

Additional File 1

Measures recorded during the multiple-baseline study

Mental health and wellbeing

The Warwick-Edinburgh Mental Wellbeing Scale¹ was used to examine mental health and wellbeing. The scale requests participants to respond to 14 Likert scale items ranging from 1 = none of the time, 5 = all of the time¹. A total score is calculated ranging from 14 to 70, where higher scores reflect greater perceptions of mental health and wellbeing¹. The measure has previously demonstrated a strong Cronbach's Alpha score ($\alpha=.91$)¹.

Loneliness and social isolation

Perceptions of loneliness and social isolation were observed using the UCLA loneliness scale (version 3)². Constructed from eight Likert scale item (1 = never, 4 = often) (two positive items reserved scored), the measure requests participants to rate their perception of loneliness². A total sum score was first calculated. To improve translation to stakeholders this was re-calculated as a mean average score for all items. The measure reports strong internal consistency ($\alpha=.89-.94$) and good re-test reliability ($r=.73$)².

Quality of life

The Dartmouth COOP Functional Assessment Chart³ was used to examine quality of life across markers of physical function, feelings, daily activity, social activity, pain, health status, changes in health, social support and overall perceptions across a four-week period. Factors are weighted negatively on a 5-point Likert scale (1= not at all, 5 = extremely) where lower scores reflect reduced risk to quality of life³. The measure has reported good convergent and discriminant validity in previous research³.

Physical activity behaviour

Physical activity was measured using the International Physical Activity Questionnaire (IPAQ)⁴. The IPAQ is constructed from seven self-reported items which examine frequency and duration across vigorous- and moderate-intensity PA; walking and sitting⁴. Following a standardised scoring and truncation procedure⁴, duration and frequency were calculated as metabolic equivalent of task (MET)-minutes per-week⁴. The IPAQ has been found to provide valid predictions of objectively measured physical activity in older-adults⁵ and has demonstrated an acceptable Cronbach Alpha ($\alpha=.60$)⁶.

References

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