**Report Supplementary Material 2** Quantitative Process Evaluation7

* 1. HYPOTHESIS 1: *Effects of the intervention on physical activity (MVPA, steps, sedentary time) and engagement in muscle-strengthening exercise from 0 to 6 months*

Table 51. Analysis 1: ANCOVA 6mth MVPA in 10 min bouts w age (continuous) gender and study site as covariates

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Group Allocation | 3 | Control | 244 |
| 4 | Intervention | 292 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: 6M MVPA: Average MVPA per day 1 second epoch >=106Mg 1 minute bout criteria, 80% of mg above threshold | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 23871.390a | 5 | 4774.278 | 104.766 | .000 |
| Intercept | 496.321 | 1 | 496.321 | 10.891 | .001 |
| M00\_GEN\_ad\_mvpa\_e1s\_b1m80\_t100\_enmo | 20055.204 | 1 | 20055.204 | 440.087 | .000 |
| SCREENING\_AgeAtRandomisation | 287.702 | 1 | 287.702 | 6.313 | .012 |
| SCREENING\_Gender | 74.694 | 1 | 74.694 | 1.639 | .201 |
| Allocation\_Site | 71.239 | 1 | 71.239 | 1.563 | .212 |
| Allocation\_ControlOrIntervention | 105.923 | 1 | 105.923 | 2.324 | .128 |
| Error | 24152.616 | 530 | 45.571 |  |  |
| Total | 68395.699 | 536 |  |  |  |
| Corrected Total | 48024.006 | 535 |  |  |  |
| a. R Squared = .497 (Adjusted R Squared = .492) | | | | | |

Table 52. Analysis 2: ANCOVA 6mth UNBOUTED MVPA w age (continuous) gender, study site

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Group Allocation | 3 | Control | 244 |
| 4 | Intervention | 292 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: 6M All PA min above 100mg | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 353007.922a | 5 | 70601.584 | 238.249 | .000 |
| Intercept | 1564.130 | 1 | 1564.130 | 5.278 | .022 |
| M00\_GEN\_All\_PA\_Above\_100mg | 304875.512 | 1 | 304875.512 | 1028.821 | .000 |
| SCREENING\_AgeAtRandomisation | 1069.144 | 1 | 1069.144 | 3.608 | .058 |
| SCREENING\_Gender | 18.170 | 1 | 18.170 | .061 | .805 |
| Allocation\_Site | 4.264 | 1 | 4.264 | .014 | .905 |
| Allocation\_ControlOrIntervention | 1100.755 | 1 | 1100.755 | 3.715 | .054 |
| Error | 157057.457 | 530 | 296.335 |  |  |
| Total | 2148458.471 | 536 |  |  |  |
| Corrected Total | 510065.379 | 535 |  |  |  |
| a. R Squared = .692 (Adjusted R Squared = .689) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: 6M All PA min above 100mg | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | 24.630 | 10.093 | 2.440 | .015 | 4.802 | 44.458 |
| M00\_GEN\_All\_PA\_Above\_100mg | .841 | .026 | 32.075 | .000 | .790 | .893 |
| SCREENING\_AgeAtRandomisation | -.218 | .115 | -1.899 | .058 | -.444 | .007 |
| SCREENING\_Gender | .391 | 1.579 | .248 | .805 | -2.711 | 3.493 |
| Allocation\_Site | .102 | .851 | .120 | .905 | -1.569 | 1.773 |
| [Allocation\_ControlOrIntervention=3] | -2.881 | 1.495 | -1.927 | .054 | -5.817 | .056 |
| [Allocation\_ControlOrIntervention=4] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Estimated Marginal Means | | | | |
| Dependent Variable: 6M All PA min above 100mg | | | | |
| Group Allocation | Mean | Std. Error | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Control | 53.718a | 1.103 | 51.552 | 55.884 |
| Intervention | 56.599a | 1.008 | 54.619 | 58.579 |
| a. Covariates appearing in the model are evaluated at the following values: 0M All PA min above 100mg = 57.0367, Screening: Age at randomisation (using randomisation date and date of birth) = 77.34, Screening: Participant gender = 1.67, Allocation: Study site = 1.93. | | | | |

Table 53. Analysis 3: ANCOVA 6mth Sedentary time (less sleep) w age (cont) gender site

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Group Allocation | 3 | Control | 231 |
| 4 | Intervention | 281 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: Month 6 all daily minutes <40mg - estimated sleep time | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 1135422.532a | 5 | 227084.506 | 42.087 | .000 |
| Intercept | 236857.235 | 1 | 236857.235 | 43.898 | .000 |
| M00\_Sed\_time\_lessSleep | 1028991.248 | 1 | 1028991.248 | 190.708 | .000 |
| SCREENING\_AgeAtRandomisation | 28770.084 | 1 | 28770.084 | 5.332 | .021 |
| SCREENING\_Gender | 2917.849 | 1 | 2917.849 | .541 | .462 |
| Allocation\_Site | 1602.696 | 1 | 1602.696 | .297 | .586 |
| Allocation\_ControlOrIntervention | 200.857 | 1 | 200.857 | .037 | .847 |
| Error | 2730194.923 | 506 | 5395.642 |  |  |
| Total | 339221637.279 | 512 |  |  |  |
| Corrected Total | 3865617.455 | 511 |  |  |  |
| a. R Squared = .294 (Adjusted R Squared = .287) | | | | | |

Table 54. Analysis 4: ANCOVA PASE Total score at 6 mths WITH age (cont) gender, site, baseline PASE

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Group Allocation | 3 | Control | 291 |
| 4 | Intervention | 339 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: 6M PASE Total score (12 items) | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 863239.316a | 5 | 172647.863 | 57.135 | .000 |
| Intercept | 143469.408 | 1 | 143469.408 | 47.479 | .000 |
| M00\_PASE\_TotalScore | 631024.231 | 1 | 631024.231 | 208.827 | .000 |
| SCREENING\_AgeAtRandomisation | 74524.268 | 1 | 74524.268 | 24.663 | .000 |
| SCREENING\_Gender | 6930.598 | 1 | 6930.598 | 2.294 | .130 |
| Allocation\_Site | 1098.123 | 1 | 1098.123 | .363 | .547 |
| Allocation\_ControlOrIntervention | 42557.494 | 1 | 42557.494 | 14.084 | .000 |
| Error | 1885576.334 | 624 | 3021.757 |  |  |
| Total | 12378845.944 | 630 |  |  |  |
| Corrected Total | 2748815.649 | 629 |  |  |  |
| a. R Squared = .314 (Adjusted R Squared = .309) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: 6M PASE scores: Total score (12 items) | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | 205.399 | 28.720 | 7.152 | .000 | 148.999 | 261.799 |
| M00\_PASE\_TotalScore | .578 | .040 | 14.451 | .000 | .499 | .656 |
| SCREENING\_AgeAtRandomisation | -1.647 | .332 | -4.966 | .000 | -2.298 | -.996 |
| SCREENING\_Gender | -7.090 | 4.681 | -1.514 | .130 | -16.283 | 2.103 |
| Allocation\_Site | -1.524 | 2.529 | -.603 | .547 | -6.490 | 3.441 |
| [Allocation\_ControlOrIntervention=3] | -16.542 | 4.408 | -3.753 | .000 | -25.197 | -7.886 |
| [Allocation\_ControlOrIntervention=4] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Estimated Marginal Means | | | | |
| Dependent Variable: 6M PASE scores: Total score (12 items) | | | | |
| Group Allocation | Mean | Std. Error | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Control | 114.735a | 3.228 | 108.395 | 121.074 |
| Intervention | 131.276a | 2.990 | 125.404 | 137.148 |
| a. Covariates appearing in the model are evaluated at the following values: 0M PASE scores: Total score (12 items) = 116.5266, Screening: Age at randomisation (using randomisation date and date of birth) = 76.98, Screening: Participant gender = 1.66, Allocation: Study site = 1.91. | | | | |

Table 57. Analysis 5: ANCOVA PASE Walking Score at 6mths by arm WITH age, gender, site, baseline PASE-Walking score

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Group Allocation | 3 | Control | 287 |
| 4 | Intervention | 332 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: Alt PASE Walking item Score 6 mths | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 1217.254a | 5 | 243.451 | 32.439 | .000 |
| Intercept | 67.807 | 1 | 67.807 | 9.035 | .003 |
| M00\_PASEWalkScore | 1139.412 | 1 | 1139.412 | 151.821 | .000 |
| Age | 8.861 | 1 | 8.861 | 1.181 | .278 |
| Gender | 6.984 | 1 | 6.984 | .931 | .335 |
| Site | .163 | 1 | .163 | .022 | .883 |
| Arm | 81.076 | 1 | 81.076 | 10.803 | .001 |
| Error | 4600.556 | 613 | 7.505 |  |  |
| Total | 25540.000 | 619 |  |  |  |
| Corrected Total | 5817.809 | 618 |  |  |  |
| a. R Squared = .209 (Adjusted R Squared = .203) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: Alt PASE Walking item Score 6 mths | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | 4.487 | 1.379 | 3.253 | .001 | 1.779 | 7.196 |
| M00\_PASEWalkScore | .476 | .039 | 12.322 | .000 | .400 | .552 |
| Age | -.018 | .017 | -1.087 | .278 | -.050 | .014 |
| Gender | .224 | .232 | .965 | .335 | -.232 | .680 |
| Site | -.019 | .127 | -.147 | .883 | -.269 | .231 |
| [Arm=3] | -.727 | .221 | -3.287 | .001 | -1.162 | -.293 |
| [Arm=4] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Estimated Marginal Means | | | | |
| Dependent Variable: Alt PASE Walking item Score 6 mths | | | | |
| Group Allocation | Mean | Std. Error | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Control | 5.255a | .162 | 4.937 | 5.572 |
| Intervention | 5.982a | .150 | 5.686 | 6.277 |
| a. Covariates appearing in the model are evaluated at the following values: Alt PASE Walking item Score 0 mths = 5.3376, Screening: Age at randomisation (using randomisation date and date of birth) = 76.96, Screening: Participant gender = 1.66, Allocation: Study site = 1.90. | | | | |

Table 55. Analysis 6: ANCOVA for MSEQ Adherence score at 6 mths w age, gender and study site as covariates

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Group Allocation | 3 | Control | 277 |
| 4 | Intervention | 320 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: 6M MSEQ-Adherence: Sum of 2 items | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 199.558a | 5 | 39.912 | 10.882 | .000 |
| Intercept | 69.673 | 1 | 69.673 | 18.997 | .000 |
| M00\_MSEQ\_Adherence\_Sum | 126.313 | 1 | 126.313 | 34.440 | .000 |
| SCREENING\_AgeAtRandomisation | 6.162 | 1 | 6.162 | 1.680 | .195 |
| SCREENING\_Gender | 3.161 | 1 | 3.161 | .862 | .354 |
| Allocation\_Site | 1.105 | 1 | 1.105 | .301 | .583 |
| Allocation\_ControlOrIntervention | 78.492 | 1 | 78.492 | 21.401 | .000 |
| Error | 2167.561 | 591 | 3.668 |  |  |
| Total | 10110.000 | 597 |  |  |  |
| Corrected Total | 2367.119 | 596 |  |  |  |
| a. R Squared = .084 (Adjusted R Squared = .077) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: 6M MSEQ-Adherence: Sum of 2 items | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | 4.601 | .975 | 4.719 | .000 | 2.686 | 6.515 |
| M00\_MSEQ\_Adherence\_Sum | .222 | .038 | 5.869 | .000 | .148 | .297 |
| SCREENING\_AgeAtRandomisation | -.015 | .012 | -1.296 | .195 | -.038 | .008 |
| SCREENING\_Gender | -.153 | .165 | -.928 | .354 | -.478 | .171 |
| Allocation\_Site | .050 | .091 | .549 | .583 | -.129 | .229 |
| [Allocation\_ControlOrIntervention=3] | -.731 | .158 | -4.626 | .000 | -1.042 | -.421 |
| [Allocation\_ControlOrIntervention=4] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Estimated Marginal Means | | | | |
| Dependent Variable: 6M MSEQ-Adherence: Sum of 2 items | | | | |
| Group Allocation | Mean | Std. Error | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Control | 3.209a | .115 | 2.983 | 3.436 |
| Intervention | 3.941a | .107 | 3.730 | 4.152 |

a. Covariates appearing in the model are evaluated at the following values: 0M MSEQ-Adherence: Sum of 2 items = 3.0218, Screening: Age at randomisation (using randomisation date and date of birth) = 76.82, Screening: Participant gender = 1.66, Allocation: Study site = 1.92.

* 1. HYPOTHESIS 2: *Correlation of intervention exposure with changes in physical activity measures from 0 to 6 months*

Table 56. Analysis 7: Correlations between attendance and changes in PA and MSEQ AT 0-6 months

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | Change in daily MVPA in bouts of 10min 0 to 6 mth | Change in daily unbouted MVPA 0 to 6 mth | Change in daily sedentary time (excluding sleep) 0 to 6 mth | Change in daily sedentary breaks 0 to 6 mth | Change in PASE Total Score 0 to 6 mth | Change in PASE Walking item Score 0-6 mth | Change in MSEQ Adherence Score 0 to 6 mth |
| Attendance: Percentage adherence (week 0-12) | Pearson Correlation | .050 | .076 | .004 | .042 | .103 | .124\* | .153\*\* |
| Sig. (2-tailed) | .399 | .199 | .943 | .473 | .060 | .025 | .007 |
| N | 288 | 288 | 277 | 288 | 333 | 326 | 315 |
| Attendance: Percentage adherence (all weeks) | Pearson Correlation | .088 | .147\* | -.063 | .106 | .136\* | .165\*\* | .122\* |
| Sig. (2-tailed) | .133 | .012 | .290 | .070 | .012 | .002 | .029 |
| N | 292 | 292 | 281 | 292 | 339 | 332 | 320 |

Table 57. Analysis 8: ANCOVA 0-6mth unbouted MVPA by Attendance (3 levels) with age gender site baseline SPPB

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Attendance: Adherence rate (3 levels) | 1.00 | Below 50% (inclusive) | 45 |
| 2.00 | Between 50 and 75% | 58 |
| 3.00 | Above 75% (inclusive) | 162 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: Change in daily unbouted MVPA from 0 to 6 mths | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 3369.094a | 6 | 561.516 | 1.707 | .120 |
| Intercept | 4.814 | 1 | 4.814 | .015 | .904 |
| SCREENING\_AgeAtRandomisation | .466 | 1 | .466 | .001 | .970 |
| SCREENING\_Gender | 6.438 | 1 | 6.438 | .020 | .889 |
| Allocation\_Site | 156.985 | 1 | 156.985 | .477 | .490 |
| M00\_SPPB\_FinalScore | 30.193 | 1 | 30.193 | .092 | .762 |
| ATTEND\_AttendanceRate\_3Levels | 3330.126 | 2 | 1665.063 | 5.061 | .007 |
| Error | 84888.230 | 258 | 329.024 |  |  |
| Total | 88257.444 | 265 |  |  |  |
| Corrected Total | 88257.325 | 264 |  |  |  |
| a. R Squared = .038 (Adjusted R Squared = .016) | | | | | |

|  |  |  |  |
| --- | --- | --- | --- |
| Contrast Results (K Matrix) | | | |
| Attendance: Adherence rate (3 levels) Polynomial Contrasta | | | Dependent Variable |
| Change in daily unbouted MVPA from 0 to 6 mths |
| Linear | Contrast Estimate | | 6.937 |
| Hypothesized Value | | 0 |
| Difference (Estimate - Hypothesized) | | 6.937 |
| Std. Error | | 2.193 |
| Sig. | | .002 |
| 95% Confidence Interval for Difference | Lower Bound | 2.619 |
| Upper Bound | 11.256 |
| a. Metric = 1.000, 2.000, 3.000 | | | |

Table 58. Analysis 9: ANCOVA 0-6mth Sedentary time by Attendance (3 levels) with age gender site baseline SPPB

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Attendance: Adherence rate (3 levels) | 1.00 | Below 50% (inclusive) | 42 |
| 2.00 | Between 50 and 75% | 57 |
| 3.00 | Above 75% (inclusive) | 156 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: Change in daily sedentary time (excluding sleep) from 0 to 6 mths | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 43827.084a | 6 | 7304.514 | 1.016 | .415 |
| Intercept | 4981.337 | 1 | 4981.337 | .693 | .406 |
| SCREENING\_AgeAtRandomisation | 8365.133 | 1 | 8365.133 | 1.164 | .282 |
| SCREENING\_Gender | 42.290 | 1 | 42.290 | .006 | .939 |
| Allocation\_Site | 3178.806 | 1 | 3178.806 | .442 | .507 |
| M00\_SPPB\_FinalScore | 5389.785 | 1 | 5389.785 | .750 | .387 |
| ATTEND\_AttendanceRate\_3Levels | 27796.918 | 2 | 13898.459 | 1.933 | .147 |
| Error | 1782927.470 | 248 | 7189.224 |  |  |
| Total | 1843402.375 | 255 |  |  |  |
| Corrected Total | 1826754.554 | 254 |  |  |  |
| a. R Squared = .024 (Adjusted R Squared = .000) | | | | | |

|  |  |  |  |
| --- | --- | --- | --- |
| Contrast Results (K Matrix) | | | |
| Attendance: Adherence rate (3 levels) Polynomial Contrasta | | | Dependent Variable |
| Change in daily sedentary time (excluding sleep) from 0 to 6 mths |
| Linear | Contrast Estimate | | -20.311 |
| Hypothesized Value | | 0 |
| Difference (Estimate - Hypothesized) | | -20.311 |
| Std. Error | | 10.575 |
| Sig. | | .056 |
| 95% Confidence Interval for Difference | Lower Bound | -41.140 |
| Upper Bound | .517 |
| a. Metric = 1.000, 2.000, 3.000 | | | |

Table 59. Analysis 10: ANCOVA 0-6mth PASE Total score by Attendance (3 levels) with age gender site baseline SPPB

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Attendance: Adherence rate (3 levels) | 1.00 | Below 50% (inclusive) | 57 |
| 2.00 | Between 50 and 75% | 77 |
| 3.00 | Above 75% (inclusive) | 174 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: Change in PASE Total Score from 0 to 6 mths | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 55495.114a | 6 | 9249.186 | 2.694 | .015 |
| Intercept | 18015.265 | 1 | 18015.265 | 5.247 | .023 |
| SCREENING\_AgeAtRandomisation | 23058.517 | 1 | 23058.517 | 6.716 | .010 |
| SCREENING\_Gender | 2.979 | 1 | 2.979 | .001 | .977 |
| Allocation\_Site | 3569.841 | 1 | 3569.841 | 1.040 | .309 |
| M00\_SPPB\_FinalScore | 1151.953 | 1 | 1151.953 | .336 | .563 |
| ATTEND\_AttendanceRate\_3Levels | 14555.754 | 2 | 7277.877 | 2.120 | .122 |
| Error | 1033459.306 | 301 | 3433.420 |  |  |
| Total | 1175033.664 | 308 |  |  |  |
| Corrected Total | 1088954.420 | 307 |  |  |  |
| a. R Squared = .051 (Adjusted R Squared = .032) | | | | | |

|  |  |  |  |
| --- | --- | --- | --- |
| Contrast Results (K Matrix) | | | |
| Attendance: Adherence rate (3 levels) Polynomial Contrasta | | | Dependent Variable |
| Change in PASE Total Score from 0 to 6 mths |
| Linear | Contrast Estimate | | 12.552 |
| Hypothesized Value | | 0 |
| Difference (Estimate - Hypothesized) | | 12.552 |
| Std. Error | | 6.409 |
| Sig. | | .051 |
| 95% Confidence Interval for Difference | Lower Bound | -.061 |
| Upper Bound | 25.164 |
| a. Metric = 1.000, 2.000, 3.000 | | | |

Table 60. Analysis 11: ANCOVA 0-6mth PASE Walking score by Attendance (3 levels) with age gender site baseline SPPB

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Attendance: Adherence rate (3 levels) | 1.00 | Below 50% (inclusive) | 52 |
| 2.00 | Between 50 and 75% | 78 |
| 3.00 | Above 75% (inclusive) | 172 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: Change in Alt PASE Walking item Score 0-6 mths | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 137.763a | 6 | 22.961 | 2.522 | .021 |
| Intercept | 1.599 | 1 | 1.599 | .176 | .675 |
| Age | 15.428 | 1 | 15.428 | 1.695 | .194 |
| Gender | 48.273 | 1 | 48.273 | 5.303 | .022 |
| Site | .216 | 1 | .216 | .024 | .878 |
| M00\_SPPB | 7.847 | 1 | 7.847 | .862 | .354 |
| ATTEND\_AttendanceRate\_3Levels | 60.374 | 2 | 30.187 | 3.316 | .038 |
| Error | 2685.472 | 295 | 9.103 |  |  |
| Total | 3003.000 | 302 |  |  |  |
| Corrected Total | 2823.235 | 301 |  |  |  |
| a. R Squared = .049 (Adjusted R Squared = .029) | | | | | |

|  |  |  |  |
| --- | --- | --- | --- |
| Contrast Results (K Matrix) | | | |
| Attendance: Adherence rate (3 levels) Polynomial Contrasta | | | Dependent Variable |
| Change in Alt PASE Walking item Score 0-6 mths |
| Linear | Contrast Estimate | | .877 |
| Hypothesized Value | | 0 |
| Difference (Estimate - Hypothesized) | | .877 |
| Std. Error | | .341 |
| Sig. | | .011 |
| 95% Confidence Interval for Difference | Lower Bound | .206 |
| Upper Bound | 1.549 |
| a. Metric = 1.000, 2.000, 3.000 | | | |

Table 61. Analysis 12: ANCOVA 0-6mth MSEQ Adherence score by Attendance (3 levels) with age gender site baseline SPPB

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Attendance: Adherence rate (3 levels) | 1.00 | Below 50% (inclusive) | 53 |
| 2.00 | Between 50 and 75% | 71 |
| 3.00 | Above 75% (inclusive) | 169 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: Change in MSEQ Adherence Score from 0 to 6 mths | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 51.114a | 6 | 8.519 | 1.263 | .275 |
| Intercept | 22.985 | 1 | 22.985 | 3.407 | .066 |
| SCREENING\_AgeAtRandomisation | 19.694 | 1 | 19.694 | 2.919 | .089 |
| SCREENING\_Gender | 2.645 | 1 | 2.645 | .392 | .532 |
| Allocation\_Site | .004 | 1 | .004 | .001 | .980 |
| M00\_SPPB\_FinalScore | 2.099 | 1 | 2.099 | .311 | .577 |
| ATTEND\_AttendanceRate\_3Levels | 26.323 | 2 | 13.162 | 1.951 | .144 |
| Error | 1929.391 | 286 | 6.746 |  |  |
| Total | 2341.000 | 293 |  |  |  |
| Corrected Total | 1980.505 | 292 |  |  |  |
| a. R Squared = .026 (Adjusted R Squared = .005) | | | | | |

|  |  |  |  |
| --- | --- | --- | --- |
| Contrast Results (K Matrix) | | | |
| Attendance: Adherence rate (3 levels) Polynomial Contrasta | | | Dependent Variable |
| Change in MSEQ Adherence Score from 0 to 6 mths |
| Linear | Contrast Estimate | | .576 |
| Hypothesized Value | | 0 |
| Difference (Estimate - Hypothesized) | | .576 |
| Std. Error | | .292 |
| Sig. | | .049 |
| 95% Confidence Interval for Difference | Lower Bound | .002 |
| Upper Bound | 1.151 |
| a. Metric = 1.000, 2.000, 3.000 | | | |

