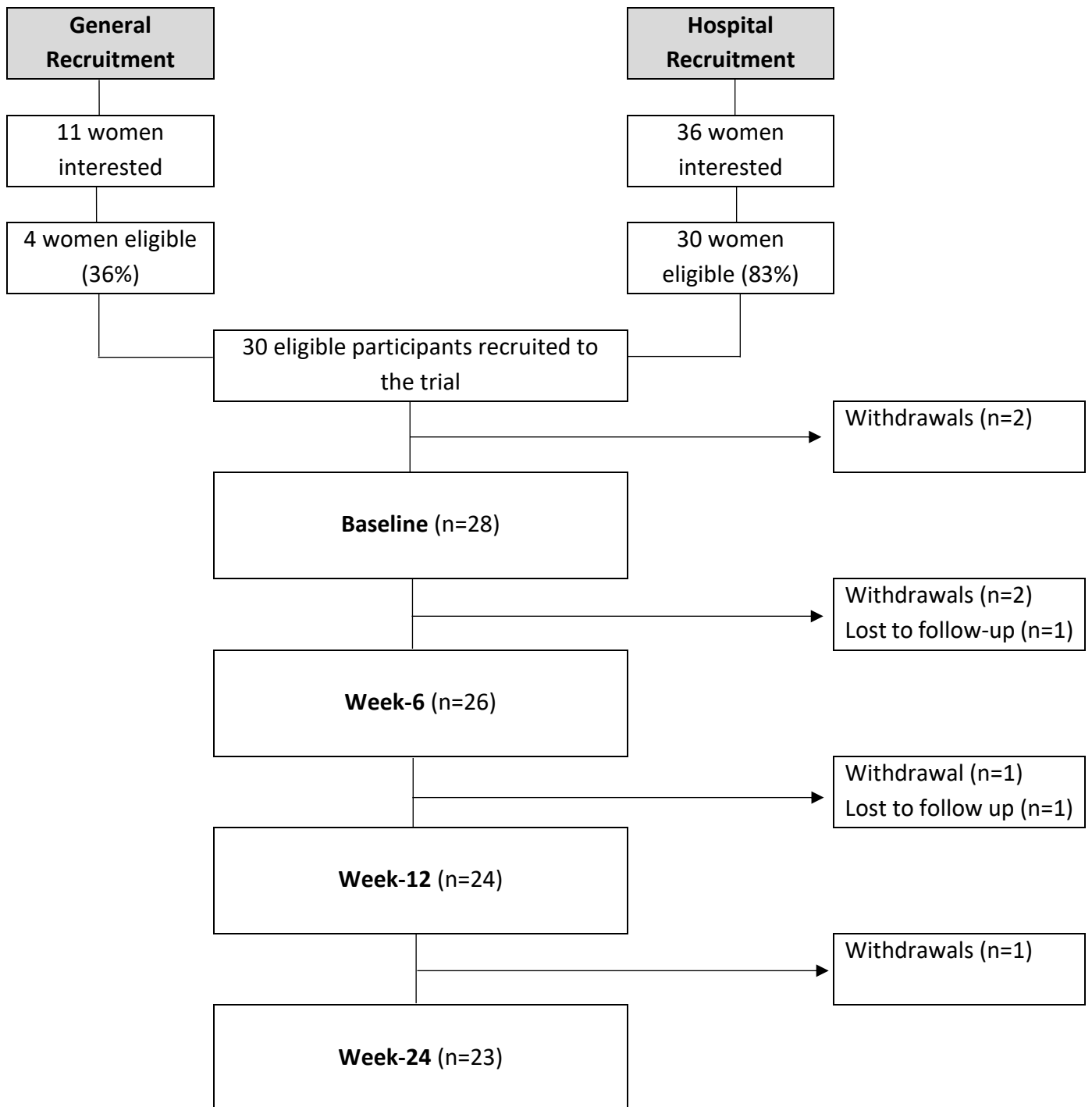


Participant flow diagram



Baseline characteristics

Demographics		N (% of total sample)	M(SD)
Age (Years)			40 (7.95)
Ethnicity	White British	26 (92.9 %)	
	Other	2 (7.10%)	
Employment status	Unemployed	5 (17.9%)	
	Part-time	5 (17.8%)	
	Full-time (Fixed shifts)	18 (64.3%)	
Marital status	Married	19 (67.9%)	
	Single	9 (32.1 %)	
Treatment modality	Local excision	6 (21.4%)	
	Trachelectomy	3 (10.7%)	
	Hysterectomy	11 (39.3%)	
	Surgery + radiotherapy	1 (3.6 %)	
	Surgery + chemoradiotherapy	2 (7.1 %)	
	Chemoradiotherapy	4 (14.3%)	
Time since treatment	<1 year	2 (7.1 %)	
	1-2 years	16 (57.1%)	
	2-5 years	1 (3.6%)	
	5-10 years	9 (32.1%)	
Lymphadenectomy	Yes	12 (42.9%)	
History of depression	Yes	8 (28.6%)	

Key: M= Mean; SD= Standard Deviation

Outcomes:

Primary outcome measures

	Baseline	Week-6	Week-12	Week-24
Recruitment	30 participants 88% recruited n first 3-months			
Retention rate (%)				77%
Compliance with research grade accelerometry	100%	92.3%	87.5%	78.3%
Questionnaire completeness	92.8%	88.5%	75.0%	86.9%

Programme compliance at week-12

Health coaching	88 % attended at least 70% of health coaching sessions
Intervention launch session	93% attendance
Fitbit PA monitor	95% at week-12
Messaging group	64% posted
