



Supplementary Material

Telephone-Based Coaching and Prompting for Physical Activity: Short- and Long-Term Findings of a Randomized Controlled Trial (Movingcall)

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S2: Supplementary File on Acceptance and Perception Related Questions

Table1. Acceptance and perception related questions: Mean and standard deviation per study arm.

	Time of Assessment	Translated Question	Translated Answer on Likert Scale	Control	Coaching	Coaching and SMS	p-value ANOVA	η^2
				Mean (SD)	Mean (SD)	Mean (SD)		
General acceptance and perception of intervention	6 months	In general, I am satisfied with this intervention.	1 = not true	2.0 (0.8)	3.5 (0.6)	3.7 (0.6)	< 0.001	0.481
			2 = rather not true					
			3 = rather true					
			4 = true					
	6 months	The program helps me to achieve my physical activity and exercise goals.	1 = not true	1.7 (0.8)	3.4 (0.7)	3.4 (0.6)	< 0.001	0.463
			2 = rather not true					
			3 = rather true					
			4 = true					
	6 months	This program helps me to be more physical active in my everyday life in the long-term (>1 year).	1 = not true	2.2 (1.1)	3.5 (0.8)	3.6 (0.6)	< 0.001	0.284
			2 = rather not true					
			3 = rather true					
			4 = true					

	6 months	This program will help me in the future to motivate myself to be regularly physically active.	1 = not true 2 = rather not true 3 = rather true 4 = true	2.1 (1.1)	3.4 (0.7)	3.4 (0.7)	< 0.001	0.286
Activity profile	3 months	In general, the profile on www.movingcall.com is understandable and easy to use.	1 = not true 2 = rather not true 3 = rather true 4 = true	2.8 (1.0)	3.3 (0.7)	3.3 (0.7)	< 0.001	0.074
	3 months	Did you use "my plan"? (e.g. to adapt the plan, to look up exercises in the catalogue or to write a note)	1 = No, never 2 = Rarely 3 = Yes, but irregularly 4 = Yes, regularly	2.6 (0.9)	3.3 (0.8)	3.3 (0.8)	< 0.001	0.090
Perception and participation of the control group	3 months	How often did you read the entire recommendation on physical activity?	Number	2.4 (3.0)				
	3 months	Is the recommendation formulated in an understandable way?	1 = no 2 = rather no 3 = rather yes 4 = yes	3.6 (0.8)				
	3 months	Is the advice in your recommendation tailored to your personal situation in life?	1 = no 2 = rather no 3 = rather yes 4 = yes	2.6 (0.9)				

Perception and participation of the coaching and the coaching & SMS group	6 months	Did the phone calls take place regularly?	1 = no 2 = mostly 3 = yes	2.9 (0.3)	2.9 (0.3)	0.520	0.009
	6 months	The duration of the phone calls was ...	1 = too short 2 = appropriate 3 = too long	2.0 (0.2)	2.0 (0.1)	0.368	0.005
	6 months	The intervals of the phone calls were ...	1 = too short 2 = appropriate 3 = too long	2.0 (0.3)	2.0 (0.2)	0.749	0.004
	6 months	My coach and I had a trusting relationship.	1 = not true 2 = rather not true 3 = rather true 4 = true	3.8 (0.5)	3.9 (0.3)	0.524	0.015
	6 months	Our relationship was characterized by mutual respect.	1 = not true 2 = rather not true 3 = rather true 4 = true	3.9 (0.2)	4.0 (0.2)	0.311	0.006
	6 months	I was coached according to my current state of my physical activity (e.g. appropriate goals were set).	1 = not true 2 = rather not true 3 = rather true 4 = true	3.9 (0.4)	3.9 (0.4)	0.498	0.009
	6 months	I do collaborate with my coach during the coaching process.	1 = not true 2 = rather not true 3 = rather true 4 = true	3.7 (0.5)	3.8 (0.5)	0.649	0.006

Perception and participation of the coaching & SMS group	6 months	Did you always receive 4 SMS between the calls?	1 = I have not received any SMS 2 = No, not always 3 = Yes, always	2.9 (0.3)
	6 months	Do you perceive the SMS overall as supporting?	1 = No, they are not supportive 2 = No, they are rather not supportive 3 = Yes, they are more supportive 4 = Yes, they are supportive	3.4 (0.8)
	6 months	How do you rate the frequency of the SMS?	1 = Too rare 2 = Appropriate 3 = Too often	2.1 (0.4)



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