* 1. HYPOTHESIS 3: *Correlation of intervention exposure with changes in physical activity measures from 0 to 12 months*

Table 62. Analysis 13: Correlations between attendance and changes in PA, MSEQ and SPPB AT 0-12 months

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | Change in daily MVPA in bouts of 10min 0 -12 mths | Change in daily unbouted MVPA 0 -12 mths | Change in daily sedentary time (excluding sleep) 0 -12 mths | Change in PASE Score 0 -12 mths | Change in PASE Walking Score 0-12 mths | Change in MSEQ Adherence Score 0 -12 mths | Change in SPPB 0-12 mths |
| Attendance: Percentage adherence (week 0-12) | Pearson Correlation | .101 | .118 | -.029 | .079 | .087 | .194\*\* | .095 |
| Sig. (2-tailed) | .094 | .050 | .640 | .157 | .122 | .001 | .081 |
| N | 275 | 275 | 265 | 322 | 314 | 310 | 339 |
| Attendance: Percentage adherence (all weeks) | Pearson Correlation | .130\* | .174\*\* | -.076 | .134\* | .158\*\* | .252\*\* | .175\* |
| Sig. (2-tailed) | .030 | .004 | .215 | .015 | .004 | .000 | .001 |
| N | 278 | 278 | 268 | 329 | 321 | 315 | 346 |

Table 63. Analysis 14: ANCOVA 0-12mth PASE Total score by Attendance (3 levels) with age gender site baseline SPPB

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Attendance: Adherence rate (3 levels) | 1.00 | Below 50% (inclusive) | 52 |
| 2.00 | Between 50 and 75% | 75 |
| 3.00 | Above 75% (inclusive) | 174 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: Change in PASE Score from 0 to 12 mths | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 44335.352a | 6 | 7389.225 | 2.430 | .026 |
| Intercept | 11386.083 | 1 | 11386.083 | 3.744 | .054 |
| SCREENING\_AgeAtRandomisation | 16422.629 | 1 | 16422.629 | 5.401 | .021 |
| SCREENING\_Gender | 105.977 | 1 | 105.977 | .035 | .852 |
| Allocation\_Site | 933.401 | 1 | 933.401 | .307 | .580 |
| M00\_SPPB\_FinalScore | 3065.573 | 1 | 3065.573 | 1.008 | .316 |
| ATTEND\_AttendanceRate\_3Levels | 12664.640 | 2 | 6332.320 | 2.082 | .126 |
| Error | 894028.409 | 294 | 3040.913 |  |  |
| Total | 1017480.072 | 301 |  |  |  |
| Corrected Total | 938363.761 | 300 |  |  |  |
| a. R Squared = .047 (Adjusted R Squared = .028) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: Change in PASE Score from 0 to 12 mths | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | 97.750 | 45.753 | 2.136 | .033 | 7.706 | 187.794 |
| SCREENING\_AgeAtRandomisation | -1.129 | .486 | -2.324 | .021 | -2.085 | -.173 |
| SCREENING\_Gender | -1.268 | 6.794 | -.187 | .852 | -14.639 | 12.103 |
| Allocation\_Site | -2.073 | 3.742 | -.554 | .580 | -9.437 | 5.291 |
| M00\_SPPB\_FinalScore | 2.154 | 2.145 | 1.004 | .316 | -2.068 | 6.376 |
| [ATTEND\_AttendanceRate\_3Levels=1.00] | -17.909 | 8.807 | -2.033 | .043 | -35.242 | -.575 |
| [ATTEND\_AttendanceRate\_3Levels=2.00] | -5.816 | 7.804 | -.745 | .457 | -21.176 | 9.543 |
| [ATTEND\_AttendanceRate\_3Levels=3.00] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

|  |  |  |  |
| --- | --- | --- | --- |
| Contrast Results (K Matrix) | | | |
| Attendance: Adherence rate (3 levels) Polynomial Contrasta | | | Dependent Variable |
| Change in PASE Score from 0 to 12 mths |
| Linear | Contrast Estimate | | 12.663 |
| Hypothesized Value | | 0 |
| Difference (Estimate - Hypothesized) | | 12.663 |
| Std. Error | | 6.228 |
| Sig. | | .043 |
| 95% Confidence Interval for Difference | Lower Bound | .407 |
| Upper Bound | 24.920 |
| Upper Bound | 9.962 |
| a. Metric = 1.000, 2.000, 3.000 | | | |

Table 64. Analysis 15: ANCOVA 0-12mth MSEQ Adherence by Attendance (3 levels) with age gender site baseline SPPB

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Attendance: Adherence rate (3 levels) | 1.00 | Below 50% (inclusive) | 51 |
| 2.00 | Between 50 and 75% | 69 |
| 3.00 | Above 75% (inclusive) | 172 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: Change in MSEQ Adherence Score from 0 to 12 mths | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 100.442a | 6 | 16.740 | 2.998 | .007 |
| Intercept | 22.558 | 1 | 22.558 | 4.040 | .045 |
| SCREENING\_AgeAtRandomisation | 17.011 | 1 | 17.011 | 3.046 | .082 |
| SCREENING\_Gender | 5.728 | 1 | 5.728 | 1.026 | .312 |
| Allocation\_Site | .034 | 1 | .034 | .006 | .938 |
| M00\_SPPB\_FinalScore | 7.614 | 1 | 7.614 | 1.364 | .244 |
| ATTEND\_AttendanceRate\_3Levels | 68.245 | 2 | 34.123 | 6.111 | .003 |
| Error | 1591.431 | 285 | 5.584 |  |  |
| Total | 2109.000 | 292 |  |  |  |
| Corrected Total | 1691.873 | 291 |  |  |  |
| a. R Squared = .059 (Adjusted R Squared = .040) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: Change in MSEQ Adherence Score from 0 to 12 mths | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | 4.666 | 1.982 | 2.355 | .019 | .765 | 8.567 |
| SCREENING\_AgeAtRandomisation | -.037 | .021 | -1.745 | .082 | -.078 | .005 |
| SCREENING\_Gender | .298 | .294 | 1.013 | .312 | -.281 | .878 |
| Allocation\_Site | .013 | .163 | .078 | .938 | -.309 | .334 |
| M00\_SPPB\_FinalScore | -.108 | .093 | -1.168 | .244 | -.290 | .074 |
| [ATTEND\_AttendanceRate\_3Levels=1.00] | -1.282 | .380 | -3.376 | .001 | -2.029 | -.534 |
| [ATTEND\_AttendanceRate\_3Levels=2.00] | -.613 | .343 | -1.786 | .075 | -1.288 | .062 |
| [ATTEND\_AttendanceRate\_3Levels=3.00] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

|  |  |  |  |
| --- | --- | --- | --- |
| Contrast Results (K Matrix) | | | |
| Attendance: Adherence rate (3 levels) Polynomial Contrasta | | | Dependent Variable |
| Change in MSEQ Adherence Score from 0 to 12 mths |
| Linear | Contrast Estimate | | .906 |
| Hypothesized Value | | 0 |
| Difference (Estimate - Hypothesized) | | .906 |
| Std. Error | | .269 |
| Sig. | | .001 |
| 95% Confidence Interval for Difference | Lower Bound | .378 |
| Upper Bound | 1.435 |
| a. Metric = 1.000, 2.000, 3.000 | | | |

Table 65. Analysis 16: ANCOVA 0-12mth SPPB by Attendance (3 levels) with age gender site baseline SPPB

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Attendance: Adherence rate (3 levels) | 1.00 | Below 50% (inclusive) | 55 |
| 2.00 | Between 50 and 75% | 79 |
| 3.00 | Above 75% (inclusive) | 182 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: Change in SPPB Score 0-12mths | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 206.892a | 6 | 34.482 | 8.722 | .000 |
| Intercept | 156.131 | 1 | 156.131 | 39.493 | .000 |
| SCREENING\_AgeAtRandomisation | 139.327 | 1 | 139.327 | 35.242 | .000 |
| SCREENING\_Gender | .701 | 1 | .701 | .177 | .674 |
| Allocation\_Site | 8.777 | 1 | 8.777 | 2.220 | .137 |
| M00\_SPPB\_FinalScore | 34.164 | 1 | 34.164 | 8.642 | .004 |
| ATTEND\_AttendanceRate\_3Levels | 35.429 | 2 | 17.715 | 4.481 | .012 |
| Error | 1221.602 | 309 | 3.953 |  |  |
| Total | 1900.000 | 316 |  |  |  |
| Corrected Total | 1428.494 | 315 |  |  |  |
| a. R Squared = .145 (Adjusted R Squared = .128) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: Change in SPPB Score 0-12mths | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | 10.697 | 1.613 | 6.633 | .000 | 7.524 | 13.870 |
| SCREENING\_AgeAtRandomisation | -.100 | .017 | -5.937 | .000 | -.134 | -.067 |
| SCREENING\_Gender | -.100 | .238 | -.421 | .674 | -.568 | .368 |
| Allocation\_Site | .196 | .132 | 1.490 | .137 | -.063 | .456 |
| M00\_SPPB\_FinalScore | -.222 | .075 | -2.940 | .004 | -.370 | -.073 |
| [ATTEND\_AttendanceRate\_3Levels=1.00] | -.889 | .309 | -2.882 | .004 | -1.497 | -.282 |
| [ATTEND\_AttendanceRate\_3Levels=2.00] | -.432 | .273 | -1.581 | .115 | -.970 | .106 |
| [ATTEND\_AttendanceRate\_3Levels=3.00] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

|  |  |  |  |
| --- | --- | --- | --- |
| Contrast Results (K Matrix) | | | |
| Attendance: Adherence rate (3 levels) Polynomial Contrasta | | | Dependent Variable |
| Change in SPPB Score 0-12mths |
| Linear | Contrast Estimate | | .629 |
| Hypothesized Value | | 0 |
| Difference (Estimate - Hypothesized) | | .629 |
| Std. Error | | .218 |
| Sig. | | .004 |
| 95% Confidence Interval for Difference | Lower Bound | .200 |
| Upper Bound | 1.058 |
| Upper Bound | .430 |
| a. Metric = 1.000, 2.000, 3.000 | | | |

Table 66. Analysis 17: Unbouted MVPA 0-12mth SPPB by Attendance (3 levels) with age gender site baseline SPPB

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Attendance: Adherence rate (3 levels) | 1.00 | Below 50% (inclusive) | 42 |
| 2.00 | Between 50 and 75% | 61 |
| 3.00 | Above 75% (inclusive) | 153 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: Change in daily unbouted MVPA from 0 to 12 mths | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 2738.748a | 6 | 456.458 | 2.089 | .055 |
| Intercept | 581.731 | 1 | 581.731 | 2.662 | .104 |
| SCREENING\_AgeAtRandomisation | 878.647 | 1 | 878.647 | 4.021 | .046 |
| SCREENING\_Gender | 466.226 | 1 | 466.226 | 2.134 | .145 |
| Allocation\_Site | 25.797 | 1 | 25.797 | .118 | .731 |
| M00\_SPPB\_FinalScore | .030 | 1 | .030 | .000 | .991 |
| ATTEND\_AttendanceRate\_3Levels | 859.092 | 2 | 429.546 | 1.966 | .142 |
| Error | 54404.135 | 249 | 218.491 |  |  |
| Total | 58174.622 | 256 |  |  |  |
| Corrected Total | 57142.883 | 255 |  |  |  |
| a. R Squared = .048 (Adjusted R Squared = .025) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: Change in daily unbouted MVPA from 0 to 12 mths | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | 25.221 | 13.869 | 1.819 | .070 | -2.095 | 52.537 |
| SCREENING\_AgeAtRandomisation | -.282 | .141 | -2.005 | .046 | -.559 | -.005 |
| SCREENING\_Gender | -2.909 | 1.992 | -1.461 | .145 | -6.832 | 1.013 |
| Allocation\_Site | .369 | 1.074 | .344 | .731 | -1.746 | 2.485 |
| M00\_SPPB\_FinalScore | .008 | .666 | .012 | .991 | -1.305 | 1.320 |
| [ATTEND\_AttendanceRate\_3Levels=1.00] | -5.132 | 2.616 | -1.962 | .051 | -10.284 | .020 |
| [ATTEND\_AttendanceRate\_3Levels=2.00] | -1.833 | 2.280 | -.804 | .422 | -6.324 | 2.657 |
| [ATTEND\_AttendanceRate\_3Levels=3.00] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

|  |  |  |  |
| --- | --- | --- | --- |
| Contrast Results (K Matrix) | | | |
| Attendance: Adherence rate (3 levels) Polynomial Contrasta | | | Dependent Variable |
| Change in daily unbouted MVPA from 0 to 12 mths |
| Linear | Contrast Estimate | | 3.629 |
| Hypothesized Value | | 0 |
| Difference (Estimate - Hypothesized) | | 3.629 |
| Std. Error | | 1.850 |
| Sig. | | .051 |
| 95% Confidence Interval for Difference | Lower Bound | -.014 |
| Upper Bound | 7.272 |
| a. Metric = 1.000, 2.000, 3.000 | | | |

Table 67. Analysis 18: PASE Walking score 0-12mth SPPB by Attendance (3 levels) with age gender site baseline SPPB

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Attendance: Adherence rate (3 levels) | 1.00 | Below 50% (inclusive) | 49 |
| 2.00 | Between 50 and 75% | 74 |
| 3.00 | Above 75% (inclusive) | 172 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: Change in Alt PASE Walking item Score 0-12 mths | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 160.522a | 6 | 26.754 | 3.372 | .003 |
| Intercept | 57.875 | 1 | 57.875 | 7.295 | .007 |
| Age | 89.796 | 1 | 89.796 | 11.318 | .001 |
| Gender | .061 | 1 | .061 | .008 | .930 |
| Site | 9.843 | 1 | 9.843 | 1.241 | .266 |
| M00\_SPPB | .426 | 1 | .426 | .054 | .817 |
| ATTEND\_AttendanceRate\_3Levels | 27.821 | 2 | 13.911 | 1.753 | .175 |
| Error | 2284.990 | 288 | 7.934 |  |  |
| Total | 2654.000 | 295 |  |  |  |
| Corrected Total | 2445.512 | 294 |  |  |  |
| a. R Squared = .066 (Adjusted R Squared = .046) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: Change in Alt PASE Walking item Score 0-12 mths | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | 7.039 | 2.409 | 2.922 | .004 | 2.298 | 11.781 |
| Age | -.086 | .025 | -3.364 | .001 | -.136 | -.036 |
| Gender | .031 | .348 | .088 | .930 | -.654 | .715 |
| Site | .216 | .194 | 1.114 | .266 | -.165 | .597 |
| M00\_SPPB | .026 | .111 | .232 | .817 | -.192 | .243 |
| [ATTEND\_AttendanceRate\_3Levels=1.00] | -.804 | .463 | -1.737 | .083 | -1.714 | .107 |
| [ATTEND\_AttendanceRate\_3Levels=2.00] | -.466 | .401 | -1.160 | .247 | -1.256 | .325 |
| [ATTEND\_AttendanceRate\_3Levels=3.00] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

|  |  |  |  |
| --- | --- | --- | --- |
| Contrast Results (K Matrix) | | | |
| Attendance: Adherence rate (3 levels) Polynomial Contrasta | | | Dependent Variable |
| Change in Alt PASE Walking item Score 0-12 mths |
| Linear | Contrast Estimate | | .568 |
| Hypothesized Value | | 0 |
| Difference (Estimate - Hypothesized) | | .568 |
| Std. Error | | .327 |
| Sig. | | .083 |
| 95% Confidence Interval for Difference | Lower Bound | -.076 |
| Upper Bound | 1.212 |
| Upper Bound | .700 |
| a. Metric = 1.000, 2.000, 3.000 | | | |

Table 68. Analysis 19: Sedentary time 0-12mth SPPB by Attendance (3 levels) with age gender site baseline SPPB

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Attendance: Adherence rate (3 levels) | 1.00 | Below 50% (inclusive) | 39 |
| 2.00 | Between 50 and 75% | 58 |
| 3.00 | Above 75% (inclusive) | 150 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: Change in daily sedentary time (excluding sleep) from 0 to 12 mths | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 34767.828a | 6 | 5794.638 | .967 | .448 |
| Intercept | 13374.375 | 1 | 13374.375 | 2.232 | .136 |
| SCREENING\_AgeAtRandomisation | 15517.295 | 1 | 15517.295 | 2.590 | .109 |
| SCREENING\_Gender | 3825.614 | 1 | 3825.614 | .638 | .425 |
| Allocation\_Site | 101.008 | 1 | 101.008 | .017 | .897 |
| M00\_SPPB\_FinalScore | 12.566 | 1 | 12.566 | .002 | .964 |
| ATTEND\_AttendanceRate\_3Levels | 7765.161 | 2 | 3882.581 | .648 | .524 |
| Error | 1438082.705 | 240 | 5992.011 |  |  |
| Total | 1498745.754 | 247 |  |  |  |
| Corrected Total | 1472850.533 | 246 |  |  |  |
| a. R Squared = .024 (Adjusted R Squared = -.001) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: Change in daily sedentary time (excluding sleep) from 0 to 12 mths | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | -120.360 | 74.445 | -1.617 | .107 | -267.008 | 26.289 |
| SCREENING\_AgeAtRandomisation | 1.216 | .755 | 1.609 | .109 | -.272 | 2.704 |
| SCREENING\_Gender | 8.496 | 10.632 | .799 | .425 | -12.449 | 29.440 |
| Allocation\_Site | -.739 | 5.689 | -.130 | .897 | -11.945 | 10.468 |
| M00\_SPPB\_FinalScore | -.162 | 3.527 | -.046 | .964 | -7.110 | 6.787 |
| [ATTEND\_AttendanceRate\_3Levels=1.00] | 15.264 | 14.160 | 1.078 | .282 | -12.630 | 43.158 |
| [ATTEND\_AttendanceRate\_3Levels=2.00] | 7.750 | 12.168 | .637 | .525 | -16.220 | 31.719 |
| [ATTEND\_AttendanceRate\_3Levels=3.00] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

|  |  |  |  |
| --- | --- | --- | --- |
| Contrast Results (K Matrix) | | | |
| Attendance: Adherence rate (3 levels) Polynomial Contrasta | | | Dependent Variable |
| Change in daily sedentary time (excluding sleep) from 0 to 12 mths |
| Linear | Contrast Estimate | | -10.793 |
| Hypothesized Value | | 0 |
| Difference (Estimate - Hypothesized) | | -10.793 |
| Std. Error | | 10.013 |
| Sig. | | .282 |
| 95% Confidence Interval for Difference | Lower Bound | -30.517 |
| Upper Bound | 8.931 |
| a. Metric = 1.000, 2.000, 3.000 | | | |

* 1. HYPOTHESIS 4: *Correlation of intervention exposure with maintenance of PA and exercise*

Table 69. Analysis 20: Correlations between attendance and changes in PA, MSEQ and SPPB from 6-12 months

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | Attendance: Percentage adherence (weeks 0 to 12) | Attendance: Percentage adherence (all weeks) | Change in bouted MVPA 6-12 months | Change in unbouted MVPA 6-12 months | Change in sedentary time 6-12 months | Change in PASE score 6-12 months | Change in MSEQ Adherence Score 6-12 mths | Change in SPPB Score 6-12 months |
| Attendance: Percentage adherence (weeks 0 to 12) | Pearson Correlation | 1 | .878\*\* | .051 | .017 | -.018 | -.024 | .038 | -.048 |
| Sig. (2-tailed) |  | .000 | .406 | .787 | .777 | .669 | .517 | .382 |
| N | 392 | 390 | 264 | 264 | 259 | 313 | 299 | 329 |
| Attendance: Percentage adherence (all weeks) | Pearson Correlation | .878\*\* | 1 | .026 | .004 | -.032 | .011 | .111 | -.013 |
| Sig. (2-tailed) | .000 |  | .672 | .947 | .601 | .846 | .054 | .816 |
| N | 390 | 410 | 267 | 267 | 262 | 319 | 302 | 335 |

Table 70. Analysis 21: Correlations between attendance and changes in PA and MSEQ from 6-12 months

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | Attendance: Percentage adherence (weeks 0 to 12) | Attendance: Percentage adherence (all weeks) | Change in bouted MVPA 12-24 months | Change in unbouted MVPA 12-24 months | Change in sedentary time 12-24 months | Change in PASE score 12-24 months | Change in MSEQ Adherence Score 12-24 mths | Change in SPPB Score 12-24 months |
| Attendance: Percentage adherence (weeks 0 to 12) | Pearson Correlation | 1 | .878\*\* | -.131\* | -.104 | .075 | .007 | -.065 | -.022 |
| Sig. (2-tailed) |  | .000 | .039 | .102 | .239 | .898 | .269 | .700 |
| N | 392 | 390 | 249 | 249 | 250 | 303 | 295 | 321 |
| Attendance: Percentage adherence (all weeks) | Pearson Correlation | .878\*\* | 1 | -.125\* | -.054 | .050 | .008 | -.104 | -.014 |
| Sig. (2-tailed) | .000 |  | .047 | .397 | .433 | .894 | .075 | .797 |
| N | 390 | 410 | 252 | 252 | 253 | 309 | 297 | 326 |

* 1. HYPOTHESIS 5a: *Changes in psychosocial determinants of behaviour change for physical activity and exercise behaviours 0-6 months*

Table 71. Analysis 22: Perceived Competence for MVPA 0-6 mth with age gender site

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Group Allocation | 3 | Control | 288 |
| 4 | Intervention | 339 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: 6M PE: MVPA - Confidence to do PA (1 item - transformed) | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 436.941a | 5 | 87.388 | 56.708 | .000 |
| Intercept | 42.699 | 1 | 42.699 | 27.709 | .000 |
| SCREENING\_AgeAtRandomisation | 16.010 | 1 | 16.010 | 10.389 | .001 |
| SCREENING\_Gender | .194 | 1 | .194 | .126 | .723 |
| Allocation\_Site | .000 | 1 | .000 | .000 | .991 |
| M00\_PE\_MVPA\_Competence | 380.889 | 1 | 380.889 | 247.168 | .000 |
| Allocation\_ControlOrIntervention | 18.307 | 1 | 18.307 | 11.880 | .001 |
| Error | 956.968 | 621 | 1.541 |  |  |
| Total | 6480.785 | 627 |  |  |  |
| Corrected Total | 1393.909 | 626 |  |  |  |
| a. R Squared = .313 (Adjusted R Squared = .308) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: 6M PE: MVPA - Confidence to do PA (1 item - transformed) | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | 3.515 | .638 | 5.508 | .000 | 2.262 | 4.768 |
| SCREENING\_AgeAtRandomisation | -.024 | .008 | -3.223 | .001 | -.039 | -.009 |
| SCREENING\_Gender | -.038 | .107 | -.355 | .723 | -.247 | .172 |
| Allocation\_Site | .001 | .057 | .012 | .991 | -.112 | .113 |
| M00\_PE\_MVPA\_Competence | .537 | .034 | 15.722 | .000 | .470 | .604 |
| [Allocation\_ControlOrIntervention=3] | -.343 | .100 | -3.447 | .001 | -.539 | -.148 |
| [Allocation\_ControlOrIntervention=4] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

