moving	85	8.5	6.0
Walking	85	8.2	5.4
Heavy labor	85	0.3	1.3
Work sitting accumulation			
Longest continuous sitting bout, min	85	137.4	66.7
Prolonged sitting, % of sitting	85	70.3	20.2
Before and after work activity, % of nonwork time (on work days)			
Sitting	85	50.9	21.3
Standing	85	17.5	12.3
Moving	85	31.5	17.2
Nonworkday activity, % of nonwork time (on nonwork days)			
Sitting	85	45.7	21.6
Standing	85	17.0	11.0
Moving	85	37.3	18.4
Desired activity, % of worktime			
Sitting	84	41.6	20.6
Standing	84	30.0	16.7
Moving	84	28.4	16.7
Desired versus performed, absolute difference in % of time			
Sitting	84	37.2	21.0
Standing	84	18.8	15.8
Moving	84	20.4	15.8
Other outcomes			
Strategy usage (% of strategies used at least sometimes)	84	41.1	13.7
Knowledge score, 1 point=5 min incorrect	84	5.06	8.80
Control over sitting and standing (1-5)	84	3.05	1.35
Support (1-5)	84	3.68	1.08
Job performance (1-10)	82	7.75	1.16
Job satisfaction (1-10)	82	7.38	1.81
Self-rated health (1-5)	82	3.22	1.05
Energy (1-4)	82	2.45	0.77
Stress (1-4)	82	3.16	0.73

^aTable reports mean and SD corrected for clustering (linearized variance estimation).