Group walking	43% attendance
Diary entry completeness	58% compliance

Secondary Outcomes

Table X. Physical activity outcomes measured at 4 time points and associated change scores

	T0	T1	T2	T3	T1-T2	T2-T1	T3-T2	T3-T0
	(n=28)	(n=24)	(n=19)	(n=18)	(n=24)	(n=17)	(n=18)	(n=18)
	M (SD)	M (SD)	M (SD)	M (SD)	M (SD)	M (SD)	M (SD)	M (SD)
<i>Device assessed PA</i>								
Volume of PA (mg)	24.58 (8.23)	25.94 (8.00)	28.66 (9.58)	28.40 (7.37)	1.36 (3.52)	2.71 (5.52)	-0.25 (5.18)	3.82 (5.78)
MVPA (min/day)	25.65 (31.74)	29.87 (25.31)	39.72 (8.07)	37.11 (22.67)	4.22 (20.61)	9.84 (19.24)	-2.61 (16.14)	11.45 (24.94)
Light activity (min/day)	225.71 (71.87)	240.44 (69.98)	258.21 (79.24)	252.95 (71.03)	14.73 (56.02)	17.77 (49.21)	-6.26 (36.47)	26.24 (45.49)
Inactivity (min/day)	657.60 (101.55)	615.03 (99.57)	625.66 (113.71)	634.12 (90.35)	-42.57 (67.85)	10.63 (101.22)	8.47 (83.30)	-23.47 (97.17)
<i>Device assessed sleep</i>								
Sleep duration (hr/day)	6.76 (1.03)	7.10 (1.05)	6.07 (1.36)	6.31 (1.11)	0.34 (0.84)	-0.103 (1.05)	0.24 (1.14)	-1.47 (1.22)
Sleep efficiency (%)	86.93 (6.60)	86.55 (7.54)	81.49 (9.08)	86.26 (6.99)	-0.39 (5.41)	-5.06 (7.23)	4.77 (7.36)	-1.18 (8.55)

Table X. Clinical outcomes measured at 3 time points and associated change scores

