

**Estimated HRQoL (T-score) for change in daily movement behavior composition:  
predictions using the random intercept multivariable linear models**

**Table e7.** Very High HDI Countries (Australia, United States, Canada, Finland, England and Portugal): Estimated HRQoL T-score

<b>min/day<sup>a</sup></b>	<b>Sleep</b>	<b>Sedentary</b>	<b>LPA</b>	<b>MVPA</b>
<b>-60</b>	50.76 <sup>b</sup>	50.81	50.84	NA <sup>c</sup>
<b>-45</b>	50.74	50.78	50.79	47.95
<b>-30</b>	50.72	50.74	50.75	49.35
<b>-15</b>	50.70	50.71	50.72	50.13
<b>mean</b>	50.68	50.68	50.68	50.68
<b>15</b>	50.66	50.65	50.64	51.10
<b>30</b>	50.64	50.61	50.61	51.45
<b>45</b>	50.62	50.58	50.58	51.75
<b>60</b>	50.60	50.55	50.54	52.01

HRQoL= Health-Related Quality of Life, HDI = Human Development Index, LPA = Light Physical Activity, MVPA = moderate-to-vigorous physical activity.

<sup>a</sup>min/day change from the mean composition of one behavior, relative to the remaining behaviors (i.e., the remaining behaviors are changed equally to compensate for the change in the behavior of interest). <sup>b</sup>predicted HRQoL when sleep is decreased by 60 min from the mean, whilst time in the remaining behaviors is increased equally to maintain the daily total of 24 hours. <sup>c</sup>not predicted due to the proximity of 60 min to the daily mean of MVPA

**Table e8.** High HDI Countries (Brazil, Colombia): Estimated HRQoL T-score

<b>min/day<sup>a</sup></b>	<b>Sleep</b>	<b>Sedentary</b>	<b>LPA</b>	<b>MVPA</b>
<b>-60</b>	48.24 <sup>b</sup>	48.97	48.93	NA <sup>c</sup>
<b>-45</b>	48.36	48.90	48.87	48.95
<b>-30</b>	48.48	48.84	48.82	48.83
<b>-15</b>	48.59	48.77	48.76	48.76
<b>mean</b>	48.71	48.71	48.71	48.71
<b>15</b>	48.82	48.64	48.65	48.66
<b>30</b>	48.93	48.58	48.60	48.63
<b>45</b>	49.04	48.52	48.55	48.60
<b>60</b>	49.15	48.45	48.51	48.58

HRQoL= Health-Related Quality of Life, HDI = Human Development Index, LPA = Light Physical Activity, MVPA = moderate-to-vigorous physical activity.

<sup>a</sup>min/day change from the mean composition of one behavior, relative to the remaining behaviors (i.e., the remaining behaviors are changed equally to compensate for the change in the behavior of interest). <sup>b</sup>predicted HRQoL when sleep is decreased by 60 min from the mean, whilst time in the remaining behaviors is increased equally to maintain the daily total of 24 hours. <sup>c</sup>not predicted due to the proximity of 60 min to the daily mean of MVPA

**Table e9.** Low-Medium HDI Countries (China, South Africa, India and Kenya): Estimated HRQoL T-score

<b>min/day<sup>a</sup></b>	<b>Sleep</b>	<b>Sedentary</b>	<b>LPA</b>	<b>MVPA</b>
<b>-60</b>	47.33 <sup>b</sup>	47.68	47.46	NA <sup>c</sup>
<b>-45</b>	47.38	47.65	47.48	48.75
<b>-30</b>	47.43	47.61	47.50	48.07
<b>-15</b>	47.48	47.57	47.52	47.75
<b>mean</b>	47.53	47.53	47.53	47.53
<b>15</b>	47.58	47.50	47.55	47.37
<b>30</b>	47.63	47.46	47.57	47.24
<b>45</b>	47.68	47.43	47.58	47.14
<b>60</b>	47.73	47.39	47.60	47.04

HRQoL= Health-Related Quality of Life, HDI = Human Development Index, LPA = Light Physical Activity, MVPA = moderate-to-vigorous physical activity.

<sup>a</sup>min/day change from the mean composition of one behavior, relative to the remaining behaviors (i.e., the remaining behaviors are changed equally to compensate for the change in the behavior of interest). <sup>b</sup>predicted HRQoL when sleep is decreased by 60 min from the mean, whilst time in the remaining behaviors is increased equally to maintain the daily total of 24 hours. <sup>c</sup>not predicted due to the proximity of 60 min to the daily mean of MVPA