

## SUPPLEMENTARY DATA

Impact of depression and anxiety on change to physical activity following a pragmatic diabetes prevention programme within primary care: pooled analysis from two randomized controlled trials

### Contents

Supplementary Table S1: Participant characteristics of those included and excluded from the analysis .....	2
Supplementary Table S2: Depressive symptom scores within each study at baseline and follow-up .....	3
Supplementary Table S3: Anxiety symptom score within each study at baseline and follow-up .....	4
Supplementary Figure S1: Study Flow .....	5
Supplementary Figure S2: Influence of baseline and change in anxiety score on intervention effectiveness .....	6
Supplementary Figure S3: Influence of baseline and change in depressive symptom score on intervention effectiveness when restricting the sample to a per-protocol analysis .....	7

SUPPLEMENTARY DATA

**Supplementary Table S1.** Participant characteristics of those included and excluded from the analysis

Variable	Included (those with complete baseline and follow-up physical activity and depression data)		Excluded (those missing baseline or follow-up physical activity or depression data)	
	N	Value	N	Value
Age (years)	1163	65 (60, 70)	525	64 (58, 69)
Sex (female)	1163	410 (35)	525	204 (39)
Ethnicity	1163		525	
White European		1025 (88)		434 (83)
Other		138 (12)		91 (17)
Smoking status	1163	83 (7)	525	55 (11)
HbA1c (%)	1144	6.0 (5.7, 6.2)	513	6.0 (5.7, 6.3)
HbA1c (mmol/mol)	1144	42 (39, 44)	513	42 (39, 45)
BMI (kg/m <sup>2</sup> )	1163	31.4 (28.4, 35.0)	524	32.2 (29.1, 36.8)
Social deprivation (IMD score)*	1163	12.4 (7.5, 22.2)	513	14.3 (8.0, 25.3)
Previous CVD	1163	157 (14)	525	97 (19)
Taking antidepressant medication	1163	59 (5)	525	34 (7)
Depressive symptom score	1163	3 (1, 5)	368	4 (2, 6)
Mild-to-severe depression	1163	125 (11)	368	69 (13)
Anxiety symptom score	1140	5 (2, 7)	401	5 (3, 8)
Mild-to-severe anxiety	1140	260 (22)	401	115 (22)
Steps/day	1163	6041 (4317, 8168)	332	5349(3713, 7366)

Data as median (IQR) or number (%)

\* = higher score equates to greater deprivation

SUPPLEMENTARY DATA

**Supplementary Table S2.** Depressive symptom scores within each study at baseline and follow-up

	Let's Prevent				Walking Away			
	Control		Intervention		Control		Intervention	
	Number	Depressive symptom score	Number	Depressive symptom score	Number	Depressive symptom score	Number	Depressive symptom score
<b>Baseline</b>	292	3 (1, 5)	290	2 (1, 5)	279	3 (1, 5)	302	2 (1, 5)
<b>12 months</b>	290	3 (1, 5)	286	2 (1, 5)	257	2 (1, 5)	284	2 (1, 5)
<b>24 months</b>	260	2 (1, 5)	268	2 (1, 5)	257	2 (1, 5)	276	2 (1, 5)
<b>36 months</b>	251	3 (1, 5)	250	3 (1, 5)	253	2 (1, 5)	250	2 (1, 5)

Data as median score (IQR)

