

## PLAIN LANGUAGE SUMMARY

Too much time spent in sedentary behaviours (sitting/lying down) is linked with ill health and mortality. Stroke survivors are particularly sedentary, spending up to 80% of their waking day sitting or lying down. We developed and evaluated an intervention to reduce sedentary behaviour for stroke survivors through a series of projects.

We updated reviews of previous and current research and interviewed staff and observed what happens on stroke units and during therapy sessions in patients' homes. We also interviewed stroke survivors and their carers, to explore their thoughts and perceptions on sedentary behaviour, and what might help or hinder this.

Through a series of meetings, using information from the work described above, ideas and action plans (an intervention) for reducing time spent sitting/lying were produced. The intervention (called Get Set Go (GSG)) was further refined by working with three stroke services. The intervention included training for staff and stroke survivors, and materials for staff and stroke survivors to encourage them to undertake and monitor their own standing and moving,

In this work we undertook a preliminary exploration of the developed intervention in 15 stroke services; eight were randomly allocated to deliver GSG and the other seven continued providing their usual care to all stroke survivors. We aimed to explore whether GSG was likely to improve stroke survivors' ability to complete extended activities of daily living in the first year after stroke. A total of 334 stroke survivors were included in the trial. No significant differences between groups were found in any of the measured outcomes.

Participants and staff appreciated the relevance of the work and components of the intervention. The exploratory findings from this external pilot study suggest that the GSG intervention is unlikely to be cost-effective, although the scale of our work was impacted by the pandemic.