|  |
| --- |
| **Table S4** Sociodemographic correlates of low physical activity estimated by multivariable logistic regression in people without anxiety from the SAGE Survey |
| Characteristic | Category | OR | 95%CI | Significant interaction with anxiety |
| Age (years) | per year | 1.07\*\*\* | [1.06,1.09] |  |
| Sex | Female | 1.00 |  |  |
|  | Male | 0.90 | [0.75,1.09] | X |
| Education | <Secondary completed | 1.00 |  |  |
|  | ≥Secondary completed | 1.14 | [0.94,1.38] |  |
| Wealth | Poorest | 1.00 |  |  |
|  | Poorer | 0.87 | [0.68,1.11] |  |
|  | Middle | 0.85 | [0.62,1.15] |  |
|  | Richer | 1.02 | [0.79,1.30] |  |
|  | Richest | 1.07 | [0.80,1.42] |  |
| Marital status | Married/cohabiting | 1.00 |  |  |
|  | Else | 1.15 | [0.98,1.35] |  |
| Household size | 1 | 1.00 |  |  |
|  | 2 | 0.94 | [0.75,1.18] |  |
|  | ≥3 | 1.25 | [0.97,1.61] |  |
| Setting | Rural | 1.00 |  |  |
|  | Urban | 1.20 | [0.98,1.49] |  |
| Unemployed | No | 1.00 |  |  |
|   | Yes | 2.68\*\*\* | [2.10,3.44] |  |

Abbreviation: OR Odds Ratio; CI Confidence Interval

Models are adjusted for age, sex, and country with the exception of age and sex for which the estimates were derived from a model including age, sex, and country.

The total amount of moderate to vigorous physical activity over the last week was calculated and those scoring <150 minutes were considered to have low physical activity.

\* p<0.05, \*\*\* p<0.001

|  |
| --- |
| **Table S5** Correlates of low physical activity (health and social cohesion) estimated by multivariable logistic regression in in people without anxiety from the SAGE Survey |
| Characteristic | Category | OR | 95%CI | Significant interaction with anxiety |
| **Health behavior** |  |  |  |  |
|  Alcohol consumption | Yes vs. No | 0.53\*\*\* | [0.43,0.64] | X |
|  Fruit and vegetable consumption | Not adequate vs. Adequate | 1.23\*\* | [1.06,1.44] |  |
|  Smoking | Never | 1.00 |  |  |
|  | Current smoker | 0.62\*\*\* | [0.49,0.78] |  |
|  | Former smoker | 0,94 | [0.71,1.24] | X |
| **Mental health** |  |  |  |  |
|  Depression | Yes vs. No | 1.04 | [0.74,1.48] |  |
|  Mild cognitive impairment | Yes vs. No | 1.63\*\*\* | [1.31,2.02] |  |
|  Sleep problems | Yes vs. No | 1.35\* | [1.03,1.76] |  |
| **Physical health** |  |  |  |  |
|  BMI (kg/m2) | per unit increase | 1,00 | [0.98,1.02] |  |
|  Bodily pain | Yes vs. No | 1.64\*\*\* | [1.27,2.12] |  |
|  Angina | Yes vs. No | 1.13 | [0.90,1.42] |  |
|  Arthritis | Yes vs. No | 0.98 | [0.84,1.13] |  |
|  Asthma | Yes vs. No | 1.33 | [0.98,1.79] |  |
|  Chronic back pain | Yes vs. No | 1.50\*\* | [1.14,1.96] |  |
|  COPD | Yes vs. No | 1.26\* | [1.02,1.55] |  |
|  Diabetes | Yes vs. No | 1.22 | [0.99,1.50] |  |
|  Fall-related injury | Yes vs. No | 1.01 | [0.74,1.38] |  |
|  Hearing problems | Yes vs. No | 1.56\*\*\* | [1.21,2.01] |  |
|  Hypertension | Yes vs. No | 1.11 | [0.95,1.31] |  |
|  Stroke | Yes vs. No | 1.75\*\*\* | [1.28,2.38] |  |
|  Visual impairment | Yes vs. No | 2.73\*\*\* | [1.57,4.76] |  |
| **Physical performance** |  |  |  |  |
|  Slow gait | Yes vs. No | 1.39\*\* | [1.12,1.73] |  |
|  Weak grip strength | Yes vs. No | 1.55\*\*\* | [1.31,1.85] |  |
| **Health status** |  |  |  |  |
|  Poor self-rated health | Yes vs. No | 1.98\*\*\* | [1.61,2.43] | X |
|  Disabilitya | per unit increase | 1.03\*\*\* | [1.02,1.03] |  |
| **Social cohesion** |  |  |  |  |
|  Social cohesion indexb | per unit increase | 0.97\*\*\* | [0.96,0.98] |  |

Abbreviation: OR Odds Ratio; CI Confidence Interval; BMI Body Mass Index

Models are adjusted for age, sex, and country.

The total amount of moderate to vigorous physical activity over the last week was calculated and those scoring <150 minutes were considered to have low physical activity.

a Disability was assessed by WHODAS 2.0 with scores ranging from 0-100. Higher scores indicate higher levels of disability.

b The social cohesion index ranged from 0-100 with higher scores representing higher levels of social cohesion.

\* p<0.05, \*\* p<0.01, \*\*\* p<0.001.