

FFIT Follow up baseline self-reported PA, diet, alcohol and psychological variables

Table i. Baseline self-reported PA. Data are median (inter-quartile range)

	FFIT RCT Cohort (n=747)	Not Followed Up Cohort (n=259)	Total Follow Up Cohort (n=488)	FFIT-FU-I (n=233)	FFIT-FU-C (n=255)
Total MET-mins/week	1188 (396, 2559)	1173 (396, 2739)	1188 (396, 2460)	1230 (396, 2460)	1155 (396, 2445)
<i>Missing</i>	5	2	3	1	2
Vigorous MET-mins/week	0 (0, 720)	0 (0, 720)	0 (0, 720)	0 (0, 720)	0 (0, 640)
<i>Missing</i>	5	2	3	1	2
Moderate MET-mins/week	0 (0, 360)	0 (0, 360)	0 (0, 360)	0 (0, 320)	0 (0, 360)
<i>Missing</i>	5	2	3	1	2
Walking MET-mins/week	446 (99, 1188)	495 (99, 1040)	396 (99, 1188)	454 (99, 1386)	396 (99, 1188)
<i>Missing</i>	5	2	3	1	2
Time spent sitting on a week day in last 7 days	450 (300, 600)	435 (300, 600)	465 (300, 600)	480 (300, 600)	420 (300, 600)
<i>Missing</i>	146	64	82	40	42

Table ii. Baseline self-reported diet and alcohol. Data are mean (SD)

	FFIT RCT Cohort (n=747)	Not Followed Up Cohort (n=259)	Total Follow Up Cohort (n=488)	FFIT-FU-I (n=233)	FFIT-FU-C (n=255)
DINE-based measures					
Fatty food score (range 8-58)	23.6 (7.2)	22.9 (7.2)	23.9 (7.2)	24.1 (7.1)	23.8 (7.3)
Fruit and vegetable score (range 1-6)	2.3 (1.7)	2.2 (1.6)	2.3 (1.7)	2.3 (1.7)	2.3 (1.7)
Sugary food score (range 3-16)	6.1 (2.8)	5.9 (2.7)	6.2 (2.9)	6.0 (2.7)	6.3 (3.0)
Total alcohol consumption (units per week)	16.7 (17.4)	16.5 (17.4)	16.9 (17.4)	15.9 (16.9)	17.8 (17.8)
Portion size					
Cheese	4.3 (2.0)	4.2 (2.0)	4.4 (2.0)	4.4 (2.0)	4.4 (1.9)
Meat	5.6 (1.3)	5.5 (1.4)	5.7 (1.3)	5.7 (1.3)	5.7 (1.3)
Pasta	5.1 (1.7)	5.0 (1.8)	5.2 (1.7)	5.3 (1.6)	5.1 (1.7)
Chips	4.1 (1.8)	4.0 (1.7)	4.1 (1.8)	4.1 (1.9)	4.0 (1.7)

Table iii. Baseline self-reported psychological outcomes. Data are mean (SD)

	FFIT RCT Cohort (n=747)	Not Followed Up Cohort (n=259)	Total Follow Up Cohort (n=488)	FFIT-FU-I (n=233)	FFIT-FU-C (n=255)
Self-esteem (normalised Rosenberg score, range 0-3)	1.9 (0.5)	1.9 (0.5)	1.9 (0.5)	1.9 (0.5)	2.0 (0.5)
Positive affect (normalised PANAS score, range 1-5)	3.2(0.7)	3.2 (0.7)	3.2 (0.7)	3.3 (0.7)	3.2 (0.6)
Negative affect (normalised PANAS score, range 1-5)	1.7 (0.6)	1.7 (0.6)	1.7 (0.6)	1.7 (0.6)	1.6 (0.6)
HRQoL (SF12)					
Mental	48.6 (9.7)	48.5 (9.4)	48.6 (9.8)	48.9 (10.1)	48.4 (9.5)
Missing	1	0	1	1	0
Physical	47.4 (7.7)	46.6 (7.5)	47.7 (7.8)	47.3 (7.9)	48.2 (7.6)
Missing	1	0	1	1	0