	T0 (n=28)	T2 (n=19)	T3 (n=18)	T2-T0 (n=19)	T3-T2 (n=19)	T3-T0(n=19)
	M (SD)	M (SD)	M (SD)	M (SD)	M (SD)	M (SD)
<i>EORTCQLQ-30</i>						
Quality of life	66.00 (18.47)	64.04 (22.58)	57.89 (22.13)	-2.19 (28.71)	-6.14 (23.71)	-8.33 (33.32)
Emotional functioning	70.67 (22.32)	74.56 (27.98)	69.30 (30.44)	3.95 (26.70)	-5.26 (18.68)	-1.32 (23.78)
Physical functioning	93.07(10.27)	90.88 (10.93)	91.58 (10.15)	-3.86 (10.50)	0.70 (8.86)	-3.16 (8.10)
Cognitive functioning	74.00 (25.50)	82.46 (23.88)	70.18 (40.28)	8.77 (23.81)	-12.28 (39.61)	-3.50 (45.67)
Social functioning	78.00 (30.32)	87.72 (19.12)	77.19 (24.92)	5.26 (28.36)	-10.53 (30.54)	-1.75 (30.46)
Role functioning	83.33 (22.57)	86.84 (24.58)	84.21 (25.14)	0.88 (26.34)	-2.63 (29.53)	-1.75 (29.34)
Fatigue symptom	28.44 (21.30)	27.49 (26.29)	32.26 (25.63)	-1.17 (26.34)	3.51 (29.54)	4.68 (29.34)
Pain symptom	28.00 (26.67)	28.95 (22.80)	25.44 (28.53)	6.14 (15.92)	-3.51 (19.70)	2.63 (21.70)
Insomnia symptom	46.67 (28.87)	31.58 (26.00)	38.60 (29.94)	-17.54 (28.04)	7.08 (19.70)	7.01 (21.7)
<i>HADS</i>						
Depression	8.96 (1.79)	7.95 (1.78)	8.16 (1.77)	-1.05 (2.86)	0.21 (1.75)	-0.84 (2.83)
Anxiety	10.32 (4.19)	8.05 (5.17)	7.68 (4.68)	-2.42 (3.97)	-0.37 (2.19)	-2.79 (3.22)
<i>Fatigue</i>	20.04 (13.62)	12.32 (14.42)	15.42 (14.84)	-7.72 (18.13)	+3.1 (14.94)	-4.62 (9.77)
<i>PA enjoyment</i>	69.65 (19.40)	76.44 (22.15)	76.28 (23.60)	5.47 (19.18)	-0.17 (16.76)	5.23 (21.76)
<i>Self-efficacy for Walking</i>	59.20 (29.33)	66.22 (25.57)	67.74 (28.73)	6.33 (22.42)	0.11 (14.10)	5.89 (28.46)

KEY: T0= Baseline; T2= Week-12; T3= week-24; M= mean; SD= Standard deviation; n= number of participants who provided data at a given time point. **NOTE:** T2-T0, T3-T2, T3-T0 represent change scores; Change variables refer to participants who provided data at both time points

TABLE X. MRS outcomes at 4 time points and associated change scores

	T0	T1	T2	T3	T1-T0	T2-T1	T3-T2	T3-T0
	(n=28)	(n=24)	(n=19)	(n=18)	(n=24)	(n=17)	(n=18)	(n=18)
	M (SD)	M (SD)	M (SD)	M (SD)	M (SD)	M (SD)	M (SD)	M (SD)
<i>MRS</i>								
Quality of life	12.25 (8.35)	14.09 (7.79)	11.89 (7.80)	11.95 (8.62)	2.95 (5.31)	0.00 (5.27)	-0.83 (4.52)	-0.67 (8.51)
Psychological symptoms	4.67 (3.42)	5.74 (3.26)	4.56 (4.31)	4.95 (4.42)	1.62 (3.42)	-0.88 (2.55)	0.39 (2.20)	0.90 (4.14)
Urological symptoms	2.96 (2.76)	3.30 (2.85)	2.84 (2.24)	2.63 (2.79)	0.90 (2.10)	-0.33 (2.09)	-0.21 (2.18)	-0.26 (2.70)
Somatic symptoms	4.62 (3.42)	5.04 (3.97)	4.47 (3.36)	4.37 (2.91)	0.43 (3.16)	0.39 (3.22)	-0.11(2.88)	-0.05 (3.00)

Adverse Events

AE info	Related	Expected	Exempt	Reported as RUSAE
Physical injury unrelated to intervention	No	No	No	No
Physical injury unrelated to intervention	No	No	No	No
Physical injury unrelated to intervention	No	No	No	No