

SUPPLEMENTARY MATERIAL 3 Data Completeness for Efficacy Outcomes at 14 weeks

	<i>Social (n=5)</i>		<i>Low intensity (n=4)*</i>	
	<i>Returned</i>	<i>Completed</i>	<i>Returned</i>	<i>Completed</i>
CDI II	5 (100%)	5 (100%)	4 (100%)	4 (100%)
PANAS				
<i>positive score</i>	5 (100%)	5 (100%)	4 (100%)	4 (100%)
<i>negative score</i>	5 (100%)	5 (100%)	4 (100%)	4 (100%)
NGSE	5 (100%)	5 (100%)	4 (100%)	4 (100%)
MSPSS				
<i>average score</i>	5 (100%)	5 (100%)	4 (100%)	4 (100%)
<i>significant other subscale</i>	5 (100%)	5 (100%)	4 (100%)	4 (100%)
<i>family subscale</i>	5 (100%)	5 (100%)	4 (100%)	4 (100%)
<i>friends subscale</i>	5 (100%)	5 (100%)	4 (100%)	4 (100%)
COM-B				
<i>Physical Opportunity</i>	5 (100%)	5 (100%)	4 (100%)	4 (100%)
<i>Social Opportunity</i>	5 (100%)	5 (100%)	4 (100%)	4 (100%)
<i>Motivation</i>	5 (100%)	5 (100%)	4 (100%)	4 (100%)
<i>Automatic motivation</i>	5 (100%)	5 (100%)	4 (100%)	4 (100%)
<i>Physical Capability</i>	5 (100%)	5 (100%)	4 (100%)	4 (100%)
<i>Psychological capability</i>	5 (100%)	5 (100%)	4 (100%)	4 (100%)
Burden scale total (BSFC)	4 (80.0%)	4 (80.0%)	4 (100%)	4 (100%)
YPAQ				
<i>Sports (mins/week)</i>	5 (100%)	5 (100%)	4 (100%)	4 (100%)
<i>Leisure (mins/week)</i>	5 (100%)	5 (100%)	4 (100%)	4 (100%)
<i>School (mins/week)</i>	5 (100%)	5 (100%)	4 (100%)	4 (100%)
<i>Other (mins/week)</i>	5 (100%)	5 (100%)	4 (100%)	4 (100%)
EQ5D	5 (100%)	5 (100%)	4 (100%)	4 (100%)
Accelerometer				
<i>Sedentary time</i>	4 (80.0%)	4 (80.0%)	2 (50.0%)	2 (50.0%)
<i>Light activity</i>	4 (80.0%)	4 (80.0%)	2 (50.0%)	2 (50.0%)
<i>Moderate activity</i>	4 (80.0%)	4 (80.0%)	2 (50.0%)	2 (50.0%)
<i>Vigorous activity</i>	4 (80.0%)	4 (80.0%)	2 (50.0%)	2 (50.0%)

*One participant withdrew after study end, but has some missing data (in social group)