

Supplementary Data File:

Journal Title: The Effect of an Electronic Passive Prompt Intervention on Prolonged Occupational Sitting and Light-Intensity Physical Activity in Desk-Based Adults Working from Home During COVID-19 in Ireland

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Supplementary Table S1. This table presents the sedentary behaviour patterns during the 24-hour period throughout the baseline (Week 1-3) and intervention (Week 4-6). Presented as Mean \pm Standard Error (95% Confidence Intervals).

Total 24-Hour Sedentary Behaviours Patterns	Baseline	Intervention	Mean Change	<i>p</i>	<i>d</i>
Number of SB > 40 (Mins)	4.84 \pm 0.27 (4.30-5.39)	4.50 \pm 0.29 (3.91-5.09)	-0.34 \pm 0.15 (-0.60--0.05)	0.026	0.171
Time in SB > 40 (Mins)	368.86 \pm 25.60 (316.33-421.38)	324.20 \pm 25.27 (272.34-376.05)	-44.66 \pm 11.95 (- 69.17--20.14)	< 0.001	0.341
Number of SB > 60 (Mins)	2.66 \pm 0.22 (2.20-3.11)	2.24 \pm 0.21 (1.82-2.66)	-0.42 \pm 0.14 (-0.70--0.14)	0.005	0.254
Time in SB > 60 (Mins)	261.27 \pm 24.52 (210.96-311.57)	214.607 \pm 22.40 (168.65-260.56)	-46.67 \pm 13.74 (- 74.85--18.47)	0.002	0.299
Number of SB > 90 (Mins)	1.21 \pm 0.14 (0.92-1.50)	0.96 \pm 0.12 (0.71-1.22)	-0.25 \pm 0.08 (-0.41--0.09)	0.004	0.265
Time in SB > 90 (Mins)	155.97 \pm 19.93 (115.07-196.86)	121.80 \pm 16.94 (87.05-156.56)	-34.16 \pm 11.28 (- 57.31--11.02)	0.005	0.254
Total Number of SB	47.03 \pm 3.05 (40.76-53.29)	48.43 \pm 3.15 (41.97-54.90)	+1.41 \pm 1.07 (-0.79-3.60)	0.200	0.060
Total Time Spent in SB (Mins)	672.56 \pm 18.62 (634.37-710.76)	640.44 \pm 17.02 (605.52-675.36)	-32.13 \pm 9.35 (-51.30--12.95)	0.002	0.304
Total Sedentary Waking Hours	11.21 \pm 0.31 (10.57-11.85)	10.67 \pm 0.28 (10.57-11.85)	-0.54 \pm 0.16 (-0.86--0.22)	0.002	0.305

Abbreviations: SB; sedentary bouts. **Bold** indicates that a significant change was found for the reported outcome variable ($p < 0.05$).

Supplementary Table S2. This table presents the sedentary behaviour patterns during the non-work (leisure) hours throughout the baseline (Week 1-3) and intervention (Week 4-6). Presented as Mean \pm Standard Error (95% Confidence Intervals).

Leisure Sedentary Behaviours Patterns	Baseline	Intervention	Mean Change	<i>p</i>	<i>d</i>
Number of SB > 40 (Mins)	1.91 \pm 0.14 (1.61-2.20)	1.71 \pm 0.16 (1.38-2.04)	-0.19 \pm 0.11 (-0.42-0.04)	0.102	0.096
Time in SB > 40 (Mins)	141.97 \pm 12.53 (116.25-167.68)	126.55 \pm 13.00 (99.87-153.24)	-15.41 \pm 8.97 (-33.81-2.99)	0.097	0.099
Number of SB > 60 (Mins)	1.02 \pm 0.10 (0.82-1.22)	0.86 \pm 0.10 (0.66-1.06)	-0.15 \pm 0.07 (-0.29--0.01)	0.032	0.159
Time in SB > 60 (Mins)	98.38 \pm 11.18 (75.44-121.33)	84.91 \pm 10.61 (63.13-106.69)	-13.47 \pm 7.35 (-28.54-1.60)	0.078	0.111
Number of SB > 90 (Mins)	0.43 \pm 0.06 (0.30-0.57)	0.41 \pm 0.07 (0.28-0.55)	-0.02 \pm 0.05 (-0.13-0.09)	0.681	0.006
Time in SB > 90 (Mins)	55.72 \pm 9.50 (36.23-75.20)	51.92 \pm 8.89 (33.68-70.16)	-3.80 \pm 7.38 (-18.93-11.34)	0.611	0.010
Total Number of SB	22.84 \pm 1.58 (19.60-26.08)	23.24 \pm 1.54 (20.09-26.39)	+0.40 \pm 0.63 (-0.89-1.69)	0.528	0.015
Total Time Spent in SB (Mins)	289.51 \pm 10.53 (267.91-311.12)	275.09 \pm 12.27 (249.91-300.27)	-14.42 \pm 8.99 (-32.88-4.03)	0.120	0.087
Total Sedentary Leisure Waking Hours	4.83 \pm 0.18 (4.47-5.19)	4.58 \pm 0.21 (4.17-5.00)	-0.24 \pm 0.15 (-0.55-0.07)	0.119	0.087

Abbreviations: SB; sedentary bouts. **Bold** indicates that a significant change was found for the reported outcome variable ($p < 0.05$).