Study title: Feasibility of a real-time self-monitoring device for sitting less and moving more: A randomised controlled trial

**File 2 - Additional qualitative outcomes**

**Supplement Table 2:** Perceived social and environmental factors influencing reduction in sedentary time

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| Factors | Quotes |
| Work commitment/work load | The target thing, I found it a little bit difficult to fit in because I spend so much time sitting down at work, and so if there's pressure on work to get things done it clashes with, you know, trying to meet the targets. So I think probably if I didn’t work I'd probably be quite a bit healthier. [Laughs]  |
| Physical working environment | If I had a facility for standing at my computer the upright time would be achievable as well, but not in my current work practice and situation, no. I don’t think I could up it by the percentage that was asked for.  |
| Sitting as the social norm  | I sort of felt there are times in my work environment where I’m in meetings where I can’t, where it would be rude to stand up unless that was the norm, that type of thing.You know and in a meeting it’s just, there’s nothing you can do about it. Especially when taking minutes you can’t stand up in the middle of a meeting [laughs] and stretch.  |
| Working days (week days) vs non-working days (weekend) | If it’s a weekend, I’ve got some free time, yeah, I can very easily do that by standing up and moving around more and planning my day and to be more active cycling and walking and stuff. But in the office, I do find it a problem because you just get immersed in something and you’re working for an hour straight and this thing buzzes. |
| Season | It probably helps that it was the Spring, because, you know, there's plenty of grass cutting and plodding around to do because of light evenings. I think it would've been a struggle in the Winter. So there was a seasonal effect I think, to this.  |
| Public transport | Travelling […] on a very crowded train [in rush hour] it just wasn’t practical for me to get up from a table when there’s people standing here, it just was impossible. |
| Car journeys | I did a lot of driving on Sunday […] so you’re sitting in a car, it’s actually not possible to stand up.  |
| Stationary vs mobile screen technology | I don’t use the computer very much at home, but I now use an iPad. That tends to be more sitting than even perhaps using the computer ‘cause the computer you can leave and go off. Whereas the iPad now is something which tends to tie you a bit more to the sofa. Before I would actually have to go upstairs to use the computer. |