Estimated Marginal Means

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Group Allocation | | | | |
| Dependent Variable: 6M PE: MVPA - Confidence to do PA (1 item - transformed) | | | | |
| Group Allocation | Mean | Std. Error | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Control | 2.663a | .073 | 2.519 | 2.807 |
| Intervention | 3.006a | .067 | 2.874 | 3.138 |
| a. Covariates appearing in the model are evaluated at the following values: Screening: Age at randomisation (using randomisation date and date of birth) = 76.99, Screening: Participant gender = 1.66, Allocation: Study site = 1.91, 0M PE: MVPA - Confidence to do PA (1 item - transformed) = 2.6359. | | | | |

Table 72. Analysis 23: Relatedness for MVPA 0-6 mth with age gender site

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Group Allocation | 3 | Control | 287 |
| 4 | Intervention | 337 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: 6M PE: MVPA importance ('Doing at least 30 minutes of moderate intensity physical activity on at least 5 days a week is very important to me', 0-10 scale) | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 1350.058a | 5 | 270.012 | 35.623 | .000 |
| Intercept | 269.108 | 1 | 269.108 | 35.504 | .000 |
| M00\_PE\_Importance30MinsModerate | 1136.819 | 1 | 1136.819 | 149.982 | .000 |
| SCREENING\_AgeAtRandomisation | 103.289 | 1 | 103.289 | 13.627 | .000 |
| SCREENING\_Gender | 11.731 | 1 | 11.731 | 1.548 | .214 |
| Allocation\_Site | .002 | 1 | .002 | .000 | .988 |
| Allocation\_ControlOrIntervention | 4.688 | 1 | 4.688 | .619 | .432 |
| Error | 4684.250 | 618 | 7.580 |  |  |
| Total | 24386.000 | 624 |  |  |  |
| Corrected Total | 6034.308 | 623 |  |  |  |
| a. R Squared = .224 (Adjusted R Squared = .217) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: 6M PE: MVPA importance ('Doing at least 30 minutes of moderate intensity physical activity on at least 5 days a week is very important to me', 0-10 scale) | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | 8.535 | 1.424 | 5.993 | .000 | 5.739 | 11.332 |
| M00\_PE\_Importance30MinsModerate | .421 | .034 | 12.247 | .000 | .353 | .488 |
| SCREENING\_AgeAtRandomisation | -.062 | .017 | -3.691 | .000 | -.095 | -.029 |
| SCREENING\_Gender | -.290 | .233 | -1.244 | .214 | -.749 | .168 |
| Allocation\_Site | -.002 | .128 | -.015 | .988 | -.252 | .249 |
| [Allocation\_ControlOrIntervention=3] | -.174 | .221 | -.786 | .432 | -.609 | .261 |
| [Allocation\_ControlOrIntervention=4] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

Table 73. Analysis 24: Enjoyment of MVPA 0-6 mth with age gender site

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Group Allocation | 3 | Control | 291 |
| 4 | Intervention | 336 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: 6M PE: MVPA - ENJOY - I enjoy being physically active. | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 130.637a | 5 | 26.127 | 36.093 | .000 |
| Intercept | 25.261 | 1 | 25.261 | 34.896 | .000 |
| M00\_PE\_EnjoyPhysicallyActive | 126.872 | 1 | 126.872 | 175.263 | .000 |
| SCREENING\_AgeAtRandomisation | 1.265 | 1 | 1.265 | 1.748 | .187 |
| SCREENING\_Gender | .050 | 1 | .050 | .070 | .792 |
| Allocation\_Site | 5.082E-7 | 1 | 5.082E-7 | .000 | .999 |
| Allocation\_ControlOrIntervention | 3.434 | 1 | 3.434 | 4.744 | .030 |
| Error | 449.539 | 621 | .724 |  |  |
| Total | 9418.000 | 627 |  |  |  |
| Corrected Total | 580.175 | 626 |  |  |  |
| a. R Squared = .225 (Adjusted R Squared = .219) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: 6M PE: MVPA - ENJOY - I enjoy being physically active. | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | 2.645 | .437 | 6.047 | .000 | 1.786 | 3.504 |
| M00\_PE\_EnjoyPhysicallyActive | .448 | .034 | 13.239 | .000 | .382 | .515 |
| SCREENING\_AgeAtRandomisation | -.007 | .005 | -1.322 | .187 | -.017 | .003 |
| SCREENING\_Gender | .019 | .072 | .264 | .792 | -.122 | .160 |
| Allocation\_Site | 3.288E-5 | .039 | .001 | .999 | -.077 | .077 |
| [Allocation\_ControlOrIntervention=3] | -.149 | .068 | -2.178 | .030 | -.282 | -.015 |
| [Allocation\_ControlOrIntervention=4] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

Estimated Marginal Means

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Group Allocation | | | | |
| Dependent Variable: 6M PE: MVPA - ENJOY - I enjoy being physically active. | | | | |
| Group Allocation | Mean | Std. Error | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Control | 3.675a | .050 | 3.577 | 3.773 |
| Intervention | 3.823a | .046 | 3.732 | 3.914 |
| a. Covariates appearing in the model are evaluated at the following values: 0M PE: MVPA - ENJOY - I enjoy being physically active. = 3.72, Screening: Age at randomisation (using randomisation date and date of birth) = 77.00, Screening: Participant gender = 1.66, Allocation: Study site = 1.92. | | | | |

Table 74. Analysis 25: Autonomy for MVPA 0-6 mth with age gender site

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Group Allocation | 3 | Control | 291 |
| 4 | Intervention | 336 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: 6M PE: MVPA - ENJOY - I enjoy being physically active. | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 130.637a | 5 | 26.127 | 36.093 | .000 |
| Intercept | 25.261 | 1 | 25.261 | 34.896 | .000 |
| M00\_PE\_EnjoyPhysicallyActive | 126.872 | 1 | 126.872 | 175.263 | .000 |
| SCREENING\_AgeAtRandomisation | 1.265 | 1 | 1.265 | 1.748 | .187 |
| SCREENING\_Gender | .050 | 1 | .050 | .070 | .792 |
| Allocation\_Site | 5.082E-7 | 1 | 5.082E-7 | .000 | .999 |
| Allocation\_ControlOrIntervention | 3.434 | 1 | 3.434 | 4.744 | .030 |
| Error | 449.539 | 621 | .724 |  |  |
| Total | 9418.000 | 627 |  |  |  |
| Corrected Total | 580.175 | 626 |  |  |  |
| a. R Squared = .225 (Adjusted R Squared = .219) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: 6M PE: MVPA - ENJOY - I enjoy being physically active. | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | 2.645 | .437 | 6.047 | .000 | 1.786 | 3.504 |
| M00\_PE\_EnjoyPhysicallyActive | .448 | .034 | 13.239 | .000 | .382 | .515 |
| SCREENING\_AgeAtRandomisation | -.007 | .005 | -1.322 | .187 | -.017 | .003 |
| SCREENING\_Gender | .019 | .072 | .264 | .792 | -.122 | .160 |
| Allocation\_Site | 3.288E-5 | .039 | .001 | .999 | -.077 | .077 |
| [Allocation\_ControlOrIntervention=3] | -.149 | .068 | -2.178 | .030 | -.282 | -.015 |
| [Allocation\_ControlOrIntervention=4] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

Estimated Marginal Means

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Group Allocation | | | | |
| Dependent Variable: 6M PE: MVPA - ENJOY - I enjoy being physically active. | | | | |
| Group Allocation | Mean | Std. Error | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Control | 3.675a | .050 | 3.577 | 3.773 |
| Intervention | 3.823a | .046 | 3.732 | 3.914 |
| a. Covariates appearing in the model are evaluated at the following values: 0M PE: MVPA - ENJOY - I enjoy being physically active. = 3.72, Screening: Age at randomisation (using randomisation date and date of birth) = 77.00, Screening: Participant gender = 1.66, Allocation: Study site = 1.92. | | | | |

Table 75. Analysis 26: Perceived Competence for muscle-strengthening exercise 0-6 mth with age gender site

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Group Allocation | 3 | Control | 286 |
| 4 | Intervention | 339 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: 6M PE: MS - Confidence to do Muscle Strengthening (1 item - transformed) | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 260.781a | 5 | 52.156 | 27.982 | .000 |
| Intercept | 75.389 | 1 | 75.389 | 40.447 | .000 |
| SCREENING\_AgeAtRandomisation | 22.736 | 1 | 22.736 | 12.198 | .001 |
| SCREENING\_Gender | 5.313 | 1 | 5.313 | 2.851 | .092 |
| Allocation\_Site | .950 | 1 | .950 | .510 | .476 |
| M00\_PE\_MS\_Competence | 164.787 | 1 | 164.787 | 88.410 | .000 |
| Allocation\_ControlOrIntervention | 76.954 | 1 | 76.954 | 41.286 | .000 |
| Error | 1153.760 | 619 | 1.864 |  |  |
| Total | 5658.471 | 625 |  |  |  |
| Corrected Total | 1414.541 | 624 |  |  |  |
| a. R Squared = .184 (Adjusted R Squared = .178) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: 6M PE: MS - Confidence to do Muscle Strengthening (1 item - transformed) | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | 4.703 | .688 | 6.839 | .000 | 3.353 | 6.054 |
| SCREENING\_AgeAtRandomisation | -.029 | .008 | -3.493 | .001 | -.045 | -.013 |
| SCREENING\_Gender | -.196 | .116 | -1.688 | .092 | -.424 | .032 |
| Allocation\_Site | -.045 | .063 | -.714 | .476 | -.169 | .079 |
| M00\_PE\_MS\_Competence | .350 | .037 | 9.403 | .000 | .277 | .424 |
| [Allocation\_ControlOrIntervention=3] | -.705 | .110 | -6.425 | .000 | -.921 | -.490 |
| [Allocation\_ControlOrIntervention=4] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

Estimated Marginal Means

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Group Allocation | | | | |
| Dependent Variable: 6M PE: MS - Confidence to do Muscle Strengthening (1 item - transformed) | | | | |
| Group Allocation | Mean | Std. Error | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Control | 2.223a | .081 | 2.065 | 2.382 |
| Intervention | 2.929a | .074 | 2.783 | 3.074 |
| a. Covariates appearing in the model are evaluated at the following values: Screening: Age at randomisation (using randomisation date and date of birth) = 76.95, Screening: Participant gender = 1.66, Allocation: Study site = 1.92, 0M PE: MS - Confidence to do Muscle Strengthening (1 item - transformed) = 2.4371. | | | | |

Table 76. Analysis 27: Relatedness for muscle-strengthening exercise 0-6 mth with age gender site

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Group Allocation | 3 | Control | 104 |
| 4 | Intervention | 150 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: 6M PE: MS - Mean of “others in my life” & “people - who encourage me” | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 40.084a | 5 | 8.017 | 8.747 | .000 |
| Intercept | 17.271 | 1 | 17.271 | 18.844 | .000 |
| SCREENING\_AgeAtRandomisation | 2.482 | 1 | 2.482 | 2.708 | .101 |
| SCREENING\_Gender | .017 | 1 | .017 | .018 | .893 |
| Allocation\_Site | .230 | 1 | .230 | .251 | .617 |
| M00\_PE\_MS\_Relatedness | 32.077 | 1 | 32.077 | 34.998 | .000 |
| Allocation\_ControlOrIntervention | 4.821 | 1 | 4.821 | 5.260 | .023 |
| Error | 227.302 | 248 | .917 |  |  |
| Total | 2702.750 | 254 |  |  |  |
| Corrected Total | 267.387 | 253 |  |  |  |
| a. R Squared = .150 (Adjusted R Squared = .133) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: 6M PE: MS - Mean of “others in my life” & “people - who encourage me” | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | 3.421 | .751 | 4.556 | .000 | 1.942 | 4.900 |
| SCREENING\_AgeAtRandomisation | -.014 | .009 | -1.646 | .101 | -.032 | .003 |
| SCREENING\_Gender | -.018 | .130 | -.135 | .893 | -.274 | .239 |
| Allocation\_Site | -.035 | .069 | -.501 | .617 | -.171 | .102 |
| M00\_PE\_MS\_Relatedness | .333 | .056 | 5.916 | .000 | .222 | .444 |
| [Allocation\_ControlOrIntervention=3] | -.283 | .123 | -2.293 | .023 | -.525 | -.040 |
| [Allocation\_ControlOrIntervention=4] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

Estimated Marginal Means

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Group Allocation | | | | |
| Dependent Variable: 6M PE: MS - Mean of “others in my life” & “people - who encourage me” | | | | |
| Group Allocation | Mean | Std. Error | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Control | 2.930a | .094 | 2.744 | 3.115 |
| Intervention | 3.212a | .078 | 3.058 | 3.367 |
| a. Covariates appearing in the model are evaluated at the following values: Screening: Age at randomisation (using randomisation date and date of birth) = 76.45, Screening: Participant gender = 1.69, Allocation: Study site = 1.89, 0M PE: MS - Mean of “others in my life” & “people - who encourage me” = 2.9547. | | | | |

Table 77. Analysis 28: Perceived benefits of muscle-strengthening exercise 0-6 mth with age gender site

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Group Allocation | 3 | Control | 283 |
| 4 | Intervention | 326 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: 6M MSEQ-Benefits: Sum of 4 items | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 169.894a | 5 | 33.979 | 24.037 | .000 |
| Intercept | 46.020 | 1 | 46.020 | 32.555 | .000 |
| SCREENING\_AgeAtRandomisation | 7.652 | 1 | 7.652 | 5.413 | .020 |
| SCREENING\_Gender | .027 | 1 | .027 | .019 | .890 |
| Allocation\_Site | .403 | 1 | .403 | .285 | .593 |
| M00\_MSEQ\_Benefits\_Sum | 62.662 | 1 | 62.662 | 44.328 | .000 |
| Allocation\_ControlOrIntervention | 111.628 | 1 | 111.628 | 78.967 | .000 |
| Error | 852.404 | 603 | 1.414 |  |  |
| Total | 5307.750 | 609 |  |  |  |
| Corrected Total | 1022.298 | 608 |  |  |  |
| a. R Squared = .166 (Adjusted R Squared = .159) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: 6M MSEQ-Benefits: Sum of 4 items | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | 3.886 | .607 | 6.406 | .000 | 2.694 | 5.077 |
| SCREENING\_AgeAtRandomisation | -.017 | .007 | -2.327 | .020 | -.031 | -.003 |
| SCREENING\_Gender | -.014 | .102 | -.138 | .890 | -.215 | .187 |
| Allocation\_Site | -.030 | .056 | -.534 | .593 | -.139 | .080 |
| M00\_MSEQ\_Benefits\_Sum | .256 | .038 | 6.658 | .000 | .181 | .332 |
| [Allocation\_ControlOrIntervention=3] | -.862 | .097 | -8.886 | .000 | -1.053 | -.672 |
| [Allocation\_ControlOrIntervention=4] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

Estimated Marginal Means

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Group Allocation | | | | |
| Dependent Variable: 6M MSEQ-Benefits: Sum of 4 items | | | | |
| Group Allocation | Mean | Std. Error | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Control | 2.191a | .071 | 2.052 | 2.330 |
| Intervention | 3.053a | .066 | 2.924 | 3.183 |
| a. Covariates appearing in the model are evaluated at the following values: Screening: Age at randomisation (using randomisation date and date of birth) = 76.86, Screening: Participant gender = 1.66, Allocation: Study site = 1.92, 0M MSEQ-Benefits: Sum of 4 items = 2.1338. | | | | |

Table 78. Analysis 29: Enjoyment of muscle-strengthening exercise 0-6 mth with age gender site

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Group Allocation | 3 | Control | 106 |
| 4 | Intervention | 155 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: 6M PE: MS - ENJOY - I enjoy doing muscle-strengthening exercises. | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 37.628a | 5 | 7.526 | 9.542 | .000 |
| Intercept | 10.461 | 1 | 10.461 | 13.264 | .000 |
| SCREENING\_AgeAtRandomisation | 5.599E-7 | 1 | 5.599E-7 | .000 | .999 |
| SCREENING\_Gender | .109 | 1 | .109 | .139 | .710 |
| Allocation\_Site | .000 | 1 | .000 | .000 | .989 |
| M00\_PE\_EnjoyMuscleStrengthening | 35.139 | 1 | 35.139 | 44.554 | .000 |
| Allocation\_ControlOrIntervention | 2.115 | 1 | 2.115 | 2.682 | .103 |
| Error | 201.115 | 255 | .789 |  |  |
| Total | 3356.000 | 261 |  |  |  |
| Corrected Total | 238.743 | 260 |  |  |  |
| a. R Squared = .158 (Adjusted R Squared = .141) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: 6M PE: MS - ENJOY - I enjoy doing muscle-strengthening exercises. | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | 2.569 | .676 | 3.800 | .000 | 1.238 | 3.901 |
| SCREENING\_AgeAtRandomisation | -6.711E-6 | .008 | -.001 | .999 | -.016 | .016 |
| SCREENING\_Gender | -.045 | .119 | -.373 | .710 | -.280 | .191 |
| Allocation\_Site | -.001 | .064 | -.014 | .989 | -.127 | .125 |
| M00\_PE\_EnjoyMuscleStrengthening | .330 | .049 | 6.675 | .000 | .233 | .428 |
| [Allocation\_ControlOrIntervention=3] | -.185 | .113 | -1.638 | .103 | -.407 | .037 |
| [Allocation\_ControlOrIntervention=4] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

Table 79. Analysis 30: Autonomy for muscle-strengthening exercise 0-6 mth with age gender site

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Group Allocation | 3 | Control | 104 |
| 4 | Intervention | 153 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: 6M PE: MS - Mean of “free to make own decisions” & “feel - in charge” | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 17.453a | 5 | 3.491 | 9.011 | .000 |
| Intercept | 16.793 | 1 | 16.793 | 43.351 | .000 |
| SCREENING\_AgeAtRandomisation | .255 | 1 | .255 | .658 | .418 |
| SCREENING\_Gender | .250 | 1 | .250 | .644 | .423 |
| Allocation\_Site | .231 | 1 | .231 | .597 | .440 |
| M00\_PE\_MS\_Autonomy | 16.862 | 1 | 16.862 | 43.528 | .000 |
| Allocation\_ControlOrIntervention | .108 | 1 | .108 | .280 | .597 |
| Error | 97.232 | 251 | .387 |  |  |
| Total | 4299.000 | 257 |  |  |  |
| Corrected Total | 114.685 | 256 |  |  |  |
| a. R Squared = .152 (Adjusted R Squared = .135) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: 6M PE: MS - Mean of “free to make own decisions” & “feel - in charge” | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | 3.311 | .504 | 6.569 | .000 | 2.318 | 4.304 |
| SCREENING\_AgeAtRandomisation | -.005 | .006 | -.811 | .418 | -.016 | .007 |
| SCREENING\_Gender | -.068 | .084 | -.803 | .423 | -.233 | .098 |
| Allocation\_Site | -.035 | .045 | -.773 | .440 | -.124 | .054 |
| M00\_PE\_MS\_Autonomy | .316 | .048 | 6.598 | .000 | .222 | .411 |
| [Allocation\_ControlOrIntervention=3] | .042 | .080 | .529 | .597 | -.115 | .199 |
| [Allocation\_ControlOrIntervention=4] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

Table 80. Analysis 31: Perceived Importance of muscle-strengthening exercise 0-6 mth with age gender site

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Group Allocation | 3 | Control | 285 |
| 4 | Intervention | 335 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: 6M PE: Muscle strengthening importance ('Doing muscle-strengthening exercises on at least two days a week is very important to me', 0-10 scale) | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 1198.640a | 5 | 239.728 | 26.236 | .000 |
| Intercept | 245.595 | 1 | 245.595 | 26.878 | .000 |
| SCREENING\_AgeAtRandomisation | 74.966 | 1 | 74.966 | 8.204 | .004 |
| SCREENING\_Gender | 10.556 | 1 | 10.556 | 1.155 | .283 |
| Allocation\_Site | 10.448 | 1 | 10.448 | 1.143 | .285 |
| M00\_PE\_ImportanceMuscleStrengthening | 950.224 | 1 | 950.224 | 103.994 | .000 |
| Allocation\_ControlOrIntervention | 121.763 | 1 | 121.763 | 13.326 | .000 |
| Error | 5610.294 | 614 | 9.137 |  |  |
| Total | 20931.000 | 620 |  |  |  |
| Corrected Total | 6808.934 | 619 |  |  |  |
| a. R Squared = .176 (Adjusted R Squared = .169) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: 6M PE: Muscle strengthening importance ('Doing muscle-strengthening exercises on at least two days a week is very important to me', 0-10 scale) | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | 8.446 | 1.552 | 5.442 | .000 | 5.398 | 11.494 |
| SCREENING\_AgeAtRandomisation | -.053 | .019 | -2.864 | .004 | -.089 | -.017 |
| SCREENING\_Gender | -.276 | .257 | -1.075 | .283 | -.780 | .228 |
| Allocation\_Site | -.150 | .140 | -1.069 | .285 | -.426 | .126 |
| M00\_PE\_ImportanceMuscleStrengthening | .371 | .036 | 10.198 | .000 | .300 | .443 |
| [Allocation\_ControlOrIntervention=3] | -.890 | .244 | -3.650 | .000 | -1.369 | -.411 |
| [Allocation\_ControlOrIntervention=4] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

Estimated Marginal Means

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Group Allocation | | | | |
| Dependent Variable: 6M PE: Muscle strengthening importance ('Doing muscle-strengthening exercises on at least two days a week is very important to me', 0-10 scale) | | | | |
| Group Allocation | Mean | Std. Error | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Control | 4.292a | .179 | 3.940 | 4.643 |
| Intervention | 5.182a | .165 | 4.857 | 5.506 |
| a. Covariates appearing in the model are evaluated at the following values: Screening: Age at randomisation (using randomisation date and date of birth) = 76.89, Screening: Participant gender = 1.66, Allocation: Study site = 1.92, 0M PE: Muscle strengthening importance ('Doing muscle-strengthening exercises on at least two days a week is very important to me', 0-10 scale) = 4.20. | | | | |

