

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	-6.21 ± 15.16 [-15.05, 2.63]; 0.41; 0.1685; ----	-9.84 ± 30.28 [-27.38, 7.71]; 0.32; 0.2718; ----	-5.31 ± 16.88 [-15.16, 4.54]; 0.31; 0.2907; ----
	B: Treadmill desk - Control	22	21	-8.92 ± 15.30 [-18.13, 0.29]; 0.58; 0.0576; ----	-19.25 ± 30.65 [-37.69, -0.82]; 0.63; 0.0407; ⊗	-11.38 ± 17.05 [-21.59, -1.17]; 0.67; 0.0289; ⊗
	B: Treadmill desk - Sit-to-stand desk	22	23	-2.71 ± 13.25 [-10.50, 5.07]; 0.20; 0.4947; ----	-9.42 ± 25.07 [-24.11, 5.27]; 0.38; 0.2090; ----	-6.07 ± 13.76 [-14.10, 1.96]; 0.44; 0.1385; ----
	M3: Sit-to-stand desk - Control	21	15	0.63 ± 14.40 [-8.84, 10.10]; 0.04; 0.8957; ----	6.38 ± 27.84 [-11.86, 24.62]; 0.23; 0.4930; ----	7.32 ± 16.17 [-3.35, 17.99]; 0.45; 0.1787; ----
	M3: Treadmill desk - Control	22	15	-7.46 ± 15.31 [-17.49, 2.58]; 0.49; 0.1452; ----	-11.66 ± 30.53 [-31.53, 8.22]; 0.38; 0.2504; ----	-3.31 ± 16.92 [-14.40, 7.79]; 0.20; 0.5592; ----
	M3: Treadmill desk - Sit-to-stand desk	22	21	-8.09 ± 14.99 [-17.08, 0.90]; 0.54; 0.0779; ----	-18.04 ± 29.88 [-35.94, -0.14]; 0.60; 0.0483; ⊗	-10.62 ± 16.32 [-20.38, -0.87]; 0.65; 0.0328; ⊗
	M6: Sit-to-stand desk - Control	20	14	-4.06 ± 15.41 [-14.42, 6.31]; 0.26; 0.4432; ----	1.21 ± 30.95 [-20.14, 22.56]; 0.04; 0.9115; ----	3.42 ± 17.48 [-8.81, 15.64]; 0.20; 0.5837; ----
	M6: Treadmill desk - Control	19	14	-13.09 ± 15.97 [-24.01, -2.17]; 0.82; 0.0188; ⊗	-16.68 ± 35.07 [-40.91, 7.56]; 0.48; 0.1775; ----	-2.36 ± 19.00 [-15.68, 10.95]; 0.12; 0.7280; ----
	M6: Treadmill desk - Sit-to-stand desk	19	20	-9.03 ± 17.24 [-19.88, 1.81]; 0.52; 0.1026; ----	-17.89 ± 32.82 [-38.67, 2.90]; 0.54; 0.0917; ----	-5.78 ± 16.70 [-16.30, 4.74]; 0.35; 0.2817; ----
	M12: Sit-to-stand desk - Control	20	18	1.22 ± 14.99 [-8.27, 10.71]; 0.08; 0.8009; ----	8.76 ± 29.13 [-9.61, 27.14]; 0.30; 0.3500; ----	5.88 ± 15.17 [-3.69, 15.46]; 0.39; 0.2284; ----
	M12: Treadmill desk - Control	20	18	-15.00 ± 14.56 [-24.35, -5.65]; 1.03; 0.0017; ⊗	-20.87 ± 27.59 [-38.57, -3.16]; 0.76; 0.0209; ⊗	-3.30 ± 15.35 [-13.11, 6.50]; 0.22; 0.5091; ----
	M12: Treadmill desk - Sit-to-stand desk	20	20	-16.22 ± 13.94 [-24.87, -7.57]; 1.16; 0.0002; ⊗	-29.63 ± 27.29 [-46.41, -12.84]; 1.09; 0.0005; ⊗	-9.19 ± 15.16 [-18.57, 0.19]; 0.61; 0.0549; ----
Within Group Comparisons	Control: Δ B to M3	21	15	-4.19 ± 15.90 [-13.18, 4.81]; 0.26; 0.3617; ----	-6.25 ± 31.95 [-23.27, 10.76]; 0.20; 0.4713; ----	-4.87 ± 18.27 [-14.81, 5.07]; 0.27; 0.3369; ----
	Control: Δ B to M6	21	14	1.95 ± 15.55 [-6.97, 10.87]; 0.13; 0.6680; ----	-0.04 ± 34.19 [-19.94, 19.87]; 0.00; 0.9972; ----	-3.40 ± 19.67 [-15.10, 8.30]; 0.17; 0.5692; ----
	Control: Δ B to M12	21	18	-1.05 ± 16.29 [-10.02, 7.91]; 0.06; 0.8182; ----	-4.82 ± 32.35 [-21.63, 11.99]; 0.15; 0.5741; ----	-5.64 ± 17.64 [-14.72, 3.44]; 0.32; 0.2232; ----
