

Table S1

Differences between participants based on sufficiency/insufficiency of physical activity levels (PAL) at baseline

	Baseline				Mann Whitney/ χ^2 (p)
	Insufficient PAL		Sufficient PAL		
	F	%	F	%	
Gender χ^2					103.1 (0.001)
Males	192	39.6	220	78.3	
Females	286	59.0	61	21.7	
Missing	7	1.4	0	0.0	
Socioeconomic status					0.14 (0.88)
Below average	5	1.0	8	2.8	
Average	456	94.0	255	90.7	
Above average	24	4.9	18	6.4	
Missing	0	0.0	0	0.0	
Paternal education					4.18 (0.001)
Elementary school	40	8.2	13	4.6	
High school	369	76.1	190	67.6	
College level	42	8.7	43	15.3	
University level	34	7.0	35	12.5	
Missing	0	0.0	0	0.0	
Maternal education					2.15 (0.03)
Elementary school	149	30.7	65	23.1	
High school	279	57.5	180	64.1	
College level	26	5.4	18	6.4	
University level	29	6.0	18	6.4	
Missing	2	0.4	0	0.0	
Parental/familial conflict					5.21 (0.001)
Almost never	161	33.2	142	50.5	
Rarely	198	40.8	98	34.9	
From time to time	104	21.4	41	14.6	
Often	22	4.5			
Missing	0	0.0	0	0.0	
Parental absence					0.68 (0.49)
Always at home	109	22.5	41	14.6	
Rarely absent	104	21.4	82	29.2	
Occasionally absent	168	34.6	105	37.4	

Often absent	102	21.0	53	18.9	
Missing	2	0.4	0	0.0	
Parental care					2.39 (0.02)
Parents do not care at all	0	0.0	8	2.8	
Do not care	12	2.5	8	2.8	
Good care	159	32.8	105	37.4	
Very much care	314	64.7	160	56.9	
Missing	0	0.0	0	0.0	
Parental questioning					0.08 (0.92)
Mostly never	20	4.1	8	2.8	
Rarely	60	12.4	38	13.5	
From time to time	174	35.9	103	36.7	
Often/regularly	229	47.2	132	47.0	
Missing	2	0.4	0	0.0	
Sport participation ^{χ²}					98.02 (0.001)
Yes, currently	43	8.9	98	34.9	
Yes, but quit	213	43.9	125	44.5	
No, never	227	46.8	58	20.6	
Missing	2	0.4	0	0.0	

^{χ²} indicates variables where differences between groups were calculated by χ^2 test

Table S2

Differences between participants based on sufficiency/insufficiency of physical activity levels (PAL) at first follow-up measurement

	Baseline				Mann Whitney/ χ^2 (p)
	Insufficient PAL		Sufficient PAL		
	F	%	F	%	
Gender χ^2					57.45 (0.01)
Males	284	46.7	128	81.0	
Females	317	52.1	30	19.0	
Missing	7	1.2	0	0.0	
Socioeconomic status					0.33 (0.73)
Below average	11	1.8	2	1.3	
Average	564	92.8	147	93.0	
Above average	33	5.4	9	5.7	
Missing	0	0.0	0	0.0	
Paternal education					1.20 (0.22)
Elementary school	42	6.9	11	7.0	
High school	449	73.8	110	69.6	
College level	71	11.7	14	8.9	
University level	46	7.6	23	14.6	
Missing	0	0.0	0	0.0	
Maternal education					1.63 (0.10)
Elementary school	180	29.6	34	21.5	
High school	354	58.2	105	66.5	
College level	32	5.3	12	7.6	
University level	40	6.6	7	4.4	
Missing	2	0.3	0	0.0	
Parental/familial conflict					2.25 (0.02)
Almost never	230	37.8	73	46.2	
Rarely	237	39.0	59	37.3	
From time to time	121	19.9	24	15.2	
Often	20	3.3	2	1.3	
Missing	0	0.0	0	0.0	
Parental absence					0.49 (0.61)
Always at home	126	20.7	24	15.2	
Rarely absent	143	23.5	43	27.2	
Occasionally absent	206	33.9	67	42.4	

Often absent	133	21.9	22	13.9	
Missing	0	0.0	2	1.3	
Parental care					1.21 (0.22)
Parents do not care at all	4	0.7	4	2.5	
Do not care	18	3.0	2	1.3	
Good care	203	33.4	61	38.6	
Very much care	383	63.0	91	57.6	
Missing	0	0.0	0	0.0	
Parental questioning					1.02 (0.30)
Mostly never	24	3.9	4	2.5	
Rarely	70	11.5	28	17.7	
From time to time	221	36.3	56	35.4	
Often/regularly	291	47.9	70	44.3	
Missing	2	0.3	0	0.0	
Sport participation ^{χ²}					103.94 (0.001)
Yes, currently	70	11.5	71	44.9	
Yes, but quit	274	45.1	64	40.5	
No, never	262	43.1	23	14.6	
Missing	2	0.3	0	0.0	

^{χ²} indicates variables where differences between groups were calculated by χ^2 test

Table S3

Differences between participants based on sufficiency/insufficiency of physical activity levels (PAL) at second follow-up measurement

	Baseline				Mann Whitney/ χ^2 (p)
	Insufficient PAL		Sufficient PAL		
	F	%	F	%	
Gender χ^2					74.74 (0.001)
Males	260	45.2	152	79.6	
Females	313	54.4	34	17.8	
Missing	2	0.3	5	2.6	
Socioeconomic status					0.67 (0.49)
Below average	7	1.2	6	3.1	
Average	537	93.4	174	91.1	
Above average	31	5.4	11	5.8	
Missing	0	0.0	0	0.0	
Paternal education					1.98 (0.09)
Elementary school	43	7.5	10	5.2	
High school	425	73.9	134	70.2	
College level	61	10.6	24	12.6	
University level	46	8.0	23	12.0	
Missing	0	0.0	0	0.0	
Maternal education					0.30 (0.70)
Elementary school	165	28.7	49	25.7	
High school	337	58.6	122	63.9	
College level	29	5.0	15	7.9	
University level	42	7.3	5	2.6	
Missing	2	0.3	0	0.0	
Parental/familial conflict					4.34 (0.001)
Almost never	204	35.5	99	51.8	
Rarely	230	40.0	66	34.6	
From time to time	121	21.0	24	12.6	
Often	20	3.5	2	1.0	
Missing	0	0.0	0	0.0	
Parental absence					1.08 (0.27)
Always at home	119	20.7	31	16.2	
Rarely absent	143	24.9	43	22.5	
Occasionally absent	191	33.2	82	42.9	

Often absent	120	20.9	35	18.3	
Missing	2	0.3	0	0.0	
Parental care					2.09 (0.04)
Parents do not care at all	6	1.0	2	1.0	
Do not care	16	2.8	4	2.1	
Good care	184	32.0	80	41.9	
Very much care	369	64.2	105	55.0	
Missing	0	0.0	0	0.0	
Parental questioning					0.09 (0.92)
Mostly never	24	4.2	4	2.1	
Rarely	71	12.3	27	14.1	
From time to time	205	35.7	72	37.7	
Often/regularly	273	47.5	88	46.1	
Missing	2	0.3	0	0.0	
Sport participation χ^2					89.85 (0.001)
Yes, currently	65	11.3	76	39.8	
Yes, but quit	259	45.0	79	41.4	
No, never	251	43.7	34	17.8	
Missing	0	0.0	2	1.0	

χ^2 indicates variables where differences between groups were calculated by χ^2 test

