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Predicting outcomes from engagement with specific components of an internet-based physical activity intervention with financial incentives: process analysis of a cluster randomized controlled trial

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Multimedia Appendix 3. Results of univariable random-effects regressions with individual mediators as dependent variables and engagement indicators as independent variables.

Table 3.1. Results of univariable random-effects regressions with individual mediators as dependent variables and engagement in intervention components as independent variables among intervention group participants providing six month data

OUTCOME	% intervention days participants walked for at least 10 min captured via the physical activity monitoring system ^a			% intervention weeks participants logged onto the website ^b			% earned points redeemed ^c		
	n	b (SE)	P value	n	b (SE)	P value	n	b (SE)	P value
Planning	228	0.003 (0.002)	.18	229	0.003 (0.002)	.053	228	0.001 (0.001)	.56
Social norms	230	0.004 (0.003)	.19	230	0.002 (0.003)	.36	230	0.003 (0.001)	.01
Identified regulation	241	0.002 (0.002)	.33	243	0.002 (0.001)	.06	241	0.000 (0.001)	.87
Integrated regulation	238	0.007 (0.002)	.004	240	0.004 (0.002)	.02	238	0.000 (0.001)	.82
Intrinsic motivation	238	0.003 (0.001)	.04	240	0.002 (0.001)	.04	238	0.000 (0.001)	.72
Habit	233	0.007 (0.003)	.01	235	0.004 (0.002)	.03	233	0.000 (0.002)	.98
Workplace norms	239	0.000 (0.002)	.83	241	0.001 (0.002)	.55	239	0.001 (0.001)	.45
Recovery self-efficacy	241	0.004 (0.003)	.15	243	0.002 (0.001)	.18	241	0.000 (0.001)	.81
Maintenance self-efficacy	242	0.002 (0.003)	.55	244	0.002 (0.001)	.27	242	-0.001 (0.001)	.36
Outcome satisfaction	225	0.005 (0.002)	.01	225	0.004 (0.001)	.01	225	0.001 (0.001)	.11

^aPercentage of days participants were recorded walking for at least 10 min as captured via the physical activity monitoring system.

^bPercentage of weeks participants logged onto the website at least once.

^cPercentage of total accumulated points which the participant had redeemed by six months.

NB. Results are adjusted for randomisation stratum, season, baseline pedometer steps/day and baseline mediators with cluster-adjusted standard errors and *P* values.

Table 3.2. Results of univariable random-effects regressions with individual mediators as dependent variables and frequency of hits on each section of the website as independent variables among intervention group participants providing six month data

OUTCOME	n	Monitoring and feedback ^a		Rewards ^a		Maps ^a		Health information: Physical activity ^a		Health information: Other ^a		Discussion forums ^a		Number of sections ^b	
		b (SE)	P value	b (SE)	P value	b (SE)	P value	b (SE)	P value	b (SE)	P value	b (SE)	P value	b (SE)	P value
Planning	229	-0.04 (0.01)	<.001	0.01 (0.01)	.59	-0.01 (0.01)	.55	-0.05 (0.05)	.36	-0.05 (0.03)	.06	0.00 (0.01)	.80	0.03 (0.04)	.43
Social norms	230	0.01 (0.02)	.61	-0.02 (0.02)	.31	-0.03 (0.02)	.09	-0.05 (0.06)	.46	0.01 (0.03)	.68	-0.03 (0.01)	.03	0.04 (0.04)	.29
Identified regulation	243	0.02 (0.01)	.04	-0.01 (0.01)	.61	0.01 (0.01)	.52	0.06 (0.04)	.08	0.04 (0.04)	.33	0.01 (0.01)	.15	0.07 (0.02)	<.001
Integrated regulation	240	0.03 (0.01)	.02	0.00 (0.01)	.97	-0.02 (0.01)	.10	0.11 (0.05)	.03	0.06 (0.06)	.27	-0.02 (0.01)	.03	0.09 (0.03)	.005
Intrinsic motivation	240	0.01 (0.01)	.29	-0.01 (0.01)	.67	0.00 (0.01)	.88	0.06 (0.05)	.23	0.05 (0.05)	.34	-0.00 (0.01)	.61	0.04 (0.03)	.12
Habit	235	0.00 (0.02)	.99	-0.01 (0.02)	.79	0.01 (0.02)	.50	0.06 (0.06)	.36	-0.06 (0.07)	.40	-0.02 (0.01)	.07	0.01 (0.04)	.73
Workplace norms	241	0.01 (0.01)	.70	-0.00 (0.01)	.96	0.00 (0.01)	.95	0.06 (0.04)	.18	0.01 (0.04)	.71	0.00 (0.01)	.72	0.03 (0.03)	.28
Recovery self-efficacy	243	-0.01 (0.01)	.46	-0.01 (0.01)	.68	-0.01 (0.01)	.11	0.05 (0.04)	.24	0.03 (0.03)	.30	0.00 (0.01)	.80	0.03 (0.02)	.10
Maintenance self-efficacy	244	-0.01 (0.01)	.53	-0.01 (0.01)	.40	-0.02 (0.02)	.31	-0.03 (0.07)	.65	-0.02 (0.04)	.59	-0.01 (0.01)	.06	0.00 (0.04)	.94
Outcome satisfaction	225	-0.01 (0.01)	.38	0.01 (0.01)	.57	-0.01 (0.01)	.44	-0.04 (0.04)	.31	-0.02 (0.02)	.35	0.01 (0.01)	.11	0.05 (0.04)	.16

^aFrequency of hits (i.e. total number of hits for every ten days the participant accessed the website).

^bNumber of sections accessed on website at least once (range 0-6).

NB. Results are adjusted for randomisation stratum, season, baseline pedometer steps/day and baseline mediators with cluster-adjusted standard errors and *P* values.