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| --- | --- | --- | --- | --- | --- | --- |
| **Supplementary Table 1: Description of studies and cross-sectional data from participant samples (total n=767)** | | | | | | |
| *Study* | *Sample size* | *Measures* | | | | *Details* |
| *Questionnaire* | *Sedentary behaviour* | *Exercise motivation* | *Mental/ physical health* |
| Vancampfort et al1 | 56 | IPAQ | - | BREQ-2 | *-* | *Country*: Belgium  *Diagnosis*: First Episode Psychosis (n=56)  *Sex*: Female (n=20); Male (n=36)  *Demographics* *(males and females respectively)*  *Age*: M=25.0 (SD=3.7) and M=23.7 (SD=3.9) years  *BMI*: M=23.3 (SD=4.1) and 24.4 (SD=4.1) kg/m2 |
| Vancampfort et al2,3 | 165 | IPAQ | - | BREQ-2 | *-* | *Country*: Belgium  *Diagnoses*: Major depressive disorder (n=96); Bipolar disorder (n=69)  *Sex*: Female (n=105); Male (n=60)  *Demographics*  *Age*: M=45.6 (SD=14.2) years  *BMI*: M=25.2 (SD=5.0) kg/m2 |
| Vancamfort et al4 | 48 | SIMPAQ | - | BREQ-3 | - | *Country*: Uganda  *Diagnosis*: Psychotic disorder (n=48)  *Sex*: Female (n=24); Male (n=24)  *Demographics*  *Age*: M=33.3 (SD=9.6) years  *BMI*: M=21.8 (SD=2.9) kg/m2 |
| Vancampfort et al5 | 50 | SIMPAQ | - | BREQ-3 | *-* | *Country*: Uganda  *Male* (n=50)  *Diagnoses*: Alcohol use disorder  *Demographics*  *Age*: M=33.0 (SD=10.7) years  *BMI*: M=21.8 (SD=2.9) kg/m2 |
| Seymour et al (n=94)6  (some results unpublished) | 239 | 2PAQ | - | BREQ-3 | Medical screen; K6 | *Country*: Australia  *Sex:* Female (n=142); Male (n=97)  *Diagnoses*: Psychotic disorder (n=69); Affective disorder (n=131); Anxiety disorder (n=10); Other (n=11)  *Demographics*  *Age*: M=41.5 (SD=8.6) years  *BMI*: M=35.6 (SD=12.9) kg/m2 |
| Korman et al7 | 13 | SIMPAQ | SIMPAQ | BREQ-2 | Medical screen; BPRS | *Country*: Australia  *Sex:* Female (n=4); Male (n=9)  *Diagnoses*: Psychotic disorder (n=12); Affective disorder (n=1)  *Demographics*  *Age*: M=32.3 (SD=8.1) years  *BMI*: M=28.0 (SD=4.9) kg/m2 |
| Williams et al8 | 40 | IPAQ  Accelerometry | IPAQ\_SF  Accelerometry | BREQ-2 | *-* | *Country*: England  *Sex:* Female (n=22); Male (n=18)  *Diagnoses*: Psychotic disorder (n=31); Affective disorder (n=6); missing (n=3)  *Demographics*  *Age*: M=43.3 (SD=8.2) years  *BMI*: M=32.4 (SD=6.6) kg/m2 |
| Korman et al9 | 42 | SIMPAQ  Accelerometry | SIMPAQ  Accelerometry | BREQ-2 | Medical screen; BPRS | *Country*: Australia  *Sex:* Female (n=9); Male (n=33)  *Diagnoses*: Psychotic disorder (n=39); Affective disorder (n=3); Substance use disorder (n=1)  *Demographics*  *Age*: M=33.3 (SD=9.4) yrs  *BMI*: M=29.3 (SD=6.5) kg/m2 |
| Chapman et al10 (results unpublished) | 69 | SIMPAQ  Accelerometry | SIMPAQ  Accelerometry | BREQ-3 | Medical screen; K6 | *Country*: Australia  *Sex:* Female (n=27); Male (n=42)  *Diagnoses*: Psychotic disorder (n=43); Affective disorder (n=18); Other (n=8)  *Demographics*  *Age*: M=35.9 (SD=10.5) years  *BMI*: M=31.9 (SD=7.9) kg/m2 |
| Korman et al (unpublished) | 49 | SIMPAQ  Accelerometry | SIMPAQ  Accelerometry | BREQ-3 | Medical screen; BPRS | *Country*: Australia  *Sex:* Female (n=13); Male (n=36)  *Diagnoses*: Psychotic disorder (n=46); Affective disorder (n=3)  *Demographics*  *Age*: M=32.8 (SD=10.4) years  *BMI*: M=32.2 (SD=8.2) kg/m2 |

A graph of a number of dots

Description automatically generated with medium confidence

**Supplementary Figure 1:** Accelerometer-derived moderate-to-vigorous physical activity (MVPA; n=137) was correlated with self-reported MVPA (r=0.406, p<0.001; left panel), but not Relative Autonomy Index (p=0.44; right panel). The regression of accelerometer-derived MVPA against self-reported MVPA is plotted with the standard error of the mean (left).

A comparison of a graph

Description automatically generated with medium confidence

**Supplementary Figure 2:** Accelerometer-derived sedentary behaviour (SB; n=139) was correlated with self-reported SB (r=0.347, p<0.001; left panel), but not Relative Autonomy Index (p=0.09; right panel). The regression of accelerometer-derived SB against self-reported SB is plotted with the standard error of the mean (left).

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