Table 81. Analysis 32: Perceived Importance of MVPA 0-6 mth with age gender site

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Group Allocation | 3 | Control | 285 |
| 4 | Intervention | 335 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: 6M PE: Muscle strengthening importance ('Doing muscle-strengthening exercises on at least two days a week is very important to me', 0-10 scale) | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 1198.640a | 5 | 239.728 | 26.236 | .000 |
| Intercept | 245.595 | 1 | 245.595 | 26.878 | .000 |
| SCREENING\_AgeAtRandomisation | 74.966 | 1 | 74.966 | 8.204 | .004 |
| SCREENING\_Gender | 10.556 | 1 | 10.556 | 1.155 | .283 |
| Allocation\_Site | 10.448 | 1 | 10.448 | 1.143 | .285 |
| M00\_PE\_ImportanceMuscleStrengthening | 950.224 | 1 | 950.224 | 103.994 | .000 |
| Allocation\_ControlOrIntervention | 121.763 | 1 | 121.763 | 13.326 | .000 |
| Error | 5610.294 | 614 | 9.137 |  |  |
| Total | 20931.000 | 620 |  |  |  |
| Corrected Total | 6808.934 | 619 |  |  |  |
| a. R Squared = .176 (Adjusted R Squared = .169) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: 6M PE: Muscle strengthening importance ('Doing muscle-strengthening exercises on at least two days a week is very important to me', 0-10 scale) | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | 8.446 | 1.552 | 5.442 | .000 | 5.398 | 11.494 |
| SCREENING\_AgeAtRandomisation | -.053 | .019 | -2.864 | .004 | -.089 | -.017 |
| SCREENING\_Gender | -.276 | .257 | -1.075 | .283 | -.780 | .228 |
| Allocation\_Site | -.150 | .140 | -1.069 | .285 | -.426 | .126 |
| M00\_PE\_ImportanceMuscleStrengthening | .371 | .036 | 10.198 | .000 | .300 | .443 |
| [Allocation\_ControlOrIntervention=3] | -.890 | .244 | -3.650 | .000 | -1.369 | -.411 |
| [Allocation\_ControlOrIntervention=4] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

Estimated Marginal Means

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Group Allocation | | | | |
| Dependent Variable: 6M PE: Muscle strengthening importance ('Doing muscle-strengthening exercises on at least two days a week is very important to me', 0-10 scale) | | | | |
| Group Allocation | Mean | Std. Error | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Control | 4.292a | .179 | 3.940 | 4.643 |
| Intervention | 5.182a | .165 | 4.857 | 5.506 |
| a. Covariates appearing in the model are evaluated at the following values: Screening: Age at randomisation (using randomisation date and date of birth) = 76.89, Screening: Participant gender = 1.66, Allocation: Study site = 1.92, 0M PE: Muscle strengthening importance ('Doing muscle-strengthening exercises on at least two days a week is very important to me', 0-10 scale) = 4.20. | | | | |

* 1. HYPOTHESIS 5b: *Changes in psychosocial determinants of behaviour change for physical activity and exercise behaviours 0-12 months*

Table 82. Analysis 33: Competence for MVPA 0-12 mth with age gender site

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Group Allocation | 3 | Control | 287 |
| 4 | Intervention | 328 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: 12M PE: MVPA - Confidence to do PA (1 item - transformed) | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 281.383a | 5 | 56.277 | 33.253 | .000 |
| Intercept | 59.455 | 1 | 59.455 | 35.132 | .000 |
| SCREENING\_AgeAtRandomisation | 21.163 | 1 | 21.163 | 12.505 | .000 |
| SCREENING\_Gender | 1.998 | 1 | 1.998 | 1.181 | .278 |
| Allocation\_Site | 2.018 | 1 | 2.018 | 1.192 | .275 |
| M00\_PE\_MVPA\_Competence | 221.750 | 1 | 221.750 | 131.030 | .000 |
| Allocation\_ControlOrIntervention | 11.940 | 1 | 11.940 | 7.055 | .008 |
| Error | 1030.650 | 609 | 1.692 |  |  |
| Total | 6222.107 | 615 |  |  |  |
| Corrected Total | 1312.033 | 614 |  |  |  |
| a. R Squared = .214 (Adjusted R Squared = .208) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: 12M PE: MVPA - Confidence to do PA (1 item - transformed) | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | 4.071 | .665 | 6.119 | .000 | 2.764 | 5.377 |
| SCREENING\_AgeAtRandomisation | -.028 | .008 | -3.536 | .000 | -.043 | -.012 |
| SCREENING\_Gender | -.124 | .114 | -1.087 | .278 | -.348 | .100 |
| Allocation\_Site | .066 | .061 | 1.092 | .275 | -.053 | .186 |
| M00\_PE\_MVPA\_Competence | .418 | .037 | 11.447 | .000 | .347 | .490 |
| [Allocation\_ControlOrIntervention=3] | -.279 | .105 | -2.656 | .008 | -.486 | -.073 |
| [Allocation\_ControlOrIntervention=4] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

Estimated Marginal Means

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Group Allocation | | | | |
| Dependent Variable: 12M PE: MVPA - Confidence to do PA (1 item - transformed) | | | | |
| Group Allocation | Mean | Std. Error | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Control | 2.677a | .077 | 2.526 | 2.827 |
| Intervention | 2.956a | .072 | 2.815 | 3.097 |
| a. Covariates appearing in the model are evaluated at the following values: Screening: Age at randomisation (using randomisation date and date of birth) = 77.02, Screening: Participant gender = 1.67, Allocation: Study site = 1.91, 0M PE: MVPA - Confidence to do PA (1 item - transformed) = 2.6297. | | | | |

Table 83. Analysis 34: Relatedness for MVPA 0-12 mth with age gender site

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Group Allocation | 3 | Control | 273 |
| 4 | Intervention | 321 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: 12M PE: MVPA - Mean of “others in my life” & “people - who encourage me” | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 124.393a | 5 | 24.879 | 30.375 | .000 |
| Intercept | 26.092 | 1 | 26.092 | 31.857 | .000 |
| SCREENING\_AgeAtRandomisation | 1.662 | 1 | 1.662 | 2.029 | .155 |
| SCREENING\_Gender | .773 | 1 | .773 | .944 | .332 |
| Allocation\_Site | .044 | 1 | .044 | .053 | .818 |
| M00\_PE\_MVPA\_Relatedness | 112.545 | 1 | 112.545 | 137.409 | .000 |
| Allocation\_ControlOrIntervention | 6.541 | 1 | 6.541 | 7.986 | .005 |
| Error | 481.600 | 588 | .819 |  |  |
| Total | 7340.000 | 594 |  |  |  |
| Corrected Total | 605.993 | 593 |  |  |  |
| a. R Squared = .205 (Adjusted R Squared = .199) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: 12M PE: MVPA - Mean of “others in my life” & “people - who encourage me” | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | 2.835 | .485 | 5.844 | .000 | 1.882 | 3.788 |
| SCREENING\_AgeAtRandomisation | -.008 | .006 | -1.424 | .155 | -.019 | .003 |
| SCREENING\_Gender | -.077 | .079 | -.971 | .332 | -.231 | .078 |
| Allocation\_Site | -.010 | .043 | -.231 | .818 | -.095 | .075 |
| M00\_PE\_MVPA\_Relatedness | .421 | .036 | 11.722 | .000 | .350 | .492 |
| [Allocation\_ControlOrIntervention=3] | -.211 | .075 | -2.826 | .005 | -.357 | -.064 |
| [Allocation\_ControlOrIntervention=4] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

Estimated Marginal Means

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Group Allocation | | | | |
| Dependent Variable: 12M PE: MVPA - Mean of “others in my life” & “people - who encourage me” | | | | |
| Group Allocation | Mean | Std. Error | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Control | 3.253a | .055 | 3.146 | 3.361 |
| Intervention | 3.464a | .051 | 3.365 | 3.563 |
| a. Covariates appearing in the model are evaluated at the following values: Screening: Age at randomisation (using randomisation date and date of birth) = 76.94, Screening: Participant gender = 1.67, Allocation: Study site = 1.91, 0M PE: MVPA - Mean of “others in my life” & “people - who encourage me” = 3.2887. | | | | |

Table 84. Analysis 35: Enjoyment of MVPA 0-12 mth with age gender site

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Group Allocation | 3 | Control | 283 |
| 4 | Intervention | 329 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: 12M PE: MVPA - ENJOY - I enjoy being physically active. | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 143.127a | 5 | 28.625 | 40.188 | .000 |
| Intercept | 15.406 | 1 | 15.406 | 21.629 | .000 |
| M00\_PE\_EnjoyPhysicallyActive | 141.210 | 1 | 141.210 | 198.247 | .000 |
| SCREENING\_AgeAtRandomisation | .006 | 1 | .006 | .009 | .926 |
| SCREENING\_Gender | .145 | 1 | .145 | .204 | .652 |
| Allocation\_Site | .081 | 1 | .081 | .114 | .736 |
| Allocation\_ControlOrIntervention | 1.049 | 1 | 1.049 | 1.473 | .225 |
| Error | 431.651 | 606 | .712 |  |  |
| Total | 9054.000 | 612 |  |  |  |
| Corrected Total | 574.778 | 611 |  |  |  |
| a. R Squared = .249 (Adjusted R Squared = .243) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: 12M PE: MVPA - ENJOY - I enjoy being physically active. | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | 2.068 | .438 | 4.725 | .000 | 1.209 | 2.928 |
| M00\_PE\_EnjoyPhysicallyActive | .487 | .035 | 14.080 | .000 | .419 | .555 |
| SCREENING\_AgeAtRandomisation | .000 | .005 | -.093 | .926 | -.010 | .010 |
| SCREENING\_Gender | -.033 | .073 | -.452 | .652 | -.175 | .110 |
| Allocation\_Site | -.013 | .040 | -.338 | .736 | -.091 | .064 |
| [Allocation\_ControlOrIntervention=3] | -.083 | .068 | -1.214 | .225 | -.218 | .051 |
| [Allocation\_ControlOrIntervention=4] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

Table 85. Analysis 36: Autonomy for MVPA 0-12 mth with age gender site

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Group Allocation | 3 | Control | 283 |
| 4 | Intervention | 330 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: 12M PE: MVPA - Mean of “free to make own decisions” & “feel - in charge” | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 40.083a | 5 | 8.017 | 15.101 | .000 |
| Intercept | 30.668 | 1 | 30.668 | 57.770 | .000 |
| M00\_PE\_MVPA\_Autonomy | 38.881 | 1 | 38.881 | 73.241 | .000 |
| SCREENING\_AgeAtRandomisation | .124 | 1 | .124 | .233 | .629 |
| SCREENING\_Gender | .005 | 1 | .005 | .010 | .919 |
| Allocation\_Site | .318 | 1 | .318 | .599 | .439 |
| Allocation\_ControlOrIntervention | .413 | 1 | .413 | .778 | .378 |
| Error | 322.234 | 607 | .531 |  |  |
| Total | 10717.750 | 613 |  |  |  |
| Corrected Total | 362.317 | 612 |  |  |  |
| a. R Squared = .111 (Adjusted R Squared = .103) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: 12M PE: MVPA - Mean of “free to make own decisions” & “feel - in charge” | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | 3.021 | .396 | 7.631 | .000 | 2.244 | 3.799 |
| M00\_PE\_MVPA\_Autonomy | .329 | .038 | 8.558 | .000 | .253 | .404 |
| SCREENING\_AgeAtRandomisation | -.002 | .004 | -.483 | .629 | -.011 | .007 |
| SCREENING\_Gender | -.006 | .063 | -.102 | .919 | -.129 | .117 |
| Allocation\_Site | -.026 | .034 | -.774 | .439 | -.093 | .041 |
| [Allocation\_ControlOrIntervention=3] | -.052 | .059 | -.882 | .378 | -.168 | .064 |
| [Allocation\_ControlOrIntervention=4] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

Table 86. Analysis 37: Perceived Competence for muscle-strengthening exercise 0-12 mth with age gender site

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Group Allocation | 3 | Control | 284 |
| 4 | Intervention | 325 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: 12M PE: MS - Confidence to do Muscle Strengthening (1 item - transformed) | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 248.964a | 5 | 49.793 | 25.759 | .000 |
| Intercept | 51.611 | 1 | 51.611 | 26.700 | .000 |
| SCREENING\_AgeAtRandomisation | 10.805 | 1 | 10.805 | 5.589 | .018 |
| SCREENING\_Gender | 8.987 | 1 | 8.987 | 4.649 | .031 |
| Allocation\_Site | 1.012 | 1 | 1.012 | .524 | .470 |
| M00\_PE\_MS\_Competence | 163.529 | 1 | 163.529 | 84.598 | .000 |
| Allocation\_ControlOrIntervention | 59.180 | 1 | 59.180 | 30.616 | .000 |
| Error | 1165.608 | 603 | 1.933 |  |  |
| Total | 5563.430 | 609 |  |  |  |
| Corrected Total | 1414.571 | 608 |  |  |  |
| a. R Squared = .176 (Adjusted R Squared = .169) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: 12M PE: MS - Confidence to do Muscle Strengthening (1 item - transformed) | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | 3.921 | .701 | 5.593 | .000 | 2.544 | 5.297 |
| SCREENING\_AgeAtRandomisation | -.020 | .008 | -2.364 | .018 | -.036 | -.003 |
| SCREENING\_Gender | -.260 | .120 | -2.156 | .031 | -.496 | -.023 |
| Allocation\_Site | .047 | .065 | .724 | .470 | -.081 | .175 |
| M00\_PE\_MS\_Competence | .354 | .039 | 9.198 | .000 | .279 | .430 |
| [Allocation\_ControlOrIntervention=3] | -.625 | .113 | -5.533 | .000 | -.847 | -.403 |
| [Allocation\_ControlOrIntervention=4] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

Estimated Marginal Means

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Group Allocation | | | | |
| Dependent Variable: 12M PE: MS - Confidence to do Muscle Strengthening (1 item - transformed) | | | | |
| Group Allocation | Mean | Std. Error | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Control | 2.277a | .083 | 2.114 | 2.439 |
| Intervention | 2.902a | .077 | 2.750 | 3.053 |
| a. Covariates appearing in the model are evaluated at the following values: Screening: Age at randomisation (using randomisation date and date of birth) = 76.97, Screening: Participant gender = 1.67, Allocation: Study site = 1.91, 0M PE: MS - Confidence to do Muscle Strengthening (1 item - transformed) = 2.4175. | | | | |

Table 87. Analysis 38: Relatedness for muscle-strengthening exercise 0-12 mth with age gender site

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Group Allocation | 3 | Control | 109 |
| 4 | Intervention | 156 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: 12M PE: MS - Mean of “others in my life” & “people - who encourage me” | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 38.606a | 5 | 7.721 | 8.079 | .000 |
| Intercept | 10.818 | 1 | 10.818 | 11.319 | .001 |
| SCREENING\_AgeAtRandomisation | .199 | 1 | .199 | .208 | .648 |
| SCREENING\_Gender | 1.250 | 1 | 1.250 | 1.308 | .254 |
| Allocation\_Site | 1.288 | 1 | 1.288 | 1.347 | .247 |
| M00\_PE\_MS\_Relatedness | 25.296 | 1 | 25.296 | 26.469 | .000 |
| Allocation\_ControlOrIntervention | 12.141 | 1 | 12.141 | 12.704 | .000 |
| Error | 247.520 | 259 | .956 |  |  |
| Total | 2983.750 | 265 |  |  |  |
| Corrected Total | 286.126 | 264 |  |  |  |
| a. R Squared = .135 (Adjusted R Squared = .118) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: 12M PE: MS - Mean of “others in my life” & “people - who encourage me” | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | 2.711 | .738 | 3.673 | .000 | 1.258 | 4.165 |
| SCREENING\_AgeAtRandomisation | -.004 | .009 | -.457 | .648 | -.021 | .013 |
| SCREENING\_Gender | .149 | .131 | 1.144 | .254 | -.108 | .407 |
| Allocation\_Site | -.080 | .069 | -1.161 | .247 | -.215 | .055 |
| M00\_PE\_MS\_Relatedness | .289 | .056 | 5.145 | .000 | .179 | .400 |
| [Allocation\_ControlOrIntervention=3] | -.438 | .123 | -3.564 | .000 | -.679 | -.196 |
| [Allocation\_ControlOrIntervention=4] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

Estimated Marginal Means

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Group Allocation | | | | |
| Dependent Variable: 12M PE: MS - Mean of “others in my life” & “people - who encourage me” | | | | |
| Group Allocation | Mean | Std. Error | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Control | 2.933a | .094 | 2.748 | 3.118 |
| Intervention | 3.371a | .078 | 3.216 | 3.525 |
| a. Covariates appearing in the model are evaluated at the following values: Screening: Age at randomisation (using randomisation date and date of birth) = 76.39, Screening: Participant gender = 1.69, Allocation: Study site = 1.92, 0M PE: MS - Mean of “others in my life” & “people - who encourage me” = 2.9623. | | | | |

Table 88. Analysis 39: Perceived benefits of muscle-strengthening exercise 0-12 mth with age gender site

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Group Allocation | 3 | Control | 280 |
| 4 | Intervention | 318 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: 12M MSEQ-Benefits: Sum of 4 items | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 146.740a | 5 | 29.348 | 20.659 | .000 |
| Intercept | 42.929 | 1 | 42.929 | 30.219 | .000 |
| SCREENING\_AgeAtRandomisation | 6.979 | 1 | 6.979 | 4.913 | .027 |
| SCREENING\_Gender | .188 | 1 | .188 | .132 | .716 |
| Allocation\_Site | .109 | 1 | .109 | .077 | .782 |
| M00\_MSEQ\_Benefits\_Sum | 64.075 | 1 | 64.075 | 45.106 | .000 |
| Allocation\_ControlOrIntervention | 84.632 | 1 | 84.632 | 59.576 | .000 |
| Error | 840.971 | 592 | 1.421 |  |  |
| Total | 5274.000 | 598 |  |  |  |
| Corrected Total | 987.711 | 597 |  |  |  |
| a. R Squared = .149 (Adjusted R Squared = .141) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: 12M MSEQ-Benefits: Sum of 4 items | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | 3.758 | .616 | 6.105 | .000 | 2.549 | 4.967 |
| SCREENING\_AgeAtRandomisation | -.016 | .007 | -2.216 | .027 | -.031 | -.002 |
| SCREENING\_Gender | -.038 | .104 | -.364 | .716 | -.243 | .167 |
| Allocation\_Site | .016 | .057 | .277 | .782 | -.096 | .127 |
| M00\_MSEQ\_Benefits\_Sum | .263 | .039 | 6.716 | .000 | .186 | .340 |
| [Allocation\_ControlOrIntervention=3] | -.757 | .098 | -7.719 | .000 | -.950 | -.565 |
| [Allocation\_ControlOrIntervention=4] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

Estimated Marginal Means

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Group Allocation | | | | |
| Dependent Variable: 12M MSEQ-Benefits: Sum of 4 items | | | | |
| Group Allocation | Mean | Std. Error | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Control | 2.275a | .071 | 2.134 | 2.415 |
| Intervention | 3.032a | .067 | 2.900 | 3.163 |
| a. Covariates appearing in the model are evaluated at the following values: Screening: Age at randomisation (using randomisation date and date of birth) = 76.84, Screening: Participant gender = 1.67, Allocation: Study site = 1.91, 0M MSEQ-Benefits: Sum of 4 items = 2.1254. | | | | |

Table 89. Analysis 40: Enjoyment of muscle-strengthening exercise 0-12 mth with age gender site

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Group Allocation | 3 | Control | 109 |
| 4 | Intervention | 159 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: 12M PE: MS - ENJOY - I enjoy doing muscle-strengthening exercises. | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 33.155a | 5 | 6.631 | 7.864 | .000 |
| Intercept | 12.669 | 1 | 12.669 | 15.025 | .000 |
| SCREENING\_AgeAtRandomisation | .019 | 1 | .019 | .023 | .880 |
| SCREENING\_Gender | 3.027 | 1 | 3.027 | 3.590 | .059 |
| Allocation\_Site | .147 | 1 | .147 | .174 | .677 |
| M00\_PE\_EnjoyMuscleStrengthening | 23.848 | 1 | 23.848 | 28.282 | .000 |
| Allocation\_ControlOrIntervention | 3.969 | 1 | 3.969 | 4.706 | .031 |
| Error | 220.919 | 262 | .843 |  |  |
| Total | 3344.000 | 268 |  |  |  |
| Corrected Total | 254.075 | 267 |  |  |  |
| a. R Squared = .130 (Adjusted R Squared = .114) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: 12M PE: MS - ENJOY - I enjoy doing muscle-strengthening exercises. | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | 2.852 | .701 | 4.070 | .000 | 1.472 | 4.233 |
| SCREENING\_AgeAtRandomisation | .001 | .008 | .152 | .880 | -.015 | .017 |
| SCREENING\_Gender | -.233 | .123 | -1.895 | .059 | -.475 | .009 |
| Allocation\_Site | .027 | .065 | .418 | .677 | -.100 | .154 |
| M00\_PE\_EnjoyMuscleStrengthening | .283 | .053 | 5.318 | .000 | .178 | .387 |
| [Allocation\_ControlOrIntervention=3] | -.250 | .115 | -2.169 | .031 | -.476 | -.023 |
| [Allocation\_ControlOrIntervention=4] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

Estimated Marginal Means

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Group Allocation | | | | |
| Dependent Variable: 12M PE: MS - ENJOY - I enjoy doing muscle-strengthening exercises. | | | | |
| Group Allocation | Mean | Std. Error | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Control | 3.247a | .088 | 3.073 | 3.421 |
| Intervention | 3.497a | .073 | 3.353 | 3.641 |
| a. Covariates appearing in the model are evaluated at the following values: Screening: Age at randomisation (using randomisation date and date of birth) = 76.31, Screening: Participant gender = 1.69, Allocation: Study site = 1.92, 0M PE: MS - ENJOY - I enjoy doing muscle-strengthening exercises. = 3.16. | | | | |

Table 90. Analysis 41: Autonomy for muscle-strengthening exercise 0-12 mth with age gender site

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Group Allocation | 3 | Control | 109 |
| 4 | Intervention | 159 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: 12M PE: MS - Mean of “free to make own decisions” & “feel - in charge” | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 16.056a | 5 | 3.211 | 8.547 | .000 |
| Intercept | 10.601 | 1 | 10.601 | 28.213 | .000 |
| SCREENING\_AgeAtRandomisation | .325 | 1 | .325 | .864 | .353 |
| SCREENING\_Gender | .086 | 1 | .086 | .229 | .633 |
| Allocation\_Site | .080 | 1 | .080 | .214 | .644 |
| M00\_PE\_MS\_Autonomy | 15.338 | 1 | 15.338 | 40.821 | .000 |
| Allocation\_ControlOrIntervention | .033 | 1 | .033 | .087 | .769 |
| Error | 98.444 | 262 | .376 |  |  |
| Total | 4402.500 | 268 |  |  |  |
| Corrected Total | 114.500 | 267 |  |  |  |
| a. R Squared = .140 (Adjusted R Squared = .124) | | | | | |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | | |
| Dependent Variable: 12M PE: MS - Mean of “free to make own decisions” & “feel - in charge” | | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | | |
| Lower Bound | Upper Bound |
| Intercept | 2.501 | .472 | 5.299 | .000 | 1.571 | 3.430 |
| SCREENING\_AgeAtRandomisation | .005 | .005 | .930 | .353 | -.006 | .016 |
| SCREENING\_Gender | .039 | .081 | .479 | .633 | -.121 | .199 |
| Allocation\_Site | -.020 | .043 | -.462 | .644 | -.105 | .065 |
| M00\_PE\_MS\_Autonomy | .280 | .044 | 6.389 | .000 | .194 | .366 |
| [Allocation\_ControlOrIntervention=3] | .023 | .077 | .294 | .769 | -.128 | .174 |
| [Allocation\_ControlOrIntervention=4] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | | |

