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This is a repository copy of *Changing Sedentary Behavior in the Office: A Randomised Controlled Trial Comparing the Effect of Affective, Instrumental, and Self-Regulatory Messaging on Sitting*.

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Version: Supplemental Material

Article:

Lithopoulos, A., Kaushal, N., Beauchamp, M.R. et al. (4 more authors) (2020) Changing Sedentary Behavior in the Office: A Randomised Controlled Trial Comparing the Effect of Affective, Instrumental, and Self-Regulatory Messaging on Sitting. *Applied Psychology: Health and Well-Being*, 12 (3). pp. 687-702. ISSN 1758-0846

<https://doi.org/10.1111/aphw.12202>

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Supplementary Material

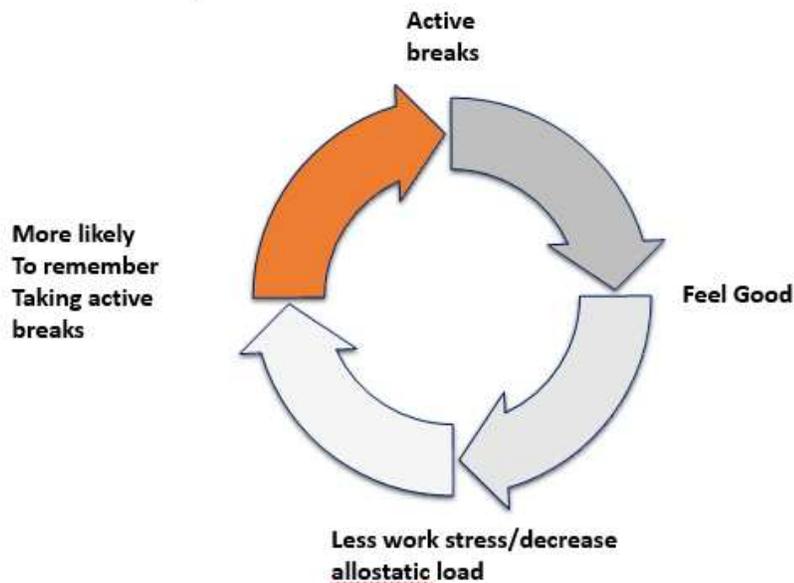
Affective Group Stimuli:

Prevent it!

- Decreasing sitting-time correlated with lower chances of depression ([Vallance et al., 2011](#)).



The Affect Cycle



Lower allostatic load = better mood and functioning (Silva, [Ametrano](#) & [Nierenberg](#), 2009)

Instrumental Group Stimuli:

Fatal Diseases

- **Cardiovascular diseases** ([Bijnen et al., 1998](#); [Rakowski & Mor, 1992](#))
- **Diabetes** ([Hu, Leitzmaan, Stamphfer, Colditz, & Willet, 2001](#))



Biological changes

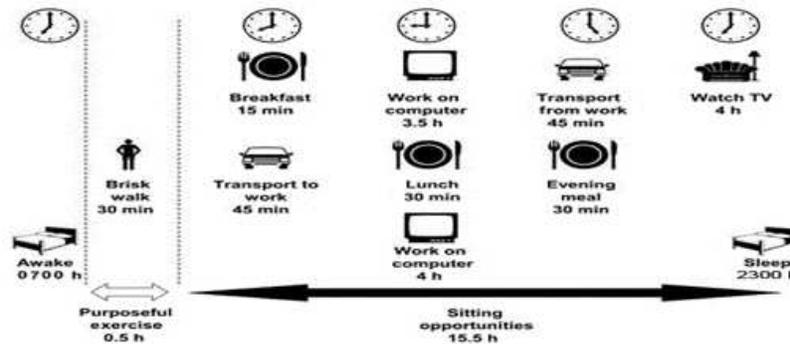
- *2011 Stats Canada reported that #1 reason of absenteeism was due to "illness or disability"*
- Which can ultimately affect your chances to secure future contracts and/or promotions



Self-Regulation Group Stimuli:

Why Track Your Sitting Time & Active Breaks

- Become aware of how long you sit and work.
- What are active breaks? What are 3 examples active breaks that you might engage in?
- Notice how many active breaks you take.



