

APPENDIX D: CRUDE MEANS AND STANDARD DEVIATIONS

Table D1. Descriptive statistics of physical activity & sedentary behaviour pre-lockdown and during lockdown – Mean (SD)

	T-2	T-1	T0	T1	T2
	Mean (SD) (min/week)	Mean (SD) (min/week)	Mean (SD) (min/week)	Mean (SD) (min/week)	Mean (SD) (min/week)
Total PA	1771.16 (1367.43)	1405.88 (1165.88)	1376.51 (1156.12)	1436.99 (1114.21)	1322.05 (1064.46)
Walking	626.46 (743.19)	495.98 (612.86)	499.13 (648.01)	406.44 (457.29)	337.04 (399.20)
Moderate-intensity PA	1001.62 (885.02)	811.59 (738.31)	769.49 (696.74)	936.65 (855.72)	878.12 (822.97)
Vigorous-intensity PA	143.08 (297.51)	98.31 (208.97)	107.89 (246.19)	93.91 (220.13)	106.89 (223.00)
Work-related PA	654.70 (838.02)	516.34 (685.06)	520.05 (710.65)	209.18 (469.88)	196.34 (406.80)
Transport-related PA	255.21 (321.75)	214.64 (266.18)	225.27 (337.72)	180.38 (259.61)	194.49 (249.80)
Domestic and garden PA	597.30 (647.46)	473.85 (561.47)	418.07 (452.73)	719.74 (702.64)	593.97 (674.93)
Leisure-time PA	263.95 (383.50)	201.05 (312.08)	213.12 (364.95)	327.69 (382.17)	337.25 (400.70)
Total SB	3160.47 (1121.34)	3088.30 (1129.64)	3135.04 (1083.21)	4098.01 (1234.93)	4013.63 (1194.96)
Work-related SB	755.43 (462.17)	710.14 (536.45)	671.35 (460.14)	1333.11 (859.18)	1545.59 (926.24)
Transport-related SB	419.53 (351.61)	398.94 (338.70)	398.15 (332.38)	107.87 (267.39)	172.34 (248.82)
Leisure-time SB	1985.52 (914.49)	1979.21 (909.34)	2065.54 (897.95)	2657.03 (1044.91)	2295.70 (962.05)

Abbreviations: SD = standard deviation; PA = physical activity; SB = sedentary behaviour