

Multimedia Appendix 3. Additional participant quotes.

Themes	Quote/s
Comfort of the LUMOback	<i>“just in general I found it really uncomfortable going around my waist, it didn't fit well with some of my clothing yeah just that was the main barrier for me” (#5, female managerial staff, infrequent user)</i>
Acceptability of the app, real-time feedback and graphs	<i>“I'll sort of check it and see how many hours I have been sitting down and go oops that's a bit too much and if I had just looked at it and been oh I have been spending a lot of time sitting down today I will make more of an effort the next day to move around more anyway, and I think just having that facility close by where you can check on your progress during the day that was a really good thing to have.” (#27, female general staff, frequent user)</i>
Use of the LUMOback features – sitting notifications	<i>“I sort of really forgot that it had that, I probably should have actually because I really do sit down too much.” (#27, female general staff, frequent user)</i>  <i>“[the sitting notification is] actually quite a nice feature that, every now and then you get a reminder to stand up” (#17, male general staff, infrequent user)</i>
Use of the LUMOback features – vibrating alerts	<i>“I think it's great to have them on sort of a more disciplined setting when you are sitting at your desk but I found it a bit distracting in meetings etc” (#8, female managerial staff, frequent user)</i>
Additional barriers	<i>“I kept kind of forgetting to put it on in the mornings whereas the thing on my leg it just sat there all the time so I didn't have to remember to put it on or take it off it just sat there”(#25, female general staff, infrequent user)</i>
Perceived barriers in non-users	<i>“I tried it a couple of times at home and it just wouldn't work and then I just gave up on it...would have been helpful if there was someone who really knew how to operate these things that he could spend 5 minutes with getting it set up.” (#22, male managerial</i>

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	staff, non-user)
	<i>“I was too busy I guess that is a reason but also I didn’t want to, I probably just didn’t want to, I didn’t feel like from a personal point of view that I really wanted to wear that around” (#12, male managerial staff, non-user)</i>
The perceived influence of others on LUMOback use	<i>“I remember people would just go oh yeah I am wearing that but then you know sort of forgot about it.” (#21, male team leader, infrequent user)</i>  <i>“we didn't really talk about it much as a group it was sort of like incidental sort of conversation” (#27, female general staff, frequent user)</i>
Suggested improvements in an activity tracker	<i>“for me it is comfort and something that I don't really have to think about because it's just there” (#25, female general staff, infrequent user)</i>

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