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Effects on musculoskeletal pain from “Take a Stand!” – a cluster-randomized controlled trial reducing sitting time among office workers

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¹ *Supplementary tables*

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Table a: Pain (very bothered) in intervention group compared to control group

The number of participants in intervention and control group feeling very bothered by pain at the three different painsites and at three time points. OR for pain in intervention group compared to control group at 1 and 3 months follow-up taking baseline values into account. Adjusted for workplace, age and sex. (OR=Odds Ratio. CI=Confidence Interval)

	Intervention group						Control group											
	Base-line		1 mo follow-up		3 mo follow-up		Base-line		1 mo follow-up		3 mo follow-up		1 mo follow-up			3 mo follow-up		
	Total	w. pain ^a	Total	w. pain ^a	Total	w. pain ^a	Total	w. pain ^a	Total	w. pain ^a	Total	w. pain ^a	OR	95%CI	p	OR	95%CI	p
Neck-shoulder	171	20	161	16	153	11	142	20	130	13	126	19	0.99	0.41–2.41	0.99	0.44	0.18–1.08	0.07
Back ^b	171	16	161	6	153	6	142	19	130	9	126	10	0.49	0.12–2.01	0.32	0.41	0.13–1.26	0.12
Extremities ^c	171	17	161	8	153	12	142	14	130	11	126	11	0.40	0.13–1.28	0.12	0.99	0.40–2.45	0.99

^aReporting being very bothered by pain the past 14 days

^bBack and lower back

^cArms, hands, legs, knees, hips or joints

Table b: Pain in intervention group compared to control group. Last observation carried forward

The number of participants in intervention and control group feeling little or very bothered by pain at the three different painsites and at three time points. OR for pain in intervention group compared to control group at 1 and 3 months follow-up taking baseline values into account. Adjusted for workplace, age and sex. (OR=Odds Ratio. CI=Confidence Interval. SD=Standard Deviation)

	Intervention group						Control group											
	Base-line		1 mo follow-up		3 mo follow-up		Base-line		1 mo follow-up		3 mo follow-up		1 mo follow-up			3 mo follow-up		
	Total	w. pain ^a	Total	w. pain ^a	Total	w. pain ^a	Total	w. pain ^a	Total	w. pain ^a	Total	w. pain ^a	OR	95%CI	p	OR	95%CI	p
Neck-shoulder	171	87	171	77	171	70	142	73	142	70	142	76	0.76	0.42—1.37	0.37	0.53	0.31—0.92	0.02
Back ^b	171	68	171	69	171	66	142	61	142	62	142	61	0.85	0.48—1.53	0.60	0.88	0.50—1.54	0.65
Extremities ^c	171	60	171	59	171	65	142	60	142	54	142	61	1.03	0.58—1.83	0.93	0.93	0.56—1.54	0.78
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	β	95%CI	p	β	95%CI	p
Pain score (0-6) ^d	1.57	1.59	1.38	1.43	1.35	1.38	1.74	1.63	1.60	1.53	1.75	1.63	-0.10	-0.19— -0.01	0.04	-0.19	-0.33— -0.05	0.01

^aReporting being little or very bothered by pain the past 14 days

^bBack and lower back

^cArms, hands, legs, knees, hips or joints

^dCombination of pain areas and pain level