Table 91. Analysis 42: Perceived Importance of muscle-strengthening exercise 0-12 mth with age gender site

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Group Allocation | 3 | Control | 284 |
| 4 | Intervention | 327 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: 12M PE: Muscle strengthening importance ('Doing muscle-strengthening exercises on at least two days a week is very important to me', 0-10 scale) | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 926.776a | 5 | 185.355 | 19.766 | .000 |
| Intercept | 81.638 | 1 | 81.638 | 8.706 | .003 |
| SCREENING\_AgeAtRandomisation | 5.845 | 1 | 5.845 | .623 | .430 |
| SCREENING\_Gender | 4.432 | 1 | 4.432 | .473 | .492 |
| Allocation\_Site | 2.461 | 1 | 2.461 | .262 | .609 |
| M00\_PE\_ImportanceMuscleStrengthening | 790.229 | 1 | 790.229 | 84.270 | .000 |
| Allocation\_ControlOrIntervention | 120.903 | 1 | 120.903 | 12.893 | .000 |
| Error | 5673.325 | 605 | 9.377 |  |  |
| Total | 20317.000 | 611 |  |  |  |
| Corrected Total | 6600.101 | 610 |  |  |  |
| a. R Squared = .140 (Adjusted R Squared = .133) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: 12M PE: Muscle strengthening importance ('Doing muscle-strengthening exercises on at least two days a week is very important to me', 0-10 scale) | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | 5.034 | 1.561 | 3.226 | .001 | 1.969 | 8.099 |
| SCREENING\_AgeAtRandomisation | -.015 | .019 | -.790 | .430 | -.051 | .022 |
| SCREENING\_Gender | -.182 | .264 | -.687 | .492 | -.700 | .337 |
| Allocation\_Site | .073 | .143 | .512 | .609 | -.208 | .355 |
| M00\_PE\_ImportanceMuscleStrengthening | .343 | .037 | 9.180 | .000 | .270 | .417 |
| [Allocation\_ControlOrIntervention=3] | -.892 | .248 | -3.591 | .000 | -1.380 | -.404 |
| [Allocation\_ControlOrIntervention=4] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

Estimated Marginal Means

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Group Allocation | | | | |
| Dependent Variable: 12M PE: Muscle strengthening importance ('Doing muscle-strengthening exercises on at least two days a week is very important to me', 0-10 scale) | | | | |
| Group Allocation | Mean | Std. Error | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Control | 4.261a | .182 | 3.904 | 4.618 |
| Intervention | 5.153a | .169 | 4.820 | 5.485 |
| a. Covariates appearing in the model are evaluated at the following values: Screening: Age at randomisation (using randomisation date and date of birth) = 76.96, Screening: Participant gender = 1.67, Allocation: Study site = 1.91, 0M PE: Muscle strengthening importance ('Doing muscle-strengthening exercises on at least two days a week is very important to me', 0-10 scale) = 4.11. | | | | |

Table 92. Analysis 43: Perceived Importance of MVPA 0-12 mth with age gender site

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Group Allocation | 3 | Control | 285 |
| 4 | Intervention | 327 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: 12M PE: MVPA importance ('Doing at least 30 minutes of moderate intensity physical activity on at least 5 days a week is very important to me', 0-10 scale) | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 926.065a | 5 | 185.213 | 23.531 | .000 |
| Intercept | 98.034 | 1 | 98.034 | 12.455 | .000 |
| M00\_PE\_Importance30MinsModerate | 840.776 | 1 | 840.776 | 106.821 | .000 |
| SCREENING\_AgeAtRandomisation | 13.959 | 1 | 13.959 | 1.774 | .183 |
| SCREENING\_Gender | 3.088 | 1 | 3.088 | .392 | .531 |
| Allocation\_Site | 19.626 | 1 | 19.626 | 2.493 | .115 |
| Allocation\_ControlOrIntervention | 13.276 | 1 | 13.276 | 1.687 | .195 |
| Error | 4769.744 | 606 | 7.871 |  |  |
| Total | 23913.000 | 612 |  |  |  |
| Corrected Total | 5695.809 | 611 |  |  |  |
| a. R Squared = .163 (Adjusted R Squared = .156) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: 12M PE: MVPA importance ('Doing at least 30 minutes of moderate intensity physical activity on at least 5 days a week is very important to me', 0-10 scale) | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | 5.270 | 1.455 | 3.622 | .000 | 2.412 | 8.127 |
| M00\_PE\_Importance30MinsModerate | .370 | .036 | 10.335 | .000 | .300 | .440 |
| SCREENING\_AgeAtRandomisation | -.023 | .017 | -1.332 | .183 | -.056 | .011 |
| SCREENING\_Gender | -.152 | .243 | -.626 | .531 | -.628 | .324 |
| Allocation\_Site | .207 | .131 | 1.579 | .115 | -.051 | .465 |
| [Allocation\_ControlOrIntervention=3] | -.296 | .228 | -1.299 | .195 | -.743 | .152 |
| [Allocation\_ControlOrIntervention=4] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

* 1. HYPOTHESIS 5c: *Correlations between intervention exposure and changes in psychosocial determinants of behaviour change for physical activity and exercise behaviours 0-12 months*

Table 93. Analysis 44: Relationship of change in MVPA Relatedness 0-12 mth with intervention attendance with age gender site and baseline SPPB

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Attendance: Adherence rate (3 levels) | 1.00 | Below 50% (inclusive) | 53 |
| 2.00 | Between 50 and 75% | 71 |
| 3.00 | Above 75% (inclusive) | 171 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: M00to12\_MVPA\_Relatedness | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 14.110a | 6 | 2.352 | 1.852 | .089 |
| Intercept | .037 | 1 | .037 | .029 | .864 |
| SCREENING\_AgeAtRandomisation | .002 | 1 | .002 | .001 | .971 |
| SCREENING\_Gender | .007 | 1 | .007 | .005 | .942 |
| Allocation\_Site | 1.023 | 1 | 1.023 | .806 | .370 |
| M00\_SPPB\_FinalScore | .257 | 1 | .257 | .202 | .653 |
| ATTEND\_AttendanceRate\_3Levels | 13.080 | 2 | 6.540 | 5.151 | .006 |
| Error | 365.695 | 288 | 1.270 |  |  |
| Total | 395.250 | 295 |  |  |  |
| Corrected Total | 379.805 | 294 |  |  |  |
| a. R Squared = .037 (Adjusted R Squared = .017) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: M00to12\_MVPA\_Relatedness | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | .367 | .944 | .389 | .697 | -1.491 | 2.225 |
| SCREENING\_AgeAtRandomisation | .000 | .010 | -.036 | .971 | -.020 | .019 |
| SCREENING\_Gender | .010 | .140 | .073 | .942 | -.265 | .285 |
| Allocation\_Site | .069 | .077 | .898 | .370 | -.083 | .221 |
| M00\_SPPB\_FinalScore | -.020 | .044 | -.450 | .653 | -.105 | .066 |
| [ATTEND\_AttendanceRate\_3Levels=1.00] | -.564 | .179 | -3.149 | .002 | -.916 | -.211 |
| [ATTEND\_AttendanceRate\_3Levels=2.00] | -.046 | .162 | -.287 | .775 | -.365 | .272 |
| [ATTEND\_AttendanceRate\_3Levels=3.00] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

|  |  |  |  |
| --- | --- | --- | --- |
| Contrast Results (K Matrix) | | | |
| Attendance: Adherence rate (3 levels) Polynomial Contrasta | | | Dependent Variable |
| M00to12\_MVPA\_Relatedness |
| Linear | Contrast Estimate | | .399 |
| Hypothesized Value | | 0 |
| Difference (Estimate - Hypothesized) | | .399 |
| Std. Error | | .127 |
| Sig. | | .002 |
| 95% Confidence Interval for Difference | Lower Bound | .149 |
| Upper Bound | .648 |
| Upper Bound | .067 |
| a. Metric = 1.000, 2.000, 3.000 | | | |

Estimated Marginal Means

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Attendance: Adherence rate (3 levels) | | | | |
| Dependent Variable: M00to12\_MVPA\_Relatedness | | | | |
| Attendance: Adherence rate (3 levels) | Mean | Std. Error | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Below 50% (inclusive) | -.223a | .156 | -.529 | .084 |
| Between 50 and 75% | .295a | .135 | .029 | .561 |
| Above 75% (inclusive) | .341a | .087 | .170 | .512 |
| a. Covariates appearing in the model are evaluated at the following values: Screening: Age at randomisation (using randomisation date and date of birth) = 77.09, Screening: Participant gender = 1.66, Allocation: Study site = 1.88, 0M SPPB: Final score = 7.45. | | | | |

Table 94. Analysis 45: Relationship of change in MVPA Autonomy 0-12 mth with intervention attendance with age gender site and baseline SPPB

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Attendance: Adherence rate (3 levels) | 1.00 | Below 50% (inclusive) | 53 |
| 2.00 | Between 50 and 75% | 73 |
| 3.00 | Above 75% (inclusive) | 177 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: M00to12\_MVPA\_Autonomy | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 3.699a | 6 | .617 | .845 | .536 |
| Intercept | .218 | 1 | .218 | .299 | .585 |
| SCREENING\_AgeAtRandomisation | 1.005 | 1 | 1.005 | 1.377 | .241 |
| SCREENING\_Gender | 1.352 | 1 | 1.352 | 1.853 | .174 |
| Allocation\_Site | .007 | 1 | .007 | .009 | .923 |
| M00\_SPPB\_FinalScore | .060 | 1 | .060 | .083 | .774 |
| ATTEND\_AttendanceRate\_3Levels | 1.003 | 2 | .502 | .688 | .504 |
| Error | 215.981 | 296 | .730 |  |  |
| Total | 221.000 | 303 |  |  |  |
| Corrected Total | 219.680 | 302 |  |  |  |
| a. R Squared = .017 (Adjusted R Squared = -.003) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: M00to12\_MVPA\_Autonomy | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | .460 | .706 | .652 | .515 | -.929 | 1.849 |
| SCREENING\_AgeAtRandomisation | -.009 | .007 | -1.174 | .241 | -.023 | .006 |
| SCREENING\_Gender | .142 | .104 | 1.361 | .174 | -.063 | .347 |
| Allocation\_Site | .006 | .058 | .096 | .923 | -.108 | .120 |
| M00\_SPPB\_FinalScore | .009 | .033 | .288 | .774 | -.055 | .074 |
| [ATTEND\_AttendanceRate\_3Levels=1.00] | -.158 | .135 | -1.167 | .244 | -.423 | .108 |
| [ATTEND\_AttendanceRate\_3Levels=2.00] | -.052 | .121 | -.426 | .670 | -.289 | .186 |
| [ATTEND\_AttendanceRate\_3Levels=3.00] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

|  |  |  |  |
| --- | --- | --- | --- |
| Contrast Results (K Matrix) | | | |
| Attendance: Adherence rate (3 levels) Polynomial Contrasta | | | Dependent Variable |
| M00to12\_MVPA\_Autonomy |
| Linear | Contrast Estimate | | .111 |
| Hypothesized Value | | 0 |
| Difference (Estimate - Hypothesized) | | .111 |
| Std. Error | | .095 |
| Sig. | | .244 |
| 95% Confidence Interval for Difference | Lower Bound | -.076 |
| Upper Bound | .299 |
| Upper Bound | .172 |
| a. Metric = 1.000, 2.000, 3.000 | | | |

Table 95. Analysis 46: Relationship of change in MVPA Competence 0-12 mth with intervention attendance with age gender site and baseline SPPB

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Attendance: Adherence rate (3 levels) | 1.00 | Below 50% (inclusive) | 53 |
| 2.00 | Between 50 and 75% | 72 |
| 3.00 | Above 75% (inclusive) | 176 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: M00to12\_MVPA\_Competence | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 48.462a | 6 | 8.077 | 3.375 | .003 |
| Intercept | 21.981 | 1 | 21.981 | 9.185 | .003 |
| SCREENING\_AgeAtRandomisation | 35.239 | 1 | 35.239 | 14.726 | .000 |
| SCREENING\_Gender | 2.226 | 1 | 2.226 | .930 | .336 |
| Allocation\_Site | .622 | 1 | .622 | .260 | .611 |
| M00\_SPPB\_FinalScore | .309 | 1 | .309 | .129 | .719 |
| ATTEND\_AttendanceRate\_3Levels | 5.999 | 2 | 2.999 | 1.253 | .287 |
| Error | 703.546 | 294 | 2.393 |  |  |
| Total | 788.636 | 301 |  |  |  |
| Corrected Total | 752.008 | 300 |  |  |  |
| a. R Squared = .064 (Adjusted R Squared = .045) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: M00to12\_MVPA\_Competence | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | 3.968 | 1.278 | 3.104 | .002 | 1.452 | 6.485 |
| SCREENING\_AgeAtRandomisation | -.051 | .013 | -3.837 | .000 | -.078 | -.025 |
| SCREENING\_Gender | .183 | .190 | .964 | .336 | -.190 | .556 |
| Allocation\_Site | -.054 | .105 | -.510 | .611 | -.261 | .154 |
| M00\_SPPB\_FinalScore | .021 | .060 | .360 | .719 | -.096 | .139 |
| [ATTEND\_AttendanceRate\_3Levels=1.00] | -.295 | .245 | -1.208 | .228 | -.777 | .186 |
| [ATTEND\_AttendanceRate\_3Levels=2.00] | .144 | .220 | .655 | .513 | -.289 | .578 |
| [ATTEND\_AttendanceRate\_3Levels=3.00] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

|  |  |  |  |
| --- | --- | --- | --- |
| Contrast Results (K Matrix) | | | |
| Attendance: Adherence rate (3 levels) Polynomial Contrasta | | | Dependent Variable |
| M00to12\_MVPA\_Competence |
| Linear | Contrast Estimate | | .209 |
| Hypothesized Value | | 0 |
| Difference (Estimate - Hypothesized) | | .209 |
| Std. Error | | .173 |
| Sig. | | .228 |
| 95% Confidence Interval for Difference | Lower Bound | -.132 |
| Upper Bound | .549 |
| a. Metric = 1.000, 2.000, 3.000 | | | |

Table 96. Analysis 47: Relationship of change in MVPA Enjoyment 0-12 mth with intervention attendance with age gender site and baseline SPPB

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Attendance: Adherence rate (3 levels) | 1.00 | Below 50% (inclusive) | 53 |
| 2.00 | Between 50 and 75% | 71 |
| 3.00 | Above 75% (inclusive) | 177 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: M00to12\_MVPA\_Enjoyment | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 3.461a | 6 | .577 | .596 | .733 |
| Intercept | 2.022 | 1 | 2.022 | 2.091 | .149 |
| SCREENING\_AgeAtRandomisation | 1.428 | 1 | 1.428 | 1.476 | .225 |
| SCREENING\_Gender | .038 | 1 | .038 | .039 | .843 |
| Allocation\_Site | .273 | 1 | .273 | .283 | .595 |
| M00\_SPPB\_FinalScore | .980 | 1 | .980 | 1.013 | .315 |
| ATTEND\_AttendanceRate\_3Levels | .770 | 2 | .385 | .398 | .672 |
| Error | 284.346 | 294 | .967 |  |  |
| Total | 291.000 | 301 |  |  |  |
| Corrected Total | 287.807 | 300 |  |  |  |
| a. R Squared = .012 (Adjusted R Squared = -.008) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: M00to12\_MVPA\_Enjoyment | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | 1.260 | .815 | 1.546 | .123 | -.344 | 2.865 |
| SCREENING\_AgeAtRandomisation | -.010 | .009 | -1.215 | .225 | -.027 | .006 |
| SCREENING\_Gender | .024 | .120 | .198 | .843 | -.213 | .261 |
| Allocation\_Site | -.036 | .067 | -.532 | .595 | -.167 | .096 |
| M00\_SPPB\_FinalScore | -.038 | .038 | -1.007 | .315 | -.112 | .036 |
| [ATTEND\_AttendanceRate\_3Levels=1.00] | -.081 | .155 | -.523 | .601 | -.387 | .224 |
| [ATTEND\_AttendanceRate\_3Levels=2.00] | -.118 | .141 | -.838 | .403 | -.395 | .159 |
| [ATTEND\_AttendanceRate\_3Levels=3.00] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

|  |  |  |  |
| --- | --- | --- | --- |
| Contrast Results (K Matrix) | | | |
| Attendance: Adherence rate (3 levels) Polynomial Contrasta | | | Dependent Variable |
| M00to12\_MVPA\_Enjoyment |
| Linear | Contrast Estimate | | .057 |
| Hypothesized Value | | 0 |
| Difference (Estimate - Hypothesized) | | .057 |
| Std. Error | | .110 |
| Sig. | | .601 |
| 95% Confidence Interval for Difference | Lower Bound | -.159 |
| Upper Bound | .274 |
| a. Metric = 1.000, 2.000, 3.000 | | | |

Table 97. Analysis 48: Relationship of change in muscle-strengthening Relatedness 0-12 mth with intervention attendance with age gender site and baseline SPPB

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Attendance: Adherence rate (3 levels) | 1.00 | Below 50% (inclusive) | 23 |
| 2.00 | Between 50 and 75% | 39 |
| 3.00 | Above 75% (inclusive) | 87 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: M00to12\_MS\_Relatedness | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 25.298a | 6 | 4.216 | 2.591 | .021 |
| Intercept | .373 | 1 | .373 | .229 | .633 |
| SCREENING\_AgeAtRandomisation | .016 | 1 | .016 | .010 | .922 |
| SCREENING\_Gender | 1.684 | 1 | 1.684 | 1.035 | .311 |
| Allocation\_Site | .857 | 1 | .857 | .527 | .469 |
| M00\_SPPB\_FinalScore | 2.658 | 1 | 2.658 | 1.633 | .203 |
| ATTEND\_AttendanceRate\_3Levels | 17.129 | 2 | 8.564 | 5.263 | .006 |
| Error | 231.075 | 142 | 1.627 |  |  |
| Total | 286.500 | 149 |  |  |  |
| Corrected Total | 256.372 | 148 |  |  |  |
| a. R Squared = .099 (Adjusted R Squared = .061) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: M00to12\_MS\_Relatedness | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | .774 | 1.499 | .516 | .606 | -2.189 | 3.736 |
| SCREENING\_AgeAtRandomisation | .002 | .015 | .098 | .922 | -.029 | .032 |
| SCREENING\_Gender | .229 | .225 | 1.017 | .311 | -.216 | .673 |
| Allocation\_Site | -.086 | .119 | -.726 | .469 | -.322 | .149 |
| M00\_SPPB\_FinalScore | -.091 | .071 | -1.278 | .203 | -.232 | .050 |
| [ATTEND\_AttendanceRate\_3Levels=1.00] | -.619 | .301 | -2.060 | .041 | -1.213 | -.025 |
| [ATTEND\_AttendanceRate\_3Levels=2.00] | .470 | .249 | 1.886 | .061 | -.023 | .963 |
| [ATTEND\_AttendanceRate\_3Levels=3.00] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

|  |  |  |  |
| --- | --- | --- | --- |
| Contrast Results (K Matrix) | | | |
| Attendance: Adherence rate (3 levels) Polynomial Contrasta | | | Dependent Variable |
| M00to12\_MS\_Relatedness |
| Linear | Contrast Estimate | | .438 |
| Hypothesized Value | | 0 |
| Difference (Estimate - Hypothesized) | | .438 |
| Std. Error | | .213 |
| Sig. | | .041 |
| 95% Confidence Interval for Difference | Lower Bound | .018 |
| Upper Bound | .858 |
| a. Metric = 1.000, 2.000, 3.000 | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Attendance: Adherence rate (3 levels) | | | | |
| Dependent Variable: M00to12\_MS\_Relatedness | | | | |
| Attendance: Adherence rate (3 levels) | Mean | Std. Error | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Below 50% (inclusive) | -.197a | .267 | -.724 | .330 |
| Between 50 and 75% | .892a | .206 | .485 | 1.300 |
| Above 75% (inclusive) | .422a | .137 | .150 | .694 |
| a. Covariates appearing in the model are evaluated at the following values: Screening: Age at randomisation (using randomisation date and date of birth) = 76.30, Screening: Participant gender = 1.65, Allocation: Study site = 1.86, 0M SPPB: Final score = 7.52. | | | | |

Table 98. Analysis 49: Relationship of change in muscle-strengthening Autonomy 0-12 mth with intervention attendance with age gender site and baseline SPPB

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Attendance: Adherence rate (3 levels) | 1.00 | Below 50% (inclusive) | 22 |
| 2.00 | Between 50 and 75% | 40 |
| 3.00 | Above 75% (inclusive) | 90 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: M00to12\_MS\_Autonomy | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 3.519a | 6 | .586 | .705 | .646 |
| Intercept | .061 | 1 | .061 | .074 | .786 |
| SCREENING\_AgeAtRandomisation | .009 | 1 | .009 | .010 | .919 |
| SCREENING\_Gender | .560 | 1 | .560 | .673 | .413 |
| Allocation\_Site | 1.558 | 1 | 1.558 | 1.873 | .173 |
| M00\_SPPB\_FinalScore | .664 | 1 | .664 | .798 | .373 |
| ATTEND\_AttendanceRate\_3Levels | .789 | 2 | .395 | .474 | .623 |
| Error | 120.580 | 145 | .832 |  |  |
| Total | 126.000 | 152 |  |  |  |
| Corrected Total | 124.099 | 151 |  |  |  |
| a. R Squared = .028 (Adjusted R Squared = -.012) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: M00to12\_MS\_Autonomy | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | -.369 | 1.062 | -.347 | .729 | -2.468 | 1.730 |
| SCREENING\_AgeAtRandomisation | .001 | .011 | .101 | .919 | -.021 | .023 |
| SCREENING\_Gender | .130 | .159 | .821 | .413 | -.184 | .444 |
| Allocation\_Site | -.117 | .085 | -1.369 | .173 | -.286 | .052 |
| M00\_SPPB\_FinalScore | .045 | .051 | .894 | .373 | -.055 | .146 |
| [ATTEND\_AttendanceRate\_3Levels=1.00] | .064 | .218 | .293 | .770 | -.368 | .496 |
| [ATTEND\_AttendanceRate\_3Levels=2.00] | .171 | .176 | .973 | .332 | -.176 | .518 |
| [ATTEND\_AttendanceRate\_3Levels=3.00] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

|  |  |  |  |
| --- | --- | --- | --- |
| Contrast Results (K Matrix) | | | |
| Attendance: Adherence rate (3 levels) Polynomial Contrasta | | | Dependent Variable |
| M00to12\_MS\_Autonomy |
| Linear | Contrast Estimate | | -.045 |
| Hypothesized Value | | 0 |
| Difference (Estimate - Hypothesized) | | -.045 |
| Std. Error | | .154 |
| Sig. | | .770 |
| 95% Confidence Interval for Difference | Lower Bound | -.351 |
| Upper Bound | .260 |
| a. Metric = 1.000, 2.000, 3.000 | | | |

