

Comparison	Sample Sizes		Mean Difference ± SD [95% CI] (Hours); Cohen's D Effect Size; p Value; Unidirectional Trend (☉)			
	N1	N2	Sedentary Bouts		Standing Bouts	Stepping Bouts
Between Group Comparisons	B: Sit-to-stand desk - Control	23	21	-3.10 ± 15.42 [-12.29, 6.09]; 0.20; 0.5282; ----	-2.88 ± 31.70 [-21.73, 15.97]; 0.09; 0.7647; ----	-0.53 ± 18.84 [-11.71, 10.65]; 0.03; 0.9259; ----
	B: Treadmill desk - Control	22	21	-8.03 ± 15.58 [-17.35, 1.29]; 0.52; 0.0914; ----	-9.42 ± 32.36 [-28.80, 9.95]; 0.29; 0.3405; ----	-1.88 ± 19.39 [-13.49, 9.73]; 0.10; 0.7512; ----
	B: Treadmill desk - Sit-to-stand desk	22	23	-4.92 ± 15.37 [13.90, 4.05]; 0.32; 0.2821; ----	-6.54 ± 32.10 [-25.21, 12.12]; 0.20; 0.4920; ----	-1.35 ± 19.21 [-12.44, 9.74]; 0.07; 0.8119; ----
	M3: Sit-to-stand desk - Control	21	15	-0.71 ± 15.34 [-10.92, 9.50]; 0.05; 0.8911; ----	9.58 ± 31.19 [-11.08, 30.25]; 0.31; 0.3634; ----	6.95 ± 18.42 [-5.22, 19.11]; 0.38; 0.2631; ----
	M3: Treadmill desk - Control	22	15	-10.63 ± 16.75 [-21.43, 0.18]; 0.63; 0.0538; ----	-12.17 ± 34.33 [-34.28, 9.95]; 0.35; 0.2808; ----	-4.42 ± 19.92 [-17.26, 8.43]; 0.22; 0.5005; ----
	M3: Treadmill desk - Sit-to-stand desk	22	21	-9.92 ± 17.01 [-20.04, 0.21]; 0.58; 0.0549; ----	-21.75 ± 34.92 [-42.49, -1.02]; 0.62; 0.0397; ☉	-11.36 ± 20.40 [-23.42, 0.70]; 0.56; 0.0648; ----
	M6: Sit-to-stand desk - Control	20	14	0.16 ± 16.73 [-11.17, 11.49]; 0.01; 0.9779; ----	10.80 ± 32.19 [-10.87, 32.48]; 0.34; 0.3286; ----	8.91 ± 20.13 [-4.87, 22.70]; 0.44; 0.2049; ----
	M6: Treadmill desk - Control	19	14	-10.83 ± 18.25 [-23.22, 1.57]; 0.59; 0.0869; ----	0.37 ± 36.08 [-23.90, 24.63]; 0.01; 0.9764; ----	6.91 ± 24.67 [-9.68, 23.49]; 0.28; 0.4144; ----
	M6: Treadmill desk - Sit-to-stand desk	19	20	-10.99 ± 18.58 [-22.66, 0.69]; 0.59; 0.0652; ----	-10.44 ± 38.42 [-34.54, 13.67]; 0.27; 0.3962; ----	-2.01 ± 24.50 [-17.41, 13.40]; 0.08; 0.7985; ----
	M12: Sit-to-stand desk - Control	20	18	3.29 ± 16.60 [-7.31, 13.89]; 0.20; 0.5427; ----	15.31 ± 34.16 [-6.45, 37.07]; 0.45; 0.1680; ----	9.15 ± 19.79 [-3.42, 21.71]; 0.46; 0.1538; ----
	M12: Treadmill desk - Control	20	18	-15.77 ± 15.95 [-25.91, -5.61]; 0.99; 0.0023; ☉	-19.15 ± 32.93 [-40.13, 1.84]; 0.58; 0.0737; ----	-6.39 ± 19.59 [-18.84, 6.06]; 0.33; 0.3143; ----
	M12: Treadmill desk - Sit-to-stand desk	20	20	-19.06 ± 16.90 [-29.52, -8.59]; 1.13; 0.0004; ☉	-35.36 ± 35.02 [-56.13, -12.79]; 0.98; 0.0018; ☉	-15.54 ± 20.82 [-28.34, -2.74]; 0.75; 0.0174; ☉
Within Group Comparisons	Control: Δ B to M3	21	15	-1.21 ± 15.35 [-9.47, 7.04]; 0.08; 0.7734; ----	-2.48 ± 31.26 [-17.81, 12.85]; 0.08; 0.7513; ----	0.74 ± 18.46 [-7.69, 9.17]; 0.04; 0.8633; ----
	Control: Δ B to M6	21	14	4.31 ± 16.00 [-5.03, 13.66]; 0.27; 0.3660; ----	3.87 ± 30.69 [-11.62, 19.37]; 0.13; 0.6243; ----	0.65 ± 19.69 [-9.74, 11.04]; 0.03; 0.9022; ----
	Control: Δ B to M12	21	18	2.99 ± 15.63 [-5.04, 11.02]; 0.19; 0.4659; ----	4.36 ± 31.99 [-10.61, 19.34]; 0.14; 0.5679; ----	2.97 ± 18.76 [-5.14, 11.08]; 0.16; 0.4732; ----
