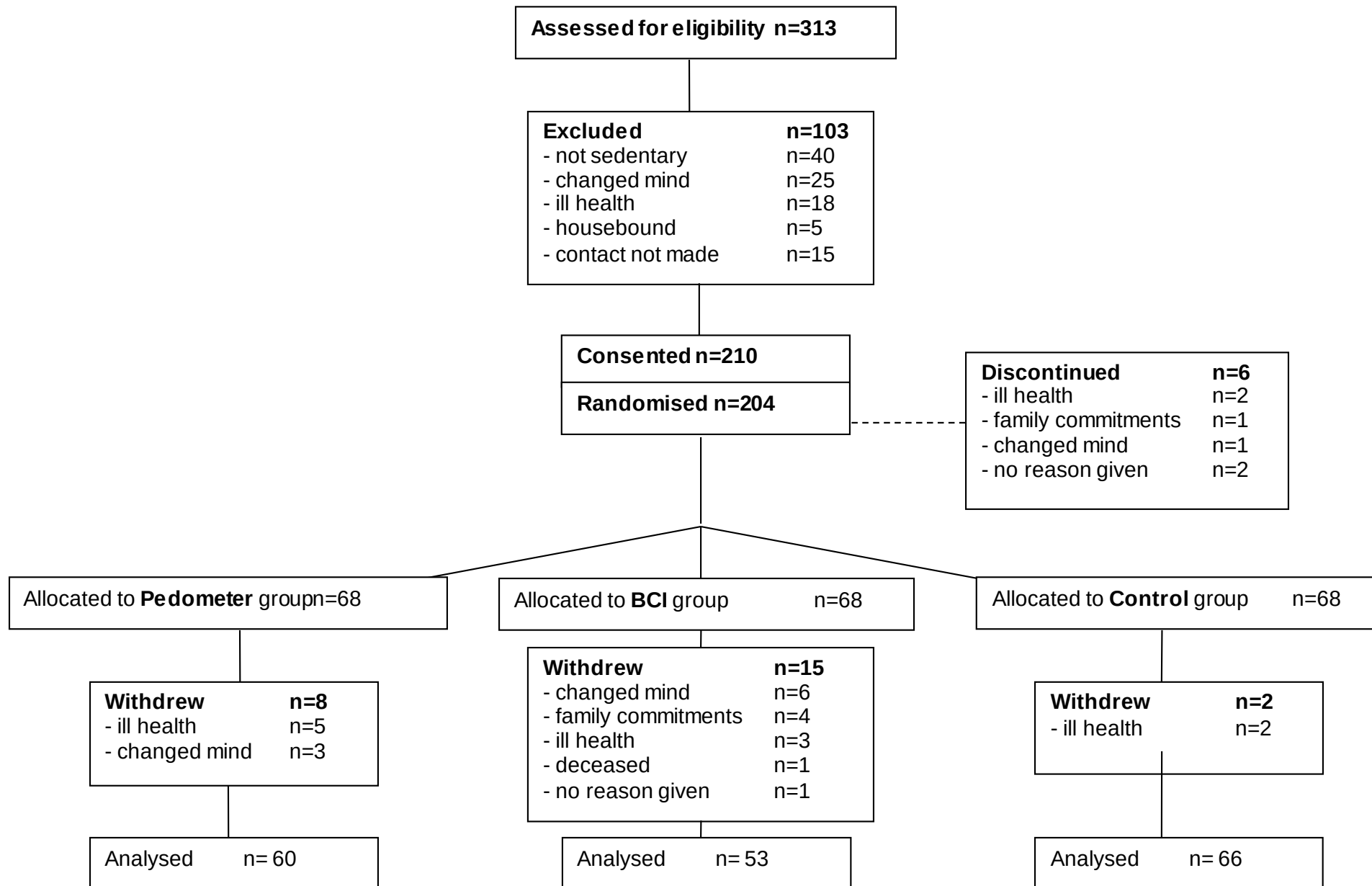




Baseline characteristics

Characteristics	Pedometer + BCI (n = 68)	BCI only (n = 68)	Control (n = 68)
Age in years, mean (SD)	77.15 (4.89)	77.56 (5.43)	76.96 (4.93)
Marital status, n (%)			
Married	26 (38.2)	34 (50.0)	29 (42.6)
Widowed	36 (52.9)	22 (32.4)	33 (48.5)
Single	6 (8.8)	12 (17.6)	5 (7.4)
Deciles of Scottish Index of Multiple Deprivation (SIMD), n (%)			
1 [most deprived]	1 (1.5)	5 (7.4)	3 (4.4)
2	1 (1.5)	2 (2.9)	6 (8.8)
3	7 (10.3)	5 (7.4)	5 (7.4)
4	11 (16.2)	17 (25.0)	5 (7.4)
5	2 (2.9)	6 (8.8)	4 (5.9)
6	2 (2.9)	2 (2.9)	3 (4.4)
7	9 (13.2)	5 (7.4)	10 (14.7)
8	3 (4.4)	3 (4.4)	4 (5.9)
9	25 (36.8)	17 (25.0)	24 (35.3)
10 [most affluent]	7 (10.3)	5 (7.4)	3 (4.4)
Used pedometer before, n (%)			
No	63 (92.6)	64 (94.1)	63 (92.6)
Yes	5 (7.4)	4 (5.9)	5 (7.4)
Falls 12 months prior to study, Total (range)	32 (0 – 5)	34 (0 - 6)	30 (0 – 3)
Car Access, n (%)			
No	23 (33.8)	24 (35.3)	22 (32.4)
Yes	45 (66.2)	44 (64.7)	46 (67.6)
Illness, n (%)			
No	45 (66.2)	43 (63.2)	53 (77.9)
Yes	23 (33.8)	25 (36.8)	15 (22.1)
Daily stairs, n (%)			
No	23 (33.8)	28 (41.2)	30 (44.1)
Yes	45 (66.2)	40 (58.8)	30 (55.9)
Stairs difficult, n (%)			

No	48 (70.6)	48 (70.6)	45 (66.2)
Yes	20 (29.4)	20 (29.4)	23 (33.8)
Voluntary work, n (%)			
No	49 (72.1)	50 (73.4)	45 (66.2)
Yes	19 (27.9)	18 (26.5)	23 (33.8)
Own shopping, n (%)			
No	2 (2.9)	3 (4.4)	5 (7.4)
Yes	66 (97.1)	65 (95.6)	63 (92.6)
Season entered, n (%)			
Winter	29 (42.6)	26 (38.2)	26 (38.2)
Spring	20 (29.4)	24 (35.3)	23 (33.8)
Summer	14 (20.6)	11 (16.2)	13 (19.1)
Autumn	5 (7.4)	7 (10.3)	6 (8.8)
Lives with, n (%)			
Alone	39 (57.4)	31 (45.6)	38 (55.9)
With someone	29 (42.6)	37 (54.4)	30 (44.1)
Falls in last 3 months, n (%)			
1 st 3 months of study			
0	58 (85.3)	52 (76.5)	62 (91.2)
1	0 (0.0)	4 (5.9)	3 (4.4)
2+	4 (5.9)	3 (4.4)	1 (1.5)