Table 99. Analysis 50: Relationship of change in muscle-strengthening Competence 0-12 mth with intervention attendance with age gender site and baseline SPPB

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Attendance: Adherence rate (3 levels) | 1.00 | Below 50% (inclusive) | 53 |
| 2.00 | Between 50 and 75% | 71 |
| 3.00 | Above 75% (inclusive) | 174 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: M00to12\_MS\_Competence | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 54.543a | 6 | 9.091 | 3.081 | .006 |
| Intercept | 11.096 | 1 | 11.096 | 3.761 | .053 |
| SCREENING\_AgeAtRandomisation | 15.315 | 1 | 15.315 | 5.191 | .023 |
| SCREENING\_Gender | .359 | 1 | .359 | .122 | .728 |
| Allocation\_Site | 2.497 | 1 | 2.497 | .846 | .358 |
| M00\_SPPB\_FinalScore | 3.862 | 1 | 3.862 | 1.309 | .254 |
| ATTEND\_AttendanceRate\_3Levels | 18.988 | 2 | 9.494 | 3.218 | .041 |
| Error | 858.614 | 291 | 2.951 |  |  |
| Total | 1003.512 | 298 |  |  |  |
| Corrected Total | 913.157 | 297 |  |  |  |
| a. R Squared = .060 (Adjusted R Squared = .040) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: M00to12\_MS\_Competence | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | 3.138 | 1.425 | 2.202 | .028 | .334 | 5.942 |
| SCREENING\_AgeAtRandomisation | -.034 | .015 | -2.278 | .023 | -.063 | -.005 |
| SCREENING\_Gender | -.074 | .211 | -.349 | .728 | -.490 | .342 |
| Allocation\_Site | -.108 | .117 | -.920 | .358 | -.339 | .123 |
| M00\_SPPB\_FinalScore | .076 | .067 | 1.144 | .254 | -.055 | .207 |
| [ATTEND\_AttendanceRate\_3Levels=1.00] | -.633 | .272 | -2.326 | .021 | -1.168 | -.097 |
| [ATTEND\_AttendanceRate\_3Levels=2.00] | -.396 | .246 | -1.611 | .108 | -.881 | .088 |
| [ATTEND\_AttendanceRate\_3Levels=3.00] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

|  |  |  |  |
| --- | --- | --- | --- |
| Contrast Results (K Matrix) | | | |
| Attendance: Adherence rate (3 levels) Polynomial Contrasta | | | Dependent Variable |
| M00to12\_MS\_Competence |
| Linear | Contrast Estimate | | .447 |
| Hypothesized Value | | 0 |
| Difference (Estimate - Hypothesized) | | .447 |
| Std. Error | | .192 |
| Sig. | | .021 |
| 95% Confidence Interval for Difference | Lower Bound | .069 |
| Upper Bound | .826 |
| a. Metric = 1.000, 2.000, 3.000 | | | |

Estimated Marginal Means

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Attendance: Adherence rate (3 levels) | | | | |
| Dependent Variable: M00to12\_MS\_Competence | | | | |
| Attendance: Adherence rate (3 levels) | Mean | Std. Error | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Below 50% (inclusive) | .125a | .237 | -.341 | .591 |
| Between 50 and 75% | .361a | .206 | -.044 | .766 |
| Above 75% (inclusive) | .758a | .131 | .499 | 1.016 |
| a. Covariates appearing in the model are evaluated at the following values: Screening: Age at randomisation (using randomisation date and date of birth) = 77.11, Screening: Participant gender = 1.66, Allocation: Study site = 1.89, 0M SPPB: Final score = 7.47. | | | | |

Table 100. Analysis 51: Relationship of change in muscle-strengthening Enjoyment 0-12 mth with intervention attendance with age gender site and baseline SPPB

|  |  |  |  |
| --- | --- | --- | --- |
| Between-Subjects Factors | | | |
|  | | Value Label | N |
| Attendance: Adherence rate (3 levels) | 1.00 | Below 50% (inclusive) | 23 |
| 2.00 | Between 50 and 75% | 39 |
| 3.00 | Above 75% (inclusive) | 91 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tests of Between-Subjects Effects | | | | | |
| Dependent Variable: M00to12\_MS\_Enjoyment | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 11.716a | 6 | 1.953 | 1.208 | .306 |
| Intercept | .460 | 1 | .460 | .284 | .595 |
| SCREENING\_AgeAtRandomisation | .304 | 1 | .304 | .188 | .665 |
| SCREENING\_Gender | .185 | 1 | .185 | .114 | .736 |
| Allocation\_Site | .149 | 1 | .149 | .092 | .762 |
| M00\_SPPB\_FinalScore | .946 | 1 | .946 | .585 | .446 |
| ATTEND\_AttendanceRate\_3Levels | 10.309 | 2 | 5.155 | 3.188 | .044 |
| Error | 236.062 | 146 | 1.617 |  |  |
| Total | 278.000 | 153 |  |  |  |
| Corrected Total | 247.778 | 152 |  |  |  |
| a. R Squared = .047 (Adjusted R Squared = .008) | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Parameter Estimates | | | | | | |
| Dependent Variable: M00to12\_MS\_Enjoyment | | | | | | |
| Parameter | B | Std. Error | t | Sig. | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Intercept | -.524 | 1.479 | -.354 | .724 | -3.447 | 2.399 |
| SCREENING\_AgeAtRandomisation | .007 | .015 | .434 | .665 | -.024 | .037 |
| SCREENING\_Gender | .075 | .222 | .338 | .736 | -.364 | .514 |
| Allocation\_Site | .036 | .119 | .303 | .762 | -.198 | .270 |
| M00\_SPPB\_FinalScore | .053 | .070 | .765 | .446 | -.085 | .192 |
| [ATTEND\_AttendanceRate\_3Levels=1.00] | -.745 | .298 | -2.499 | .014 | -1.334 | -.156 |
| [ATTEND\_AttendanceRate\_3Levels=2.00] | -.067 | .246 | -.272 | .786 | -.554 | .420 |
| [ATTEND\_AttendanceRate\_3Levels=3.00] | 0a | . | . | . | . | . |
| a. This parameter is set to zero because it is redundant. | | | | | | |

|  |  |  |  |
| --- | --- | --- | --- |
| Contrast Results (K Matrix) | | | |
| Attendance: Adherence rate (3 levels) Polynomial Contrasta | | | Dependent Variable |
| M00to12\_MS\_Enjoyment |
| Linear | Contrast Estimate | | .527 |
| Hypothesized Value | | 0 |
| Difference (Estimate - Hypothesized) | | .527 |
| Std. Error | | .211 |
| Sig. | | .014 |
| 95% Confidence Interval for Difference | Lower Bound | .110 |
| Upper Bound | .943 |
| a. Metric = 1.000, 2.000, 3.000 | | | |

Estimated Marginal Means

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Attendance: Adherence rate (3 levels) | | | | |
| Dependent Variable: M00to12\_MS\_Enjoyment | | | | |
| Attendance: Adherence rate (3 levels) | Mean | Std. Error | 95% Confidence Interval | |
| Lower Bound | Upper Bound |
| Below 50% (inclusive) | -.171a | .266 | -.697 | .354 |
| Between 50 and 75% | .507a | .205 | .101 | .912 |
| Above 75% (inclusive) | .574a | .134 | .309 | .838 |
| a. Covariates appearing in the model are evaluated at the following values: Screening: Age at randomisation (using randomisation date and date of birth) = 76.30, Screening: Participant gender = 1.66, Allocation: Study site = 1.86, 0M SPPB: Final score = 7.50. | | | | |

* 1. HYPOTHESIS 6.1: *Mediation of intervention effects on SPPB by changes in muscle-strengthening exercise*

Table 101. Analysis 52: Mediation of intervention effects on SPPB by change in MSEQ Adherence score from 0-6 months.

Model : 4

Y : SPPB0t6

X : Arm

M : MSAd0t6

Covariates:

Age Gender Site

Sample

Size: 596

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

OUTCOME VARIABLE:

MSAd0t6

Model Summary

R R-sq MSE F df1 df2 p

.2172 .0472 6.2766 7.3165 4.0000 591.0000 .0000

Model

coeff se t p LLCI ULCI

constant -1.3691 1.4500 -.9442 .3455 -4.2169 1.4788

Arm 1.0717 .2059 5.2061 .0000 .6674 1.4760

Age -.0223 .0154 -1.4492 .1478 -.0526 .0079

Gender .0106 .2163 .0489 .9610 -.4143 .4354

Site -.0730 .1191 -.6130 .5401 -.3069 .1609

Standardized coefficients

coeff

Arm .4190

Age -.0582

Gender .0020

Site -.0246

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

OUTCOME VARIABLE:

SPPB0t6

Model Summary

R R-sq MSE F df1 df2 p

.2727 .0744 3.4743 9.4782 5.0000 590.0000 .0000

Model

coeff se t p LLCI ULCI

constant 2.6602 1.0796 2.4640 .0140 .5398 4.7806

Arm .6882 .1566 4.3938 .0000 .3806 .9958

MSAd0t6 .0311 .0306 1.0153 .3104 -.0290 .0912

Age -.0557 .0115 -4.8451 .0000 -.0783 -.0331

Gender .0637 .1609 .3957 .6925 -.2524 .3798

Site .0465 .0886 .5248 .5999 -.1276 .2206

Standardized coefficients

coeff

Arm .3567

MSAd0t6 .0412

Age -.1923

Gender .0157

Site .0208

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* DIRECT AND INDIRECT EFFECTS OF X ON Y \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Direct effect of X on Y

Effect se t p LLCI ULCI c'\_ps

.6882 .1566 4.3938 .0000 .3806 .9958 .3567

Indirect effect(s) of X on Y:

Effect BootSE BootLLCI BootULCI

MSAd0t6 .0333 .0345 -.0330 .1052

Partially standardized indirect effect(s) of X on Y:

Effect BootSE BootLLCI BootULCI

MSAd0t6 .0173 .0178 -.0171 .0545

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* ANALYSIS NOTES AND ERRORS \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Level of confidence for all confidence intervals in output:

95.0000

Number of bootstrap samples for percentile bootstrap confidence intervals:

5000

NOTE: Standardized coefficients for dichotomous or multicategorical X are in

partially standardized form.

Table 105. Analysis 53: Mediation of intervention effects on SPPB by change in MSEQ Adherence score from 0-12 months.

Model : 4

Y : SPPB0t12

X : Arm

M : MSAd0t12

Covariates:

Age Gender Site

Sample

Size: 579

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

OUTCOME VARIABLE:

MSAd0t12

Model Summary

R R-sq MSE F df1 df2 p

.1996 .0399 5.3602 5.9569 4.0000 574.0000 .0001

Model

coeff se t p LLCI ULCI

constant -.5080 1.3518 -.3758 .7072 -3.1630 2.1469

Arm .8826 .1932 4.5673 .0000 .5031 1.2622

Age -.0251 .0144 -1.7471 .0812 -.0534 .0031

Gender .0517 .2047 .2526 .8007 -.3503 .4537

Site -.0411 .1122 -.3663 .7143 -.2615 .1793

Standardized coefficients

coeff

Arm .3748

Age -.0715

Gender .0103

Site -.0150

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

OUTCOME VARIABLE:

SPPB0t12

Model Summary

R R-sq MSE F df1 df2 p

.3240 .1050 3.7891 13.4383 5.0000 573.0000 .0000

Model

coeff se t p LLCI ULCI

constant 3.6746 1.1367 3.2329 .0013 1.4421 5.9071

Arm .6248 .1654 3.7774 .0002 .2999 .9497

MSAd0t12 .1187 .0351 3.3824 .0008 .0498 .1876

Age -.0691 .0121 -5.6993 .0000 -.0930 -.0453

Gender .1347 .1721 .7825 .4342 -.2033 .4726

Site .0493 .0944 .5221 .6018 -.1361 .2346

Standardized coefficients

coeff

Arm .3050

MSAd0t12 .1364

Age -.2259

Gender .0309

Site .0206

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* DIRECT AND INDIRECT EFFECTS OF X ON Y \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Direct effect of X on Y

Effect se t p LLCI ULCI c'\_ps

.6248 .1654 3.7774 .0002 .2999 .9497 .3050

Indirect effect(s) of X on Y:

Effect BootSE BootLLCI BootULCI

MSAd0t12 .1048 .0397 .0371 .1919

Partially standardized indirect effect(s) of X on Y:

Effect BootSE BootLLCI BootULCI

MSAd0t12 .0511 .0191 .0182 .0922

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* ANALYSIS NOTES AND ERRORS \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Level of confidence for all confidence intervals in output:

95.0000

Number of bootstrap samples for percentile bootstrap confidence intervals:

5000

NOTE: Standardized coefficients for dichotomous or multicategorical X are in

partially standardized form.

Table 103. Analysis 54: Mediation of intervention effects on SPPB by change in MSEQ Adherence score from 0-24 months.

Model : 4

Y : SPPB0t24

X : Arm

M : MSAd0t24

Covariates:

Age Gender Site

Sample

Size: 569

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

OUTCOME VARIABLE:

MSAd0t24

Model Summary

R R-sq MSE F df1 df2 p

.1967 .0387 6.3345 5.6737 4.0000 564.0000 .0002

Model

coeff se t p LLCI ULCI

constant -.4890 1.5036 -.3252 .7451 -3.4423 2.4643

Arm .9200 .2115 4.3495 .0000 .5046 1.3355

Age -.0245 .0161 -1.5183 .1295 -.0561 .0072

Gender -.0119 .2244 -.0530 .9577 -.4526 .4288

Site -.1628 .1224 -1.3300 .1841 -.4031 .0776

Standardized coefficients

coeff

Arm .3597

Age -.0627

Gender -.0022

Site -.0549

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

OUTCOME VARIABLE:

SPPB0t24

Model Summary

R R-sq MSE F df1 df2 p

.3613 .1305 4.6049 16.9056 5.0000 563.0000 .0000

Model

coeff se t p LLCI ULCI

constant 6.7174 1.2821 5.2394 .0000 4.1992 9.2357

Arm .3552 .1834 1.9371 .0532 -.0050 .7153

MSAd0t24 .1315 .0359 3.6629 .0003 .0610 .2020

Age -.1058 .0138 -7.6778 .0000 -.1328 -.0787

Gender .2379 .1913 1.2436 .2142 -.1378 .6136

Site .0678 .1045 .6484 .5170 -.1375 .2730

Standardized coefficients

coeff

Arm .1550

MSAd0t24 .1468

Age -.3024

Gender .0489

Site .0255

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* DIRECT AND INDIRECT EFFECTS OF X ON Y \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Direct effect of X on Y

Effect se t p LLCI ULCI c'\_ps

.3552 .1834 1.9371 .0532 -.0050 .7153 .1550

Indirect effect(s) of X on Y:

Effect BootSE BootLLCI BootULCI

MSAd0t24 .1210 .0444 .0463 .2186

Partially standardized indirect effect(s) of X on Y:

Effect BootSE BootLLCI BootULCI

MSAd0t24 .0528 .0192 .0200 .0943

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* ANALYSIS NOTES AND ERRORS \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Level of confidence for all confidence intervals in output:

95.0000

Number of bootstrap samples for percentile bootstrap confidence intervals:

5000

NOTE: Standardized coefficients for dichotomous or multicategorical X are in

partially standardized form.

* 1. HYPOTHESIS 6.2: *Mediation of intervention effects on SPPB by changes in accelerometer-measured PA*

Table 104. Analysis 55: Mediation of intervention effects on SPPB by change in unbouted MVPA from 0-6 months.

Model : 4

Y : SPPB0t6

X : Arm

M : M00to06\_MVPA

Covariates:

Age Gender Site

Sample

Size: 535

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

OUTCOME VARIABLE:

M00to06\_

Model Summary

R R-sq MSE F df1 df2 p

.0940 .0088 316.7617 1.1803 4.0000 530.0000 .3185

Model

coeff se t p LLCI ULCI

constant -14.7029 10.9470 -1.3431 .1798 -36.2077 6.8019

Arm 3.2612 1.5458 2.1096 .0354 .2244 6.2979

Age -.0012 .1129 -.0109 .9913 -.2230 .2205

Gender .3641 1.6358 .2226 .8240 -2.8494 3.5775

Site .4561 .8785 .5192 .6039 -1.2696 2.1818

Standardized coefficients

coeff

Arm .1831

Age -.0005

Gender .0096

Site .0225

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

OUTCOME VARIABLE:

SPPB0t6

Model Summary

R R-sq MSE F df1 df2 p

.2795 .0781 3.5653 8.9633 5.0000 529.0000 .0000

Model

coeff se t p LLCI ULCI

constant 3.5986 1.1634 3.0933 .0021 1.3133 5.8840

Arm .6221 .1647 3.7774 .0002 .2986 .9456

M00to06\_ .0023 .0046 .5011 .6165 -.0067 .0114

Age -.0643 .0120 -5.3729 .0000 -.0879 -.0408

Gender .1121 .1736 .6458 .5187 -.2289 .4530

Site .0034 .0932 .0370 .9705 -.1797 .1866

Standardized coefficients

coeff

Arm .3178

M00to06\_ .0210

Age -.2244

Gender .0270

Site .0015

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* DIRECT AND INDIRECT EFFECTS OF X ON Y \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Direct effect of X on Y

Effect se t p LLCI ULCI c'\_ps

.6221 .1647 3.7774 .0002 .2986 .9456 .3178

Indirect effect(s) of X on Y:

Effect BootSE BootLLCI BootULCI

M00to06\_ .0075 .0157 -.0196 .0460

Partially standardized indirect effect(s) of X on Y:

Effect BootSE BootLLCI BootULCI

M00to06\_ .0038 .0080 -.0101 .0233

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* ANALYSIS NOTES AND ERRORS \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Level of confidence for all confidence intervals in output:

95.0000

Number of bootstrap samples for percentile bootstrap confidence intervals:

5000

NOTE: Standardized coefficients for dichotomous or multicategorical X are in

partially standardized form.

Table 105. Analysis 56: Mediation of intervention effects on SPPB by change in bouted MVPA from 0-6 months.

Model : 4

Y : SPPB0t6

X : Arm

M : M00to06\_MVPA\_bout10

Covariates:

Age Gender Site

Sample

Size: 535

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

OUTCOME VARIABLE:

M00to06\_

Model Summary

R R-sq MSE F df1 df2 p

.0801 .0064 49.8946 .8549 4.0000 530.0000 .4909

Model

coeff se t p LLCI ULCI

constant 1.4357 4.3447 .3304 .7412 -7.0992 9.9705

Arm .7807 .6135 1.2725 .2038 -.4245 1.9859

Age -.0413 .0448 -.9216 .3572 -.1293 .0467

Gender -.0804 .6492 -.1238 .9015 -1.3557 1.1950

Site -.3267 .3487 -.9370 .3492 -1.0116 .3582

Standardized coefficients

coeff

Arm .1106

Age -.0399

Gender -.0054

Site -.0406

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

OUTCOME VARIABLE:

SPPB0t6

Model Summary

R R-sq MSE F df1 df2 p

.2809 .0789 3.5621 9.0664 5.0000 529.0000 .0000

Model

coeff se t p LLCI ULCI

constant 3.5505 1.1610 3.0582 .0023 1.2698 5.8312

Arm .6219 .1642 3.7879 .0002 .2994 .9444

M00to06\_ .0099 .0116 .8523 .3944 -.0129 .0327

Age -.0639 .0120 -5.3371 .0000 -.0875 -.0404

Gender .1137 .1735 .6555 .5124 -.2271 .4545

Site .0077 .0932 .0829 .9339 -.1754 .1909

Standardized coefficients

coeff

Arm .3177

M00to06\_ .0357

Age -.2229

Gender .0274

Site .0035

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* DIRECT AND INDIRECT EFFECTS OF X ON Y \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Direct effect of X on Y

Effect se t p LLCI ULCI c'\_ps

.6219 .1642 3.7879 .0002 .2994 .9444 .3177

Indirect effect(s) of X on Y:

Effect BootSE BootLLCI BootULCI

M00to06\_ .0077 .0136 -.0109 .0429

Partially standardized indirect effect(s) of X on Y:

Effect BootSE BootLLCI BootULCI

M00to06\_ .0039 .0069 -.0056 .0219

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* ANALYSIS NOTES AND ERRORS \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Level of confidence for all confidence intervals in output:

95.0000

Number of bootstrap samples for percentile bootstrap confidence intervals:

5000

NOTE: Standardized coefficients for dichotomous or multicategorical X are in

partially standardized form.

Table 106. Analysis 57: Mediation of intervention effects on SPPB by change in very light PA from 0-6 months.

Model : 4

Y : SPPB0t6

X : Arm

M : M00to06\_Sed

Covariates:

Age Gender Site

Sample

Size: 512

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

OUTCOME VARIABLE:

M00to06\_

Model Summary

R R-sq MSE F df1 df2 p

.0708 .0050 7402.2476 .6392 4.0000 507.0000 .6347

Model

coeff se t p LLCI ULCI

constant -14.8041 54.3701 -.2723 .7855 -121.6225 92.0143

Arm -2.9197 7.6443 -.3819 .7027 -17.9381 12.0988

Age .1969 .5614 .3507 .7260 -.9060 1.2998

Gender 12.1750 8.0410 1.5141 .1306 -3.6228 27.9727

Site -.5287 4.3283 -.1222 .9028 -9.0324 7.9750

Standardized coefficients

coeff

Arm -.0340

Age .0155

Gender .0671

Site -.0054

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

OUTCOME VARIABLE:

SPPB0t6

Model Summary

R R-sq MSE F df1 df2 p

.2963 .0878 3.4981 9.7413 5.0000 506.0000 .0000

Model

coeff se t p LLCI ULCI

constant 3.6505 1.1820 3.0884 .0021 1.3282 5.9728

Arm .5837 .1662 3.5122 .0005 .2572 .9103

M00to06\_ -.0026 .0010 -2.6619 .0080 -.0045 -.0007

Age -.0640 .0122 -5.2445 .0000 -.0880 -.0400

Gender .1573 .1752 .8981 .3696 -.1869 .5015

Site .0169 .0941 .1800 .8572 -.1679 .2018

Standardized coefficients

coeff

Arm .2996

M00to06\_ -.1133

Age -.2228

Gender .0382

Site .0076

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* DIRECT AND INDIRECT EFFECTS OF X ON Y \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Direct effect of X on Y

Effect se t p LLCI ULCI c'\_ps

.5837 .1662 3.5122 .0005 .2572 .9103 .2996

Indirect effect(s) of X on Y:

Effect BootSE BootLLCI BootULCI

M00to06\_ .0075 .0205 -.0349 .0494

Partially standardized indirect effect(s) of X on Y:

Effect BootSE BootLLCI BootULCI

M00to06\_ .0039 .0105 -.0178 .0253

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* ANALYSIS NOTES AND ERRORS \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Level of confidence for all confidence intervals in output:

95.0000

Number of bootstrap samples for percentile bootstrap confidence intervals:

5000

NOTE: Standardized coefficients for dichotomous or multicategorical X are in

partially standardized form.

