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**Supplementary Table 1: Psychometric Properties of the Mediator Scales Used in the Stand Up Stem Cells Study**

Construct and scale items	Internal Consistency (Cronbach's Alpha)	Test-retest reliability (Spearman's rho)	Proportion of sample with missing items
<b>Preference for sitting and standing at work</b>	(n=40; both groups)	(n=19; control group only)	(n=40; both groups)
a. If you were given a choice, how much time would you like to spend sitting at work?	Not applicable	0.67	0%
b. If you were given a choice, how much time would you like to spend standing up at work?		0.78	
<b>Knowledge</b>			
a. Sitting for most of the time at work does not impact on my health (NB: reverse scored)	0.48	0.76	0%
b. Sitting for most of the time at work is bad for my health			
c. Any health impact of sitting for most of the time at work can be off-set by exercising at other times of the day (NB: reverse scored)			
d. It is beneficial for my health to stand up at least once every 30 minutes while I am at work			
e. It is beneficial for my health if I am as active as possible throughout my working day (e.g. by using the stairs instead of the lift)			
<b>Barrier self-efficacy</b>			
a. Stood up during meetings at work, even though no one else was	0.9	0.66	0%
b. Stood up during meetings at work, even when supervisors were sitting down			
c. Stood up at your desk at work, even though your colleagues were not			
d. Stood up at your desk at work, even when you felt tired			
e. Stood up at your desk at work, even if your footwear was uncomfortable			
f. Stood up at your desk at work, even though you were really busy at work			
g. Stood up at your desk at work, even when your tasks required looking at multiple papers			
h. Stood up at your desk at work, even when your tasks required talking on the phone			
i. Walk to talk to a colleague at work instead of emailing them, even though others didn't			
<b>Perceived behavioural control</b>			
a. It is my choice whether I stand up or sit at my desk while at work	0.81	0.55	0%
b. It is my choice whether I stand up or sit during a meeting with colleagues at work			
c. It is my choice whether I stand up or sit during a meeting with my supervisor/s at work			
d. It is my choice whether I walk over to talk to a colleague (iMail) or send them an eMail			
e. It is my choice whether I walk over to talk to a supervisor (iMail) or send them an eMail			

<b>Perceived organisational social norms</b>			
a. My workplace is committed to supporting staff health and well-being	0.9	0.6	0%
b. My workplace is committed to supporting staff choices to stand or move more at work			
c. My colleagues would not mind if I chose to stand up while working at my desk			
d. My supervisor/s would not mind if I chose to stand up while working at my desk			
e. My colleagues would not mind if I chose to stand during a work meeting			
f. My supervisor/s would not mind if I chose to stand during a work meeting			
g. My colleagues would not mind if I chose to walk over and talk to them (iMail) rather than sending them an eMail			
h. My supervisor/s would not mind if I chose to walk over and talk to them (iMail) rather than sending them an eMail			
<b>Self-regulation strategies</b>			
a. Thought about how much I sit at work	0.84	0.57	0%
b. Recorded my sitting or standing at work in a written record			
c. Paid attention to specific things to help me stand at work (e.g., I have more energy in the morning so I stand during this time)			
d. Set short-term goals (daily or weekly) related to how often I stand up at work			
e. Broken down larger goals into smaller, more manageable goals (e.g. accumulate 40 minutes of standing in 4 x10minute bouts)			
f. Thought about my standing goals			
g. Reminded myself of the health benefits of standing at work (e.g., reduced risk of Type 2 diabetes, premature death)			
h. Scheduled specific times to stand up at work			
i. Paid attention to barriers which got in the way of my standing at work			
j. Planned ways to overcome barriers to my standing at work			
<b>Intervention-specific strategies</b>			
a. Moved my workstation from sitting to standing or vice versa	0.91	0.66	0%
b. Used my workstation tracker to record the days that I reach my standing goal at work			
c. Used my workstation tracker to record my strategies for standing up and moving more at work			
d. Used an on-line timer to time my periods of sitting or standing			
e. Stood up when someone approached me at my workstation			
f. Stood up when my phone rings			
g. Walked to talk to a colleague (iMail) rather than sending them an eMail			
h. Walked to the printer that is further away from my workstation			
i. Walked to the bathroom that is further away from my workstation			