2 nd 3 months of study			
0	57 (83.8)	51 (75.0)	57 (83.8)
1	4 (5.9)	6 (8.8)	7 (10.3)
2+	2 (2.9)	1 (1.5)	2 (3.0)
Accelerometer counts/24 hrs Mean (SD)	137623 (50642)	123456 (48713)	123560 (46190)
Limb Function score Mean (SD)	8.25 (2.61)	8.64 (2.25)	8.74 (2.22)
EuroQOL 5D Mean (SD)	0.82 (0.19)	0.83 (0.18)	0.83 (0.19)
HADS Depression score (SD)	3.07 (3.00)	2.76 (2.48)	2.62 (2.29)

VM – vector maximum accelerometry counts; Mins – accelerometry minutes of activity

EQ5D: EuroQoL 5 domain score. HADS D: Hospital Anxiety and Depression score. BCI: Behaviour change intervention

Outcome measures – change between baseline and follow up

	Pedometer Plus BCI	BCI Only	Control	p
<i>Primary outcome</i>				
Activity (counts/24hrs) (SD)	5504 (34010)	13305 (37084)	-2290 (29020)	0.049*
<i>Secondary outcomes</i>				
Lower Limb function score Median (range)	0.5 (-4, 7)	0 (-3, 5)	0 (-4, 4)	0.529
EQ5D Median (range)	0 (-0.84, 0.38)	0 (-0.61, 0.48)	0 (-0.72, 0.53)	0.265
EQ5D VAS Median (range)	0 (-75, 50)	0 (-45, 33)	5 (-30, 33)	0.568
HADS D Median (range)	0 (-6, 12)	0 (-5, 5)	-0.5 (-8, 9)	0.555

Kruskal-Wallis test exc for *one-way ANOVA

EQ5D: EuroQoL 5 domain score

VAS: Visual analog scale

HADSD: Hospital Anxiety and Depression score – depression scale

BCI: Behaviour change intervention

NB: Change between baseline and 6 month data not obtainable due to length of time between end of study and posting of results

Adverse events

	Pedometer + BCI	BCI alone	Control
Hip/Knee pain	2	2	0
Diverticulitis	1	0	0
Psychological stress or bereavement	1	2	1
Sciatica	1	1	1
Chest infection	1	0	0
Breathlessness	1	1	0
Influenza	1	0	0
Vertigo	1	0	0
Elective surgery	0	2	0
Cellulitis	0	1	0
Vaginal prolapse	0	1	0
Polymyalgia rheumatica	0	1	0
New cancer diagnosis	0	0	2
Depression	0	0	1
	0	0	0
Hospitalisation	0	4	1
Deaths	0	1	0