Table 107. Analysis 58: Mediation of intervention effects on SPPB by change in unbouted MVPA from 0-12 months.

Model : 4

Y : SPPB0t12

X : Arm

M : M00to12\_MVPA

Covariates:

Age Gender Site

Sample

Size: 527

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

OUTCOME VARIABLE:

M00to12\_

Model Summary

R R-sq MSE F df1 df2 p

.1432 .0205 274.8447 2.7309 4.0000 522.0000 .0285

Model

coeff se t p LLCI ULCI

constant -7.4130 10.1498 -.7304 .4655 -27.3524 12.5264

Arm 3.9835 1.4474 2.7521 .0061 1.1400 6.8271

Age -.1741 .1072 -1.6244 .1049 -.3846 .0364

Gender .5616 1.5484 .3627 .7170 -2.4801 3.6034

Site .7385 .8305 .8893 .3743 -.8930 2.3700

Standardized coefficients

coeff

Arm .2387

Age -.0704

Gender .0157

Site .0385

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

OUTCOME VARIABLE:

SPPB0t12

Model Summary

R R-sq MSE F df1 df2 p

.3170 .1005 3.8356 11.6431 5.0000 521.0000 .0000

Model

coeff se t p LLCI ULCI

constant 5.2234 1.1996 4.3541 .0000 2.8666 7.5801

Arm .6019 .1722 3.4950 .0005 .2636 .9403

M00to12\_ .0050 .0052 .9701 .3324 -.0051 .0152

Age -.0840 .0127 -6.6225 .0000 -.1090 -.0591

Gender -.0318 .1829 -.1740 .8619 -.3912 .3275

Site .0561 .0982 .5709 .5683 -.1368 .2489

Standardized coefficients

coeff

Arm .2929

M00to12\_ .0407

Age -.2761

Gender -.0072

Site .0238

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* DIRECT AND INDIRECT EFFECTS OF X ON Y \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Direct effect of X on Y

Effect se t p LLCI ULCI c'\_ps

.6019 .1722 3.4950 .0005 .2636 .9403 .2929

Indirect effect(s) of X on Y:

Effect BootSE BootLLCI BootULCI

M00to12\_ .0200 .0199 -.0169 .0631

Partially standardized indirect effect(s) of X on Y:

Effect BootSE BootLLCI BootULCI

M00to12\_ .0097 .0097 -.0083 .0306

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* ANALYSIS NOTES AND ERRORS \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Level of confidence for all confidence intervals in output:

95.0000

Number of bootstrap samples for percentile bootstrap confidence intervals:

5000

NOTE: Standardized coefficients for dichotomous or multicategorical X are in

partially standardized form.

Table 108. Analysis 59: Mediation of intervention effects on SPPB by change in bouted MVPA from 0-12 months.

Model : 4

Y : SPPB0t12

X : Arm

M : M00to12\_MVPA\_bouted10

Covariates:

Age Gender Site

Sample

Size: 527

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

OUTCOME VARIABLE:

M00to12\_

Model Summary

R R-sq MSE F df1 df2 p

.1447 .0209 31.8717 2.7905 4.0000 522.0000 .0258

Model

coeff se t p LLCI ULCI

constant -.3574 3.4563 -.1034 .9177 -7.1474 6.4326

Arm 1.3362 .4929 2.7109 .0069 .3679 2.3045

Age -.0623 .0365 -1.7070 .0884 -.1340 .0094

Gender .2605 .5273 .4940 .6215 -.7753 1.2963

Site -.2741 .2828 -.9694 .3328 -.8297 .2814

Standardized coefficients

coeff

Arm .2351

Age -.0740

Gender .0214

Site -.0420

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

OUTCOME VARIABLE:

SPPB0t12

Model Summary

R R-sq MSE F df1 df2 p

.3200 .1024 3.8276 11.8852 5.0000 521.0000 .0000

Model

coeff se t p LLCI ULCI

constant 5.1939 1.1978 4.3363 .0000 2.8408 7.5470

Arm .5930 .1720 3.4476 .0006 .2551 .9309

M00to12\_ .0216 .0152 1.4254 .1546 -.0082 .0514

Age -.0836 .0127 -6.5903 .0000 -.1085 -.0587

Gender -.0346 .1828 -.1896 .8497 -.3937 .3244

Site .0657 .0981 .6696 .5034 -.1270 .2584

Standardized coefficients

coeff

Arm .2886

M00to12\_ .0598

Age -.2745

Gender -.0079

Site .0278

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* DIRECT AND INDIRECT EFFECTS OF X ON Y \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Direct effect of X on Y

Effect se t p LLCI ULCI c'\_ps

.5930 .1720 3.4476 .0006 .2551 .9309 .2886

Indirect effect(s) of X on Y:

Effect BootSE BootLLCI BootULCI

M00to12\_ .0289 .0202 -.0062 .0727

Partially standardized indirect effect(s) of X on Y:

Effect BootSE BootLLCI BootULCI

M00to12\_ .0141 .0098 -.0030 .0353

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* ANALYSIS NOTES AND ERRORS \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Level of confidence for all confidence intervals in output:

95.0000

Number of bootstrap samples for percentile bootstrap confidence intervals:

5000

NOTE: Standardized coefficients for dichotomous or multicategorical X are in

partially standardized form.

Table 109. Analysis 60: Mediation of intervention effects on SPPB by change in very light PA from 0-12 months.

Model : 4

Y : SPPB0t12

X : Arm

M : M00to12\_Sed

Covariates:

Age Gender Site

Sample

Size: 507

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

OUTCOME VARIABLE:

M00to12\_

Model Summary

R R-sq MSE F df1 df2 p

.0893 .0080 6071.3568 1.0082 4.0000 502.0000 .4027

Model

coeff se t p LLCI ULCI

constant -98.1946 49.2267 -1.9947 .0466 -194.9103 -1.4788

Arm 1.0662 6.9344 .1538 .8779 -12.5578 14.6902

Age .9644 .5171 1.8650 .0628 -.0516 1.9804

Gender 5.7719 7.4156 .7784 .4367 -8.7975 20.3414

Site -.2395 3.9536 -.0606 .9517 -8.0071 7.5280

Standardized coefficients

coeff

Arm .0137

Age .0830

Gender .0346

Site -.0027

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

OUTCOME VARIABLE:

SPPB0t12

Model Summary

R R-sq MSE F df1 df2 p

.3265 .1066 3.7496 11.9556 5.0000 501.0000 .0000

Model

coeff se t p LLCI ULCI

constant 5.4277 1.2282 4.4193 .0000 3.0147 7.8407

Arm .6344 .1723 3.6815 .0003 .2959 .9730

M00to12\_ -.0001 .0011 -.0524 .9582 -.0022 .0021

Age -.0877 .0129 -6.7970 .0000 -.1130 -.0623

Gender -.0772 .1844 -.4185 .6758 -.4395 .2851

Site .0740 .0983 .7530 .4518 -.1191 .2670

Standardized coefficients

coeff

Arm .3112

M00to12\_ -.0022

Age -.2882

Gender -.0177

Site .0318

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* DIRECT AND INDIRECT EFFECTS OF X ON Y \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Direct effect of X on Y

Effect se t p LLCI ULCI c'\_ps

.6344 .1723 3.6815 .0003 .2959 .9730 .3112

Indirect effect(s) of X on Y:

Effect BootSE BootLLCI BootULCI

M00to12\_ -.0001 .0069 -.0168 .0149

Partially standardized indirect effect(s) of X on Y:

Effect BootSE BootLLCI BootULCI

M00to12\_ .0000 .0034 -.0083 .0073

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* ANALYSIS NOTES AND ERRORS \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Level of confidence for all confidence intervals in output:

95.0000

Number of bootstrap samples for percentile bootstrap confidence intervals:

5000

NOTE: Standardized coefficients for dichotomous or multicategorical X are in

partially standardized form.

Table 110. Analysis 61: Mediation of intervention effects on SPPB by change in unbouted MVPA from 0-24 months.

Model : 4

Y : SPPB0t24

X : Arm

M : M00to24\_MVPA

Covariates:

Age Gender Site

Sample

Size: 489

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

OUTCOME VARIABLE:

M00to24\_

Model Summary

R R-sq MSE F df1 df2 p

.1282 .0164 329.3894 2.0234 4.0000 484.0000 .0900

Model

coeff se t p LLCI ULCI

constant -15.4077 11.6964 -1.3173 .1884 -38.3897 7.5743

Arm 3.0928 1.6508 1.8735 .0616 -.1508 6.3364

Age -.1333 .1241 -1.0738 .2835 -.3772 .1106

Gender 2.1689 1.7643 1.2293 .2196 -1.2979 5.6356

Site 1.2796 .9534 1.3421 .1802 -.5938 3.1529

Standardized coefficients

coeff

Arm .1697

Age -.0484

Gender .0554

Site .0606

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

OUTCOME VARIABLE:

SPPB0t24

Model Summary

R R-sq MSE F df1 df2 p

.3272 .1071 4.7479 11.5842 5.0000 483.0000 .0000

Model

coeff se t p LLCI ULCI

constant 6.9860 1.4068 4.9660 .0000 4.2218 9.7502

Arm .3443 .1989 1.7307 .0841 -.0466 .7351

M00to24\_ .0113 .0055 2.0671 .0393 .0006 .0220

Age -.1027 .0149 -6.8818 .0000 -.1320 -.0734

Gender .0478 .2122 .2255 .8217 -.3690 .4647

Site .1028 .1147 .8967 .3703 -.1225 .3282

Standardized coefficients

coeff

Arm .1501

M00to24\_ .0896

Age -.2963

Gender .0097

Site .0387

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* DIRECT AND INDIRECT EFFECTS OF X ON Y \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Direct effect of X on Y

Effect se t p LLCI ULCI c'\_ps

.3443 .1989 1.7307 .0841 -.0466 .7351 .1501

Indirect effect(s) of X on Y:

Effect BootSE BootLLCI BootULCI

M00to24\_ .0349 .0256 -.0023 .0955

Partially standardized indirect effect(s) of X on Y:

Effect BootSE BootLLCI BootULCI

M00to24\_ .0152 .0112 -.0010 .0417

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* ANALYSIS NOTES AND ERRORS \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Level of confidence for all confidence intervals in output:

95.0000

Number of bootstrap samples for percentile bootstrap confidence intervals:

5000

NOTE: Standardized coefficients for dichotomous or multicategorical X are in

partially standardized form.

Table 111. Analysis 62: Mediation of intervention effects on SPPB by change in bouted MVPA from 0-24 months.

Model : 4

Y : SPPB0t24

X : Arm

M : M00to24\_MVPA\_Bouted10

Covariates:

Age Gender Site

Sample

Size: 489

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

OUTCOME VARIABLE:

M00to24\_

Model Summary

R R-sq MSE F df1 df2 p

.1173 .0138 53.5656 1.6874 4.0000 484.0000 .1516

Model

coeff se t p LLCI ULCI

constant -4.1131 4.7167 -.8720 .3836 -13.3809 5.1547

Arm .4707 .6657 .7071 .4798 -.8373 1.7788

Age -.0318 .0501 -.6353 .5255 -.1302 .0666

Gender 1.7030 .7115 2.3935 .0171 .3050 3.1010

Site .1612 .3845 .4194 .6751 -.5942 .9167

Standardized coefficients

coeff

Arm .0641

Age -.0287

Gender .1081

Site .0190

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

OUTCOME VARIABLE:

SPPB0t24

Model Summary

R R-sq MSE F df1 df2 p

.3226 .1041 4.7637 11.2243 5.0000 483.0000 .0000

Model

coeff se t p LLCI ULCI

constant 6.9030 1.4077 4.9037 .0000 4.1370 9.6690

Arm .3687 .1986 1.8565 .0640 -.0215 .7590

M00to24\_ .0221 .0136 1.6285 .1041 -.0046 .0487

Age -.1035 .0149 -6.9293 .0000 -.1328 -.0741

Gender .0347 .2134 .1627 .8709 -.3847 .4541

Site .1137 .1147 .9916 .3219 -.1116 .3390

Standardized coefficients

coeff

Arm .1607

M00to24\_ .0706

Age -.2986

Gender .0070

Site .0428

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* DIRECT AND INDIRECT EFFECTS OF X ON Y \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Direct effect of X on Y

Effect se t p LLCI ULCI c'\_ps

.3687 .1986 1.8565 .0640 -.0215 .7590 .1607

Indirect effect(s) of X on Y:

Effect BootSE BootLLCI BootULCI

M00to24\_ .0104 .0195 -.0165 .0630

Partially standardized indirect effect(s) of X on Y:

Effect BootSE BootLLCI BootULCI

M00to24\_ .0045 .0085 -.0071 .0274

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* ANALYSIS NOTES AND ERRORS \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Level of confidence for all confidence intervals in output:

95.0000

Number of bootstrap samples for percentile bootstrap confidence intervals:

5000

NOTE: Standardized coefficients for dichotomous or multicategorical X are in

partially standardized form.

Table 112.Analysis 63: Mediation of intervention effects on SPPB by change in very light PA from 0-24 months

Model : 4

Y : SPPB0t24

X : Arm

M : M00to24\_Sed

Covariates:

Age Gender Site

Sample

Size: 470

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

OUTCOME VARIABLE:

M00to24\_

Model Summary

R R-sq MSE F df1 df2 p

.1752 .0307 6609.6857 3.6795 4.0000 465.0000 .0058

Model

coeff se t p LLCI ULCI

constant -156.9588 54.3810 -2.8863 .0041 -263.8218 -50.0958

Arm 11.6024 7.5475 1.5372 .1249 -3.2291 26.4338

Age 1.5560 .5697 2.7312 .0066 .4364 2.6755

Gender 7.6795 8.0635 .9524 .3414 -8.1658 23.5249

Site -9.4498 4.3277 -2.1835 .0295 -17.9541 -.9454

Standardized coefficients

coeff

Arm .1411

Age .1248

Gender .0435

Site -.0998

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

OUTCOME VARIABLE:

SPPB0t24

Model Summary

R R-sq MSE F df1 df2 p

.3353 .1125 4.7160 11.7578 5.0000 464.0000 .0000

Model

coeff se t p LLCI ULCI

constant 6.9462 1.4656 4.7397 .0000 4.0663 9.8262

Arm .3619 .2021 1.7906 .0740 -.0353 .7591

M00to24\_ -.0024 .0012 -1.9455 .0523 -.0048 .0000

Age -.1043 .0153 -6.8002 .0000 -.1345 -.0742

Gender .0416 .2156 .1931 .8470 -.3820 .4653

Site .1188 .1162 1.0227 .3070 -.1095 .3472

Standardized coefficients

coeff

Arm .1578

M00to24\_ -.0864

Age -.2999

Gender .0085

Site .0450

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* DIRECT AND INDIRECT EFFECTS OF X ON Y \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Direct effect of X on Y

Effect se t p LLCI ULCI c'\_ps

.3619 .2021 1.7906 .0740 -.0353 .7591 .1578

Indirect effect(s) of X on Y:

Effect BootSE BootLLCI BootULCI

M00to24\_ -.0280 .0253 -.0864 .0120

Partially standardized indirect effect(s) of X on Y:

Effect BootSE BootLLCI BootULCI

M00to24\_ -.0122 .0110 -.0379 .0053

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* ANALYSIS NOTES AND ERRORS \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Level of confidence for all confidence intervals in output:

95.0000

Number of bootstrap samples for percentile bootstrap confidence intervals:

5000

NOTE: Standardized coefficients for dichotomous or multicategorical X are in

partially standardized form.

* 1. HYPOTHESIS 6.3: *Mediation of intervention effects on SPPB by changes in PASE Total and PASE Walking score*

Table 113. Analysis 64: Mediation of intervention effects on SPPB by change in PASE Total score from 0-6 months.

Model : 4

Y : SPPB0t6

X : Arm

M : M00to06\_PASEt

Covariates:

Age Gender Site

Sample

Size: 630

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

OUTCOME VARIABLE:

M00to06\_

Model Summary

R R-sq MSE F df1 df2 p

.1991 .0396 3556.0000 6.4504 4.0000 625.0000 .0000

Model

coeff se t p LLCI ULCI

constant 24.9705 33.0585 .7553 .4503 -39.9487 89.8898

Arm 19.4228 4.7724 4.0698 .0001 10.0509 28.7946

Age -1.0572 .3546 -2.9818 .0030 -1.7535 -.3609

Gender .5727 5.0171 .1141 .9092 -9.2796 10.4250

Site -3.2104 2.7377 -1.1727 .2414 -8.5865 2.1657

Standardized coefficients

coeff

Arm .3202

Age -.1170

Gender .0045

Site -.0460

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

OUTCOME VARIABLE:

SPPB0t6

Model Summary

R R-sq MSE F df1 df2 p

.2752 .0757 3.5207 10.2279 5.0000 624.0000 .0000

Model

coeff se t p LLCI ULCI

constant 3.1660 1.0407 3.0423 .0024 1.1224 5.2097

Arm .6122 .1521 4.0240 .0001 .3134 .9110

M00to06\_ .0020 .0013 1.5810 .1144 -.0005 .0045

Age -.0592 .0112 -5.2663 .0000 -.0812 -.0371

Gender .0196 .1579 .1243 .9012 -.2904 .3296

Site .0945 .0862 1.0959 .2735 -.0748 .2639

Standardized coefficients

coeff

Arm .3149

M00to06\_ .0621

Age -.2043

Gender .0048

Site .0423

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* DIRECT AND INDIRECT EFFECTS OF X ON Y \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Direct effect of X on Y

Effect se t p LLCI ULCI c'\_ps

.6122 .1521 4.0240 .0001 .3134 .9110 .3149

Indirect effect(s) of X on Y:

Effect BootSE BootLLCI BootULCI

M00to06\_ .0386 .0271 -.0106 .0978

Partially standardized indirect effect(s) of X on Y:

Effect BootSE BootLLCI BootULCI

M00to06\_ .0199 .0139 -.0055 .0498

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* ANALYSIS NOTES AND ERRORS \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Level of confidence for all confidence intervals in output:

95.0000

Number of bootstrap samples for percentile bootstrap confidence intervals:

5000

NOTE: Standardized coefficients for dichotomous or multicategorical X are in

partially standardized form.

Table 114. Analysis 65: Mediation of intervention effects on SPPB by change in PASE Walking score from 0-6 months.

Model : 4

Y : SPPB0t6

X : Arm

M : Walk0to6

Covariates:

Age Gender Site

Sample

Size: 618

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

OUTCOME VARIABLE:

Walk0to6

Model Summary

R R-sq MSE F df1 df2 p

.1415 .0200 9.7369 3.1320 4.0000 613.0000 .0145

Model

coeff se t p LLCI ULCI

constant -1.3028 1.7572 -.7414 .4588 -4.7537 2.1482

Arm .8110 .2521 3.2163 .0014 .3158 1.3061

Age -.0222 .0188 -1.1799 .2385 -.0592 .0148

Gender .2468 .2648 .9321 .3516 -.2732 .7668

Site .0249 .1451 .1715 .8639 -.2600 .3098

Standardized coefficients

coeff

Arm .2581

Age -.0472

Gender .0373

Site .0069

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

OUTCOME VARIABLE:

SPPB0t6

Model Summary

R R-sq MSE F df1 df2 p

.2733 .0747 3.5093 9.8768 5.0000 612.0000 .0000

Model

coeff se t p LLCI ULCI

constant 3.3761 1.0554 3.1988 .0015 1.3034 5.4488

Arm .6329 .1526 4.1460 .0000 .3331 .9326

Walk0to6 .0157 .0242 .6469 .5179 -.0319 .0633

Age -.0623 .0113 -5.5059 .0000 -.0845 -.0401

Gender -.0010 .1591 -.0063 .9950 -.3134 .3114

Site .0899 .0871 1.0317 .3026 -.0812 .2609

Standardized coefficients

coeff

Arm .3263

Walk0to6 .0254

Age -.2145

Gender -.0002

Site .0402

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* DIRECT AND INDIRECT EFFECTS OF X ON Y \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Direct effect of X on Y

Effect se t p LLCI ULCI c'\_ps

.6329 .1526 4.1460 .0000 .3331 .9326 .3263

Indirect effect(s) of X on Y:

Effect BootSE BootLLCI BootULCI

Walk0to6 .0127 .0204 -.0244 .0569

Partially standardized indirect effect(s) of X on Y:

Effect BootSE BootLLCI BootULCI

Walk0to6 .0066 .0106 -.0126 .0295

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* ANALYSIS NOTES AND ERRORS \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Level of confidence for all confidence intervals in output:

95.0000

Number of bootstrap samples for percentile bootstrap confidence intervals:

5000

NOTE: Standardized coefficients for dichotomous or multicategorical X are in

partially standardized form.

Table 115. Analysis 66: Mediation of intervention effects on SPPB by change in PASE Total score from 0-12 months.

Model : 4

Y : SPPB0t12

X : Arm

M : M00to12\_PASEt

Covariates:

Age Gender Site

Sample

Size: 616

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

OUTCOME VARIABLE:

M00to12\_

Model Summary

R R-sq MSE F df1 df2 p

.1761 .0310 2723.4466 4.8908 4.0000 611.0000 .0007

Model

coeff se t p LLCI ULCI

constant 35.2013 29.4026 1.1972 .2317 -22.5411 92.9437

Arm 12.7309 4.2172 3.0188 .0026 4.4488 21.0129

Age -1.0078 .3146 -3.2032 .0014 -1.6257 -.3899

Gender 2.4354 4.4858 .5429 .5874 -6.3741 11.2449

Site 1.4583 2.4288 .6004 .5485 -3.3115 6.2281

Standardized coefficients

coeff

Arm .2409

Age -.1277

Gender .0216

Site .0239

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

OUTCOME VARIABLE:

SPPB0t12

Model Summary

R R-sq MSE F df1 df2 p

.3267 .1068 3.9457 14.5799 5.0000 610.0000 .0000

Model

coeff se t p LLCI ULCI

constant 4.2672 1.1205 3.8084 .0002 2.0668 6.4677

Arm .6251 .1617 3.8654 .0001 .3075 .9427

M00to12\_ .0042 .0015 2.7163 .0068 .0012 .0072

Age -.0784 .0121 -6.4896 .0000 -.1021 -.0547

Gender .1312 .1708 .7681 .4427 -.2042 .4666

Site .0835 .0925 .9033 .3667 -.0981 .2651

Standardized coefficients

coeff

Arm .2986

M00to12\_ .1056

Age -.2506

Gender .0294

Site .0346

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* DIRECT AND INDIRECT EFFECTS OF X ON Y \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Direct effect of X on Y

Effect se t p LLCI ULCI c'\_ps

.6251 .1617 3.8654 .0001 .3075 .9427 .2986

Indirect effect(s) of X on Y:

Effect BootSE BootLLCI BootULCI

M00to12\_ .0532 .0273 .0080 .1128

Partially standardized indirect effect(s) of X on Y:

Effect BootSE BootLLCI BootULCI

M00to12\_ .0254 .0130 .0039 .0540

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* ANALYSIS NOTES AND ERRORS \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Level of confidence for all confidence intervals in output:

95.0000

Number of bootstrap samples for percentile bootstrap confidence intervals:

5000

NOTE: Standardized coefficients for dichotomous or multicategorical X are in

partially standardized form.

