Appendix 1

INTERVENTION **COMPONENTS**

Initial package includes free pedometer, fridge magnet and access to e-coachER; a website to promote PA via specific behaviour change techniques (BCTs):

Step 1: Information about physical and mental health consequences Understand benefits of exercise and PA goal setting; How to manage setbacks.

Step 2: Social support Seek support from friends and families/exercise coach to implement & maintain PA regimen.

Step 3: Selfmonitoring of behaviour Monitor steps/PA.

Step 4: Goal setting Set weekly step & PA

goals.

Step 5: Action planning Making plans to achieve goals.

CONTEXT: Participants' engagement with e-coachER may be moderated by participant socio-demographic and health characteristics, type and location of ERS scheme and relationship with ERS coach. Participant motivation and PA might also be moderated by the same contextual factors. Quantitative data on contextual factors from questionnaires in both trial arms.



INTERVENTION **DELIVERY**

Participants progress through e-coachER. Quantitative data on BCT delivery in intervention arm (via LifeGuide(c)).



CHANGES TO MOTIVATION & BEHAVIOUR

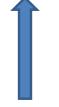
Participant motivation for PA is mediated by autonomy, competence and relatedness. Participant autonomy, competence and relatedness is enhanced by using the website and implementing BCTs.

Quantitative measures of autonomy, competence and relatedness in both trial arms.



Health and economic benefits. Quantitative outcome data in both trial arms, including weight, quality of life.

OUTCOMES





FEEDBACK LOOP

Increased use of website and BCTs, motivation, achievement of PA goals reinforce each other (e.g. motivation is enhanced as levels of PA increase). Quantitative modelling of interactions in one or both arms.



SHORT-TERM **OUTCOMES**

MVPA increases, sedentary time decreases. Quantitative outcome data in both trial arms.