SUPPLEMENTARY DATA

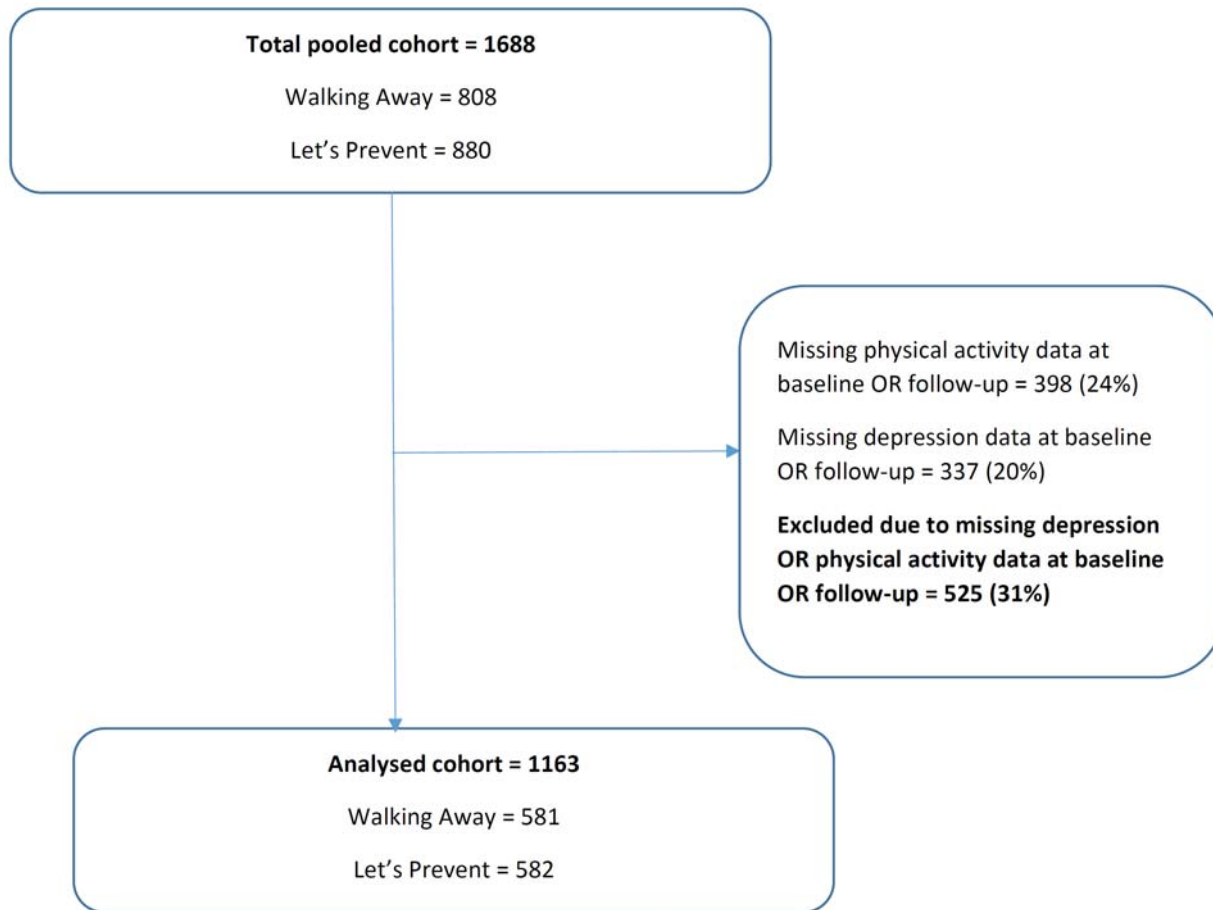
**Supplementary Table S3.** Anxiety symptom score within each study at baseline and follow-up

	Let's Prevent				Walking Away			
	Control		Intervention		Control		Intervention	
	Number	Anxiety symptom score	Number	Anxiety symptom score	Number	Anxiety symptom score	Number	Anxiety symptom score
<b>Baseline</b>	292	5 (2, 7)	290	5 (3, 7)	264	4 (2, 7)	294	5 (2, 8)
<b>12 months</b>	289	4 (2, 7)	286	4 (2, 7)	252	4 (2, 7)	284	4 (2, 7)
<b>24 months</b>	260	4 (2, 7)	268	4 (1, 6)	257	4 (2, 7)	276	4 (2, 7)
<b>36 months</b>	251	4 (2, 7)	250	4 (1, 6)	253	4 (2, 7)	250	4 (2, 7)

