



Supplementary Material

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

Xenia Fischer, Jan-Niklas Kreppke, Lukas Zahner, Markus Gerber, Oliver Faude and Lars Donath

S1: Supplementary File on Perceived Fitness

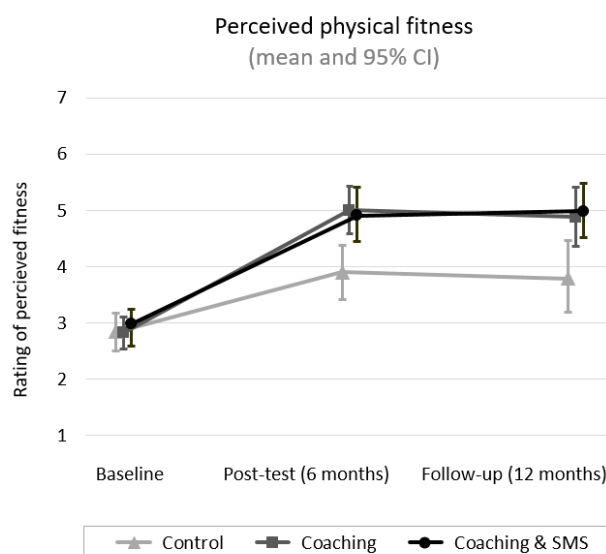


Figure 1. Unadjusted means and boot-strapped bias-corrected and accelerated confidence intervals of self-rated physical fitness. $N = 285$ at baseline, $n = 205$ at 6 months and $n = 177$ at 12 months.

Table 1. Adjusted changes in perceived physical fitness within groups and differences between groups at each time point

M	Adjusted Mean Change from Baseline (95% CI)			Pairwise Comparison: Differences among Groups in Change from Baseline (95% CI)		
	Control	Coaching	Coaching and SMS	Coaching vs. Control	Coaching and SMS vs. Control	Coaching and SMS vs. Coaching
6	1.1 (0.7 to 1.5)	2.1 (1.7 to 2.5)	2.0 (1.5 to 2.4)	1.0 (0.4 to 1.6)	0.9 (0.3 to 1.5)	−.1 (−0.7 to 0.4)
12	0.9 (0.4 to 1.4)	2.1 (1.7 to 2.5)	2.1 (1.7 to 2.5)	1.2 (0.5 to 1.8)	1.2 (.6 to 1.8)	0.04 (−.5 to 0.6)

M = Months.



© 2019 by the authors. Submitted for possible open access publication under the terms and conditions of the Creative Commons Attribution (CC BY) license (<http://creativecommons.org/licenses/by/4.0/>).