Additional file 1

Additional regression analyses including covariates and adding intervention contact

We have made an additional regression analysis base on the ITT population. Using a mixed linear regression model, PA at six months is used as dependent factor and each predictor as independent fixed factor. The following random factors are included: age, sex, social situation, economy, education, smoking. The covariate intervention of care at 6 months is also included as a random factor after suggestion from reviewers.

Results are presented below and shows that Self-efficacy expectations, Readiness to change-Confident, BMI, and Physical component summary SF-36 are significant predictors. Hence, we see that these results will not change any of our previous analyses.

Regression analysis based on the ITT population including covariates and adding intervention contact	
Independent variable (baseline correlates) (n)	**_p_ value**
Self-efficacy expectation (299)	**0.047**
Outcome expectation (286)	0.07
Enjoyment (291)	0.13
Social support	
Family-positive (282)	0.11
Family-negative (300)	0.87
Friend-positive (280)	0.65
Readiness to change	
Prepared (318)	0.09
Important (348)	0.87
Confident (318)	**0.002**
BMI (324)	**0.016**
Physical component summary SF-36 (314)	**0.028**
Mental component summary SF-36 (314)	0.88
Mixed model using dependent variable PA level at 6 months Independent variables; correlates of PA in a univariate fashion (fixed factor) Baseline covariates; age, sex, social situation, economy, education, smoking and additionally intervention of care at 6 months (random factors) Statistical significance was set at p≤ 0.05	