	Control: Δ M3 to M6	15	14	6.14 ± 14.36 [-2.95, 15.22]; 0.43; 0.1854; ----	6.22 ± 31.03 [-13.50, 25.94]; 0.20; 0.5366; ----	1.47 ± 18.29 [-10.33, 13.27]; 0.08; 0.8070; ----
	Control: Δ M3 to M12	15	18	3.14 ± 15.15 [-5.88, 12.15]; 0.21; 0.4954; ----	1.43 ± 28.98 [-14.87, 17.73]; 0.05; 0.8632; ----	-0.77 ± 16.08 [-9.91, 8.37]; 0.05; 0.8684; ----
	Control: Δ M6 to M12	14	18	-3.00 ± 14.79 [-11.90, 5.90]; 0.20; 0.5084; ----	-4.78 ± 31.43 [-24.02, 14.45]; 0.15; 0.6259; ----	-2.24 ± 17.66 [-13.28, 8.79]; 0.13; 0.6902; ----
	Sit-to-stand desk: Δ B to M3	23	21	2.66 ± 13.58 [-4.18, 9.49]; 0.20; 0.4464; ----	9.97 ± 25.90 [-2.38, 22.31]; 0.38; 0.1137; ----	7.76 ± 14.59 [0.74, 14.78]; 0.53; 0.0304; ⊗
	Sit-to-stand desk: Δ B to M6	23	20	4.10 ± 15.01 [-4.03, 12.24]; 0.27; 0.3229; ----	11.01 ± 26.56 [-2.22, 24.24]; 0.41; 0.1028; ----	5.33 ± 14.27 [-1.64, 12.30]; 0.37; 0.1340; ----
	Sit-to-stand desk: Δ B to M12	23	20	6.38 ± 13.75 [-0.80, 13.56]; 0.46; 0.0817; ----	13.78 ± 26.81 [0.19, 27.37]; 0.51; 0.0468; ⊗	5.55 ± 14.29 [-1.43, 12.54]; 0.39; 0.1193; ----
	Sit-to-stand desk: Δ M3 to M6	21	20	1.45 ± 15.45 [-7.06, 9.96]; 0.09; 0.7387; ----	1.05 ± 27.76 [-13.25, 15.35]; 0.04; 0.8858; ----	-2.43 ± 15.25 [-10.24, 5.38]; 0.16; 0.5418; ----
	Sit-to-stand desk: Δ M3 to M12	21	20	3.72 ± 14.23 [-3.90, 11.34]; 0.26; 0.3383; ----	3.82 ± 28.00 [-10.81, 18.44]; 0.14; 0.6089; ----	-2.21 ± 15.26 [-10.02, 5.60]; 0.14; 0.5797; ----
	Sit-to-stand desk: Δ M6 to M12	20	20	2.27 ± 15.59 [-6.46, 11.00]; 0.15; 0.6098; ----	2.77 ± 28.61 [-12.55, 18.09]; 0.10; 0.7232; ----	0.22 ± 14.96 [-7.53, 7.98]; 0.01; 0.9550; ----
	Treadmill desk: Δ B to M3	22	22	-2.72 ± 14.69 [-9.97, 4.53]; 0.19; 0.4618; ----	1.35 ± 29.16 [-12.23, 14.92]; 0.05; 0.8460; ----	3.20 ± 15.59 [-3.86, 10.26]; 0.21; 0.3740; ----
	Treadmill desk: Δ B to M6	22	19	-2.21 ± 15.73 [-10.67, 6.24]; 0.14; 0.6078; ----	2.54 ± 31.63 [-14.06, 19.14]; 0.08; 0.7640; ----	5.62 ± 16.26 [-2.60, 13.83]; 0.35; 0.1801; ----
	Treadmill desk: Δ B to M12	22	20	-7.13 ± 13.44 [-13.70, -0.56]; 0.53; 0.0334; ⊗	-6.43 ± 25.58 [-17.86, 5.00]; 0.25; 0.2703; ----	2.43 ± 14.67 [-4.30, 9.17]; 0.17; 0.4789; ----
Treadmill desk: Δ M3 to M6	22	19	0.51 ± 16.83 [-8.62, 9.63]; 0.03; 0.9133; ----	1.20 ± 34.63 [-17.13, 19.52]; 0.03; 0.8980; ----	2.41 ± 17.68 [-6.65, 11.48]; 0.14; 0.6016; ----	
Treadmill desk: Δ M3 to M12	22	20	-4.41 ± 14.72 [-11.85, 3.03]; 0.30; 0.2457; ----	-7.78 ± 29.22 [-21.70, 6.15]; 0.27; 0.2736; ----	-0.77 ± 16.22 [-8.54, 7.00]; 0.05; 0.8460; ----	
Treadmill desk: Δ M6 to M12	19	20	-4.91 ± 15.76 [-13.54, 3.71]; 0.31; 0.2641; ----	-8.97 ± 31.68 [-25.87, 7.93]; 0.28; 0.2980; ----	-3.18 ± 16.87 [-12.00, 5.64]; 0.19; 0.4794; ----	

Supplemental Table 5. Between and within group comparisons of the mean number of daily sedentary, standing and stepping bouts at the workplace, 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