

Supplementary materials

Table S1. Akaike Information Criterion (AIC) values for linear mixed model build

Model	Fixed effects	Random Effect	AIC
1	SSPA ¹	participant	74506
2	SSPA ¹ + wave	participant	74369
3	SSPA ¹ + wave + SSPA*wave	participant	74365
4	SSPA ¹ + wave + SSPA*wave + gender	participant	74534
5	SSPA ¹ + wave + SSPA*wave + gender + education	participant	74330
6	SSPA ¹ + wave + SSPA*wave + gender + education + employment	participant	74303
7	SSPA ¹ + wave + SSPA*wave + gender + education + employment + health rating	participant	74123
8	SSPA ¹ + wave + SSPA*wave + gender + education + employment + health rating + living arrangement	participant	74113

Note: A lower AIC value indicates better quality of fit relative to the complexity of the model; therefore, the model with the lowest AIC was selected.

¹SSPA = Social support for Physical Activity