

SUPPLEMENTARY MATERIAL 2 Data Completeness of Outcomes at Baseline

	<i>Social (n=7)</i>		<i>Low intensity (n=6)</i>	
	<i>Returned</i>	<i>Completed</i>	<i>Returned</i>	<i>Completed</i>
CDI II	7 (100%)	7 (100%)	5 (83.3%)	5 (83.3%)
PANAS				
<i>positive score</i>	7 (100%)	7 (100%)	5 (83.3%)	5 (83.3%)
<i>negative score</i>	7 (100%)	7 (100%)	5 (83.3%)	5 (83.3%)
NGSE	7 (100%)	7 (100%)	5 (83.3%)	5 (83.3%)
MSPSS				
<i>average score</i>	7 (100%)	7 (100%)	5 (83.3%)	5 (83.3%)
<i>significant other subscale</i>	7 (100%)	7 (100%)	5 (83.3%)	5 (83.3%)
<i>family subscale</i>	7 (100%)	7 (100%)	5 (83.3%)	5 (83.3%)
<i>friends subscale</i>	7 (100%)	7 (100%)	5 (83.3%)	5 (83.3%)
COM-B				
<i>Physical Opportunity</i>	7 (100%)	7 (100%)	5 (83.3%)	5 (83.3%)
<i>Social Opportunity</i>	6 (85.7%)	6 (85.7%)	5 (83.3%)	5 (83.3%)
<i>Motivation</i>	7 (100%)	7 (100%)	4 (66.7%)	4 (66.7%)
<i>Automatic motivation</i>	7 (100%)	7 (100%)	5 (83.3%)	5 (83.3%)
<i>Physical Capability</i>	7 (100%)	7 (100%)	5 (83.3%)	5 (83.3%)
<i>Psychological capability</i>	7 (100%)	7 (100%)	5 (83.3%)	5 (83.3%)
Burden scale total (BSFC)	6 (85.7%)	6 (85.7%)	5 (83.3%)	5 (83.3%)
YPAQ				
<i>Sports (mins/week)</i>	7 (100%)	7 (100%)	5 (83.3%)	5 (83.3%)
<i>Leisure (mins/week)</i>	7 (100%)	7 (100%)	5 (83.3%)	5 (83.3%)
<i>School (mins/week)</i>	6 (85.7%)	6 (85.7%)	5 (83.3%)	5 (83.3%)
<i>Other (mins/week)</i>	6 (85.7%)	6 (85.7%)	5 (83.3%)	5 (83.3%)
EQ5D	7 (100%)	7 (100%)	5 (83.3%)	5 (83.3%)
Accelerometer				
<i>Sedentary time</i>	6 (85.7%)	6 (85.7%)	5 (83.3%)	5 (83.3%)
<i>Light activity</i>	6 (85.7%)	6 (85.7%)	5 (83.3%)	5 (83.3%)
<i>Moderate activity</i>	6 (85.7%)	6 (85.7%)	5 (83.3%)	5 (83.3%)
<i>Vigorous activity</i>	6 (85.7%)	6 (85.7%)	5 (83.3%)	5 (83.3%)