Data as median score (IQR)

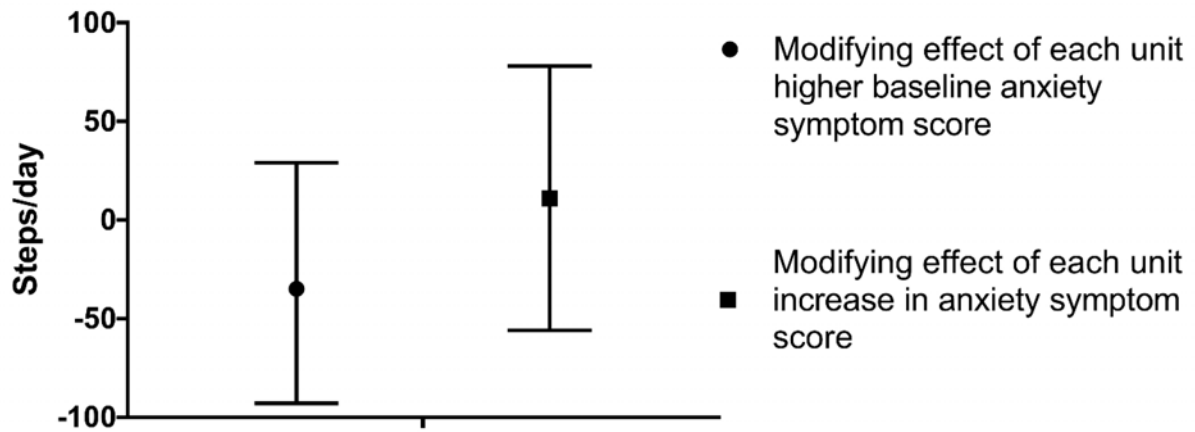
SUPPLEMENTARY DATA

Supplementary Figure S1. Study Flow



SUPPLEMENTARY DATA

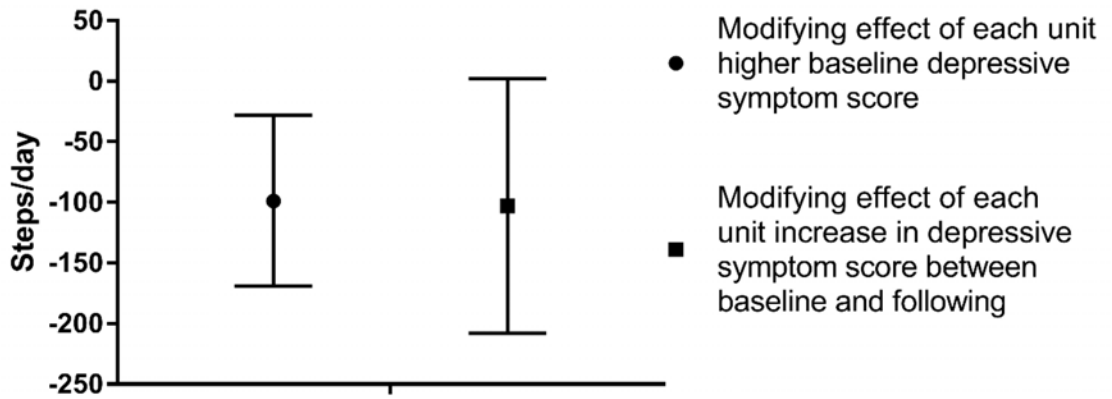
**Supplementary Figure S2.** Influence of baseline and change in anxiety score on intervention effectiveness



SUPPLEMENTARY DATA

**Supplementary Figure S3.** Influence of baseline and change in depressive symptom score on intervention effectiveness when restricting the sample to a per-protocol analysis

**Per protocol 1: intervention group restricted to those attending the initial intervention (n = 1080)**



**Per protocol 2: intervention group restricted to those attending the initial intervention and at least one maintenance session (n = 992)**