	Control: Δ M3 to M6	15	14	5.52 ± 15.73 [-4.32, 15.37]; 0.35; 0.2716; ----	6.35 ± 29.95 [-10.22, 22.92]; 0.21; 0.4526; ----	-0.09 ± 19.15 [-10.96, 10.78]; 0.00; 0.9872; ----
	Control: Δ M3 to M12	15	18	4.20 ± 15.35 [-4.35, 12.76]; 0.27; 0.3357; ----	6.84 ± 31.28 [-9.16, 22.84]; 0.22; 0.4019; ----	2.23 ± 18.18 [-6.41, 10.87]; 0.12; 0.6133; ----
	Control: Δ M6 to M12	14	18	-1.32 ± 16.00 [-10.94, 8.29]; 0.08; 0.7876; ----	0.49 ± 30.71 [-15.71, 16.70]; 0.02; 0.9526; ----	2.32 ± 19.43 [-8.24, 12.88]; 0.12; 0.6671; ----
	Sit-to-stand desk: Δ B to M3	23	21	1.18 ± 15.42 [-6.17, 8.52]; 0.08; 0.7536; ----	9.98 ± 31.63 [-3.91, 23.88]; 0.32; 0.1590; ----	8.22 ± 18.80 [0.51, 15.92]; 0.44; 0.0366; ☉
	Sit-to-stand desk: Δ B to M6	23	20	7.57 ± 16.18 [-0.60, 15.75]; 0.47; 0.0694; ----	17.55 ± 33.16 [1.93, 33.18]; 0.53; 0.0277; ☉	10.10 ± 19.30 [1.75, 18.45]; 0.52; 0.0178; ☉
	Sit-to-stand desk: Δ B to M12	23	20	9.38 ± 16.41 [0.96, 17.81]; 0.57; 0.0290; ☉	22.55 ± 33.89 [6.02, 39.08]; 0.67; 0.0075; ☉	12.65 ± 19.87 [3.68, 21.62]; 0.64; 0.0057; ☉
	Sit-to-stand desk: Δ M3 to M6	21	20	6.40 ± 16.37 [-2.05, 14.85]; 0.39; 0.1379; ----	7.57 ± 33.35 [-8.47, 23.61]; 0.23; 0.3550; ----	1.88 ± 19.44 [-6.75, 10.51]; 0.10; 0.6697; ----
	Sit-to-stand desk: Δ M3 to M12	21	20	8.21 ± 16.60 [-0.47, 16.89]; 0.49; 0.0639; ----	12.57 ± 34.07 [-4.33, 29.47]; 0.37; 0.1450; ----	4.43 ± 20.01 [-4.79, 13.65]; 0.22; 0.3465; ----
	Sit-to-stand desk: Δ M6 to M12	20	20	1.81 ± 17.30 [-7.50, 11.12]; 0.10; 0.7032; ----	5.00 ± 35.50 [-13.29, 23.29]; 0.14; 0.5921; ----	2.55 ± 20.48 [-7.18, 12.28]; 0.12; 0.6077; ----
	Treadmill desk: Δ B to M3	22	22	-3.81 ± 16.96 [-11.42, 3.79]; 0.22; 0.3255; ----	-5.22 ± 35.34 [-19.45, 9.01]; 0.15; 0.4718; ----	-1.80 ± 20.78 [-9.36, 5.76]; 0.09; 0.6412; ----
	Treadmill desk: Δ B to M6	22	19	1.51 ± 17.88 [-7.52, 10.54]; 0.08; 0.7429; ----	13.66 ± 37.51 [-4.22, 31.55]; 0.36; 0.1344; ----	9.44 ± 24.43 [-2.55, 21.42]; 0.39; 0.1229; ----
	Treadmill desk: Δ B to M12	22	20	-4.75 ± 15.90 [-12.00, 2.50]; 0.30; 0.1994; ----	-5.36 ± 33.29 [-18.97, 8.25]; 0.16; 0.4400; ----	-1.54 ± 20.19 [-9.25, 6.16]; 0.08; 0.6943; ----
	Treadmill desk: Δ M3 to M6	22	19	5.33 ± 19.15 [-4.42, 15.07]; 0.28; 0.2840; ----	18.89 ± 39.79 [-0.26, 38.03]; 0.47; 0.0532; ----	11.23 ± 25.27 [-1.21, 23.68]; 0.44; 0.0769; ----
Treadmill desk: Δ M3 to M12	22	20	-0.93 ± 17.31 [-9.08, 7.22]; 0.05; 0.8225; ----	-0.14 ± 35.84 [-15.41, 15.13]; 0.00; 0.9861; ----	0.25 ± 21.20 [-8.14, 8.64]; 0.01; 0.9528; ----	
Treadmill desk: Δ M6 to M12	19	20	-6.26 ± 18.21 [-15.67, 3.15]; 0.34; 0.1923; ----	-19.02 ± 37.99 [-37.54, -0.50]; 0.50; 0.0441; ☉	-10.98 ± 24.79 [-23.47, 1.51]; 0.44; 0.0848; ----	

Supplemental Table 4. Between and within group comparisons of the mean number of total daily sedentary, standing and stepping bouts, adjusted for age

Key: B= Baseline, M3= Month-3, M6= Month-6, M12= Month-12 follow-ups, N1= sample size of 1st comparison group, N2= sample size of 2nd comparison group