How to Set Goals

- SMART goals
 - Specific
 - Measurable
 - Attainable
 - Relevant
 - Time-oriented

S.M.A.R.T & POSITIVE GOALS

Specific:
* Don't be vague. Exactly what do you want?

Measurable:
* Quantify your goal. How will you know if you've achieved it or not?

Attainable & Action-Oriented:
* Be honest with yourself about what you can reasonably accomplish.
* You need to be able to take action!

Realistic:
* It's got to be do-able, real and practical.

Time:
* Associate a timeframe with each goal. When should you complete the goal?

Positive:
* Keep your goal POSITIVE!

Control Group Stimuli:

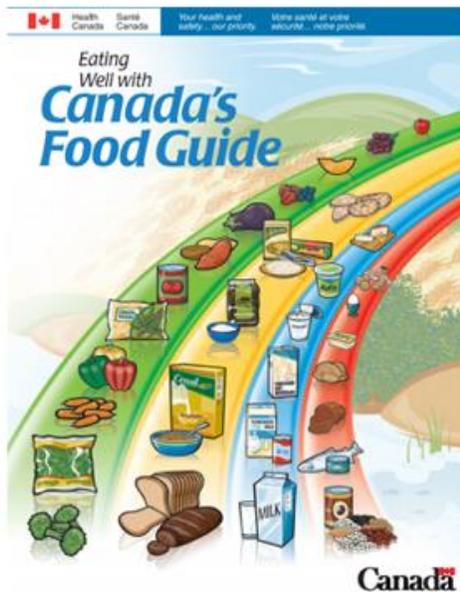
Be aware! Can you tell the difference?

One of these is a glass of orange juice, the other is a can of pop....

Calories	140	Sodium	45 mg
Total Fat	0 g	Potassium	0 mg
Saturated	0 g	Total Carbs	39 g
Polyunsaturated	0 g	Dietary Fiber	0 g
Monounsaturated	0 g	Sugars	39 g
Trans	0 g	Protein	0 g

Calories	170	Sodium	25 mg
Total Fat	0 g	Potassium	660 mg
Saturated	0 g	Total Carbs	40 g
Polyunsaturated	0 g	Dietary Fiber	0 g
Monounsaturated	0 g	Sugars	36 g
Trans	0 g	Protein	2 g

Canada Food Guide



What is One Food Guide Serving?
Look at the examples below.

<p>Fresh, frozen or canned vegetables 125 mL (½ cup)</p>	<p>Leafy vegetables Cooked: 125 mL (½ cup) Raw: 250 mL (1 cup)</p>	<p>Fresh, frozen or canned fruits 1 fruit or 125 mL (½ cup)</p>	<p>100% Juice 125 mL (½ cup)</p>
<p>Bread 1 slice (35 g)</p>	<p>Bagel ½ bagel (45 g)</p>	<p>Flat breads ¼ pita or ¼ tortilla (35 g)</p>	<p>Cooked rice, bulgur or quinoa 125 mL (½ cup)</p>
<p>Cereal Cold: 30 g Hot: 175 mL (¾ cup)</p>	<p>Cooked pasta or couscous 125 mL (½ cup)</p>	<p>Milk or powdered milk (reconstituted) 250 mL (1 cup)</p>	<p>Canned milk (evaporated) 125 mL (½ cup)</p>
<p>Fortified soy beverage 250 mL (1 cup)</p>	<p>Yogurt 125 g (½ cup)</p>	<p>Kefir 175 g (¾ cup)</p>	<p>Cheese 30 g (1½ oz.)</p>
<p>Cooked fish, shellfish, poultry, lean meat 75 g (2 ½ oz.)/125 mL (½ cup)</p>	<p>Cooked legumes 175 mL (¾ cup)</p>	<p>Tofu 50 g or 175 mL (¾ cup)</p>	<p>Eggs 2 eggs</p>
<p>Peanut or nut butters 30 mL (2 Tbsp)</p>	<p>Skilled nuts and seeds 80 mL (¾ cup)</p>	<p>Oils and Fats</p> <ul style="list-style-type: none"> • Include a small amount - 30 to 45 mL (2 to 3 Tbsp) - of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise. • Use vegetable oils such as canola, olive and soybeans. • Choose soft margarines that are low in saturated and trans fats. • Limit butter, hard margarine, lard and shortening. 	