Table 116. Analysis 67: Mediation of intervention effects on SPPB by change in PASE Walking score from 0-12 months.

Model : 4

Y : SPPB0t12

X : Arm

M : Walk0to12

Covariates:

Age Gender Site

Sample

Size: 598

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

OUTCOME VARIABLE:

Walk0to1

Model Summary

R R-sq MSE F df1 df2 p

.1633 .0267 8.5375 4.0613 4.0000 593.0000 .0029

Model

coeff se t p LLCI ULCI

constant 2.4077 1.6849 1.4290 .1535 -.9013 5.7167

Arm .5595 .2399 2.3324 .0200 .0884 1.0306

Age -.0551 .0179 -3.0803 .0022 -.0903 -.0200

Gender .0141 .2531 .0559 .9555 -.4830 .5112

Site .1694 .1382 1.2264 .2205 -.1019 .4408

Standardized coefficients

coeff

Arm .1896

Age -.1249

Gender .0023

Site .0498

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

OUTCOME VARIABLE:

SPPB0t12

Model Summary

R R-sq MSE F df1 df2 p

.3267 .1067 3.9305 14.1452 5.0000 592.0000 .0000

Model

coeff se t p LLCI ULCI

constant 4.2057 1.1452 3.6725 .0003 1.9566 6.4548

Arm .6620 .1635 4.0490 .0001 .3409 .9832

Walk0to1 .0639 .0279 2.2921 .0223 .0091 .1186

Age -.0789 .0122 -6.4446 .0000 -.1029 -.0548

Gender .1121 .1717 .6527 .5142 -.2252 .4494

Site .0955 .0939 1.0170 .3096 -.0889 .2798

Standardized coefficients

coeff

Arm .3169

Walk0to1 .0902

Age -.2526

Gender .0254

Site .0396

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* DIRECT AND INDIRECT EFFECTS OF X ON Y \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Direct effect of X on Y

Effect se t p LLCI ULCI c'\_ps

.6620 .1635 4.0490 .0001 .3409 .9832 .3169

Indirect effect(s) of X on Y:

Effect BootSE BootLLCI BootULCI

Walk0to1 .0357 .0225 .0002 .0872

Partially standardized indirect effect(s) of X on Y:

Effect BootSE BootLLCI BootULCI

Walk0to1 .0171 .0107 .0001 .0414

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* ANALYSIS NOTES AND ERRORS \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Level of confidence for all confidence intervals in output:

95.0000

Number of bootstrap samples for percentile bootstrap confidence intervals:

5000

NOTE: Standardized coefficients for dichotomous or multicategorical X are in

partially standardized form.

Table 117. Analysis 68: Mediation of intervention effects on SPPB by change in PASE Total score from 0-24 months.

Model : 4

Y : SPPB0t24

X : Arm

M : M00to24\_PASEt

Covariates:

Age Gender Site

Sample

Size: 598

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

OUTCOME VARIABLE:

M00to24\_

Model Summary

R R-sq MSE F df1 df2 p

.2007 .0403 3007.8005 6.2195 4.0000 593.0000 .0001

Model

coeff se t p LLCI ULCI

constant 72.4763 31.7722 2.2811 .0229 10.0765 134.8762

Arm 11.0426 4.4931 2.4577 .0143 2.2182 19.8671

Age -1.4739 .3398 -4.3373 .0000 -2.1413 -.8065

Gender 2.8260 4.7721 .5922 .5539 -6.5463 12.1984

Site .2776 2.5769 .1077 .9142 -4.7833 5.3385

Standardized coefficients

coeff

Arm .1979

Age -.1745

Gender .0238

Site .0043

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

OUTCOME VARIABLE:

SPPB0t24

Model Summary

R R-sq MSE F df1 df2 p

.3798 .1443 4.6444 19.9584 5.0000 592.0000 .0000

Model

coeff se t p LLCI ULCI

constant 5.7098 1.2540 4.5534 .0000 3.2470 8.1726

Arm .4113 .1775 2.3177 .0208 .0628 .7598

M00to24\_ .0081 .0016 5.0474 .0000 .0050 .0113

Age -.0947 .0136 -6.9828 .0000 -.1214 -.0681

Gender .1125 .1876 .5997 .5489 -.2559 .4809

Site .1631 .1013 1.6104 .1079 -.0358 .3619

Standardized coefficients

coeff

Arm .1773

M00to24\_ .1959

Age -.2697

Gender .0228

Site .0612

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* DIRECT AND INDIRECT EFFECTS OF X ON Y \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Direct effect of X on Y

Effect se t p LLCI ULCI c'\_ps

.4113 .1775 2.3177 .0208 .0628 .7598 .1773

Indirect effect(s) of X on Y:

Effect BootSE BootLLCI BootULCI

M00to24\_ .0899 .0405 .0180 .1752

Partially standardized indirect effect(s) of X on Y:

Effect BootSE BootLLCI BootULCI

M00to24\_ .0388 .0174 .0077 .0751

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* ANALYSIS NOTES AND ERRORS \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Level of confidence for all confidence intervals in output:

95.0000

Number of bootstrap samples for percentile bootstrap confidence intervals:

5000

NOTE: Standardized coefficients for dichotomous or multicategorical X are in

partially standardized form.

Table 118. Analysis 69: Mediation of intervention effects on SPPB by change in PASE Walking score from 0-24 months.

Model : 4

Y : SPPB0t24

X : Arm

M : Walk0to24

Covariates:

Age Gender Site

Sample

Size: 590

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

OUTCOME VARIABLE:

Walk0to2

Model Summary

R R-sq MSE F df1 df2 p

.1480 .0219 9.1800 3.2763 4.0000 585.0000 .0114

Model

coeff se t p LLCI ULCI

constant 1.0399 1.7803 .5842 .5593 -2.4565 4.5364

Arm .5931 .2500 2.3726 .0180 .1021 1.0841

Age -.0454 .0189 -2.3954 .0169 -.0826 -.0082

Gender .1028 .2649 .3880 .6982 -.4175 .6230

Site .1681 .1437 1.1697 .2426 -.1142 .4505

Standardized coefficients

coeff

Arm .1943

Age -.0980

Gender .0159

Site .0479

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

OUTCOME VARIABLE:

SPPB0t24

Model Summary

R R-sq MSE F df1 df2 p

.3535 .1250 4.7433 16.6837 5.0000 584.0000 .0000

Model

coeff se t p LLCI ULCI

constant 6.1252 1.2801 4.7851 .0000 3.6111 8.6393

Arm .4116 .1806 2.2796 .0230 .0570 .7662

Walk0to2 .1116 .0297 3.7545 .0002 .0532 .1700

Age -.0999 .0137 -7.3007 .0000 -.1267 -.0730

Gender .1690 .1904 .8874 .3752 -.2050 .5430

Site .1116 .1034 1.0787 .2812 -.0916 .3148

Standardized coefficients

coeff

Arm .1775

Walk0to2 .1469

Age -.2840

Gender .0344

Site .0418

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* DIRECT AND INDIRECT EFFECTS OF X ON Y \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Direct effect of X on Y

Effect se t p LLCI ULCI c'\_ps

.4116 .1806 2.2796 .0230 .0570 .7662 .1775

Indirect effect(s) of X on Y:

Effect BootSE BootLLCI BootULCI

Walk0to2 .0662 .0334 .0093 .1385

Partially standardized indirect effect(s) of X on Y:

Effect BootSE BootLLCI BootULCI

Walk0to2 .0285 .0143 .0040 .0593

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* ANALYSIS NOTES AND ERRORS \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Level of confidence for all confidence intervals in output:

95.0000

Number of bootstrap samples for percentile bootstrap confidence intervals:

5000

NOTE: Standardized coefficients for dichotomous or multicategorical X are in

partially standardized form

* 1. HYPOTHESIS 7: MODERATION ANALYSES

Table 119. Moderation of intervention effects on SPPB at 6 months of follow-up.

| Moderating variable | Coefficienta (Standard Error, N), p | Coefficienta for interaction with study arm (SE), p, unless otherwise stated | Conditional effectc at selected values of the moderator (SE), p |
| --- | --- | --- | --- |
| Age | 0.017 (0.079), 0.830 | -0.022 (0.022), 0.328 |  |
| Gender | -0.867 (1.134) | 0.253 (0.317), 0.427 |  |
| Ethnicity | 4.922 (2.578), 0.057 | -1.426 (0.714), 0.048\* |  |
| Black, Asian, Chinese, Other (N=31) |  |  | 2.000 (0.697), 0.004 |
| White (Irish, British, other white background) (N=628) |  |  | 0.584 (0,153), <0.001 |
| Baseline physical activity (PASE total) | 0.004 (0.003), 0.506 | 0.002 (0.003), 0.506 |  |
| Baseline SPPB | 0.722 (0.343), 0.036 | 0.157 (0.096), 0.102 |  |
| Other interventionsb from 0-6 months | 0.799 (1.091), 0.464 | -0.240 (0.306), 0.433 |  |
| Co-morbidity (number of chronic physical conditions at baseline) | -0.420 (0.464), 0.366 | 0.078 (0.130), 0.546 |  |
| Body mass index | -0.067 (0.096), 0.486 | 0.027 (0.027), 0.316 |  |
| Mental health (number of diagnosed psychological conditions experienced in last 5 years) | 1.318 (2.668), 0.621 | -0.101 (0.724), 0.889 |  |
| Deprivation (IMD) |  | Explanatory value of adding the arm x IMD quintile interaction term to the regression model R2 change 0.022, F=3.818 (df = 4, 649), p=0.005\*\* |  |
| Deprivation level 1 (most deprived)e (N=70) | 0 | 0 | 1.775 (0.455), <0.001 |
| Deprivation level 2 e (N=127) | 2.931 (2.009), 0.145 | -0.946 (0.567), 0.096 | 0.828 (0.339), 0.015 |
| Deprivation level 3 e (N=138) | 3.836 (1.984), 0.054 | -1.078 (0.560), 0.055 | 0.697 (0.326), 0.033 |
| Deprivation level 4 e (N=133) | 2.785 (1.994), 0.163w | -0.812 (0.563), 0.150 | 0.963 (0.331), 0.004 |
| Deprivation level 5 e (least deprived) (N=191) | 6.631 (1.879), 0.000 | -1.90 (0.532), 0.000 | -0.129 (0.276), 0.641 |
| Education (5 levels) |  | Explanatory value of adding the arm x education interaction term to the regression model not significant: R2 change 0.008, F=1.282 (df = 4, 648), p=0.276 |  |

a Non-standardised coefficient for each factor in the regression model.

b Whether additional physical activity interventions (e.g. exercise classes) have been undertaken.

c Only calculated if the ‘arm x moderator’ interaction effect was significant (p<0.05).. Values are estimated between-group effects on SPPB for the specified categories or cut-points.

Table 120. Moderation of intervention effects on muscle-strengthening exercise (MSEQ-Adherence) at 6 months of follow-up.

| Moderating variable | Coefficienta (Standard Error, N), p | Coefficienta for interaction with study arm (SE), p, unless otherwise stated | Conditional effectc at selected values of the moderator (SE), p |
| --- | --- | --- | --- |
| Age | 0.019 (0.111, 597), 0.864 | -0.012 (0.031), 0.706 |  |
| Gender | -1.070 (1.547, 597), 0.489 | 0.309 (0.433), 0.476 |  |
| Ethnicity | 3.977 (3.605, 597), 0.270 | -1.006 (0.991), 0.311 |  |
| Baseline physical activity (PASE total) | -0.000 (0.013, 584), 0.981 | -0.000 (0.004), 0.948 |  |
| Baseline SPPB | -0.313 (0.479, 597), 0.514 | 0.071 (0.134), 0.594 |  |
| Other interventionsb from 0-6 months | -1.991 (1.486, 586), 0.181 | 0.614 (0.416), 0.141 |  |
| Co-morbidity (number of chronic physical conditions at baseline) | -0.080 (0.634, 596), 0.899 | 0.018 (0.178), 0.920 |  |
| Body mass index | -0.078 (0.133, 591), 0.556 | 0.018 (0.037), 0.623 |  |
| Mental health  (any diagnosed psychological condition in last 5 years) | 8.697 (3.546, 596), 0.015 | -2.335 (0.972), 0.017\* |  |
| No conditions (N=567) |  |  | 1.143 (0.209), p<0.001 |
| One or more conditions (N=29 |  |  | -1.192 (0.949), 0.210 |
| Deprivation (IMD) |  | Explanatory value of adding the arm x IMD quintile interaction term to the regression model R2 change 0.017, F=2.729 (df = 4, 587), p=0.029\* |  |
| Deprivation level 1 (most deprived)(N=63) | 0 | 0 | 1.639 (0.629), 0.009 |
| Deprivation level 2(N=116) | 0.575 (2.758), 0.835 | -0.203 (0.782), 0.796 | 1.436 (0.465), 0.002 |
| Deprivation level 3(N=128) | 6.245 (2.724), 0.022 | -1.644 (0.771), 0.033 | -0.005 (0.445), 0.991 |
| Deprivation level 4(N=120) | -0.867 (2.734), 0.751 | 0.220 (0.776), 0.777 | 1.859 (0.455), p<0.001 |
| Deprivation level 5 (least deprived) (N=170) | 2.966 (2.585), 0.252 | -0.878 (0.736), 0.233 | 0.761 (0.382), 0.047 |
| Education (5 levels) |  | Explanatory value of adding the arm x education interaction term to the regression model not significant: R2 change 0.011, F=1.701 (df = 4, 586), p=0.148 |  |

a Non-standardised coefficient.

b Additional physical activity interventions (e.g. exercise classes).

c Only calculated if the ‘arm x moderator’ interaction effect was significant (p<0.05). Values are estimated between-group intervention effects on MSEQ-Adherence score for the specified categories or cut-points.

Table 121. Moderation of intervention effects on muscle-strengthening exercise (MSEQ-Adherence) at 24 months of follow-up.

| Moderating variable | Coefficienta ( Standard Error, N), p | Coefficienta for interaction with study arm (SE), p, unless otherwise stated | Conditional effectc at selected values of the moderator (SE), p |
| --- | --- | --- | --- |
| Age | 0.059 (0.116, 583), 0.612 | -0.023 (0.032), 0.480 |  |
| Gender | 0.712 (1.600, 583), 0.657 | -0.190 (0.449), 0.672 |  |
| Ethnicity | -2.854 (4.131, 583), 0.490 | 0.754 (1.115), 0.499 |  |
| Baseline physical activity (PASE total) | -0.010 (0.014, 571), 0.466 | 0.002 (0.004), 0.582 |  |
| Baseline SPPB | -0.454 (0.506, 583), 0.369 | 0.117 (0.142), 0.409 |  |
| Other interventionsb from 0-24 months | -3.421 (1.964, 504), 0.082 | 1.075 (0.565), 0.058 |  |
| Co-morbidity (number of chronic physical conditions at baseline) | -0.875 (0.644, 582), 0.175 | 0.232 (0.182), 0.202 |  |
| Body mass index | -0.045 (0.136, 576), 0.740 | 0.011 (0.038), 0.771 |  |
| Mental health  (any diagnosed psychological condition in last 5 years) | 8.437 (3.835, 582), 0.028 | -2.450 (1.057), 0.021\* |  |
| No conditions (N=557) |  |  | 1.016 (0.215), p<0.001 |
| One or more conditions (N=25) |  |  | -1.433 (1.034), 0.164 |
| Deprivation (IMD) |  | Explanatory value of adding the arm x IMD quintile interaction term to the regression model R2 change 0.001, F=0.726 (df = 4, 579), p=0.394 |  |
| Education (5 levels) |  | Explanatory value of adding the arm x education interaction term to the regression model not significant: R2 change 0.016, F=2.447 (df = 4, 572), p=0.045\* |  |
| Education level 1 (less than secondary)(N=62) | 0 | 0 | -1.061 (0.820), 0.196 |
| Education level 2 (completed secondary)(N=116) | -6.292 (3.123), 0.044 | 1.769 (0.891), 0.047 | 0.708 (0.346), 0.041 |
| Education level 3(some college) (N=124) | -6.897 (3.232), 0.033 | 1.933 (0.916), 0.035 | 0.872 (0.407), 0.033 |
| Education level 4(completed college) (N=119) | -9.506 (3.293), 0.004 | 2.817 (0.934), 0.003 | 1.756 (0.446), p<0.001 |
| Education level 5 (degree or higher) (N=162) | -4.941 (4.190), 0.239 | 1.711 (1.161), 0.141 | 0.650 (0.822), 0.429 |

a Non-standardised coefficient.

b Additional physical activity interventions (e.g. exercise classes).

c Only calculated if the ‘arm x moderator’ interaction effect was significant (p<0.05). Values are estimated between-group effects on MSEQ-Adherence score for the specified categories or cut-points.

Table 122. Moderation of intervention effects on self-reported physical activity (PASE Total score) at 6 months of follow-up.

| Moderating variable | Coefficienta (Standard Error, N), p | Coefficienta for interaction with study arm (SE), p, unless otherwise stated | Conditional effectc at selected values of the moderator (SE), p |
| --- | --- | --- | --- |
| Age | 2.424 (2.564, 630), 0.345 | -0.980 (0.713), 0.170 |  |
| Gender | 45.630 (36.136, 630), 0.207 | -12.684 (10.121), 0.211 |  |
| Ethnicity | 229.931 (88.041, 630), p<0.001 | -69.519 (24.500), 0.005\*\* |  |
| Black, Asian, Chinese and other ethnic groups (N=25) |  |  | 85.424 (24.013), p<0.001 |
| White (N=605) |  |  | 15.905 (4.896), 0.001 |
| Baseline physical activity (PASE total) | -1.043 (0.281, 630), p<0.001 | 0.188 (0.079), 0.018 |  |
| 16th Centile (PASE Total 58.6) |  |  | 4.943 (6.421). 0.442 |
| 50th Centile (PASE Total 110.8) |  |  | 14.741 (4.495), 0.001 |
| 84th Centile (PASE Total 169.3) |  |  | 25.722 (6.090), p<0.001 |
| Baseline SPPB | -16.036 (11.217, 630), 0.153 | 4.795 (3.129), 0.126 |  |
| Other interventionsb from 0-6 months | 8.582 (34.419, 610), 0.803 | -0.707 (9.643), 0.942 |  |
| Co-morbidity (number of chronic physical conditions at baseline) | 15.262 (14.940, 625), 0.307 | -4.844 (4.196), 0.249 |  |
| Body mass index | -0.557 (3.117, 625), 0.858 | 0.080 (0.868), 0.927 |  |
| Mental health  (any diagnosed psychological condition in last 5 years) | -64.945 (86.325, 625), 0.452 | 22.949 (23.735), 0.334 |  |
| Deprivation (IMD) |  | Explanatory value of adding the arm x IMD quintile interaction term to the regression model R2 change 0.004, F=0.557 (df = 4, 620), p=0.694 |  |
| Education (5 levels) |  | Explanatory value of adding the arm x education interaction term to the regression model not significant: R2 change 0.002, F=0.277 (df = 4, 619), p=0.893 |  |

a Non-standardised coefficient for each factor in the regression model.

b Whether additional physical activity interventions (e.g. exercise classes) have been undertaken.

c Only calculated if the ‘arm x moderator’ interaction effect was significant (p<0.05). Values are estimated between-group effects on MSEQ-Adherence score for the specified categories or cut-points.

Table 123. Moderation of intervention effects on self-reported physical activity (PASE Total score) at 24 months of follow-up.

| Moderating variable | Coefficienta ( Standard Error, N), p | Coefficienta for interaction with study arm (SE), p, unless otherwise stated | Conditional effectc at selected values of the moderator (SE), p |
| --- | --- | --- | --- |
| Age | 0.259 (2.431, 5614), 0.915 | -0.498 (0.667), 0.462 |  |
| Gender | 36.099 (34.119, 614), 0.291 | -9.492 (9.596), 0.323 |  |
| Ethnicity | 114.467 (83.398, 614), 0.170 | -39.074 (22.885), 0.088 |  |
| Baseline physical activity (PASE total) | -0.659 (0.264, 614), 0.013 | 0.083 (0.074), 0.263 |  |
| Baseline SPPB | -3.955 (10.659, 614), 0.711 | 1.576 (3.003), 0.600 |  |
| Other interventionsb from 0-24 months | -92.326 (40.614, 520), 0.023 | 26.741 (11.664), 0.022\* |  |
| No co-interventions (N=114) |  |  | -9.620 (10.320), 0.352 |
| One or more co-interventions (N=406) |  |  | 17.121 (5.436), 0.002 |
| Co-morbidity (number of chronic physical conditions at baseline) | -22.451 (13.849, 607), 0.106 | 5.719 (3.931), 0.146 |  |
| Body mass index | 0.101 (2.906, 607), 0.972 | 0.088 (0.818), 0.914 |  |
| Mental health  (any diagnosed psychological condition in last 5 years) | -132.414 (84.730, 607), 0.119 | 34.941 (23.341), 0.135 |  |
| Deprivation (IMD) |  | Explanatory value of adding the arm x IMD quintile interaction term to the regression model R2 change 0.017, F=2.715 (df = 4, 604), p=0.029 |  |
| Deprivation level 1 (most deprived)e (N=65) | 0 | 0 | 40.227 (13.863), 0.004 |
| Deprivation level 2 e (N=121) | 190.041 (60.640), 0.138 | -53.500 (17.195), 0.002\* | -13.272 (10.173), 0.193 |
| Deprivation level 3 e (N=128) | 89.428 (60.131), 0.138 | -24.286 (17.041), 0.155 | 15.941 (9.909), 0.108 |
| Deprivation level 4 e (N=129) | 90.393 (59.740), 0.179 | -22.188 (16.988), 0.192 | 18.039 (9.819), 0.067 |
| Deprivation level 5 e (least deprived) (N=171) | 108.709 (57/096), 0.057 | -28.904 (16.273), 0.076 | 11.323 (8.522), 0.185 |
| Education (5 levels) |  | Explanatory value of adding the arm x education interaction term to the regression model not significant: R2 change 0.002, F=0.250 (df = 4, 603), p=0.910 |  |

a Non-standardised coefficient for each factor in the regression model.

b Whether additional physical activity interventions (e.g. exercise classes) have been undertaken.

c Only calculated if the ‘arm x moderator’ interaction effect was significant (p<0.05). Values are estimated between-group effects on MSEQ-Adherence score for the specified categories or cut-points.