



## **‘ReachOut health-tracking cohort study’, 2016-2017**

### **‘goAct\_monitoring’ dataset**

<b>user.id</b>	<b>Unique participant ID number assigned by study platform on registration</b>
Width:	4
Decimal:	0
Variable Type:	numeric
Variable Measure:	nominal
	Based upon 922 valid cases out of 922 total cases
<b>measurement_date_time</b>	<b>The time and date when data was manually entered into goAct platform (dd/mm/yyyy hr:min:sec)</b>
Width:	23
Decimal:	0
Variable Type:	string
Variable Measure:	nominal
	Based upon 922 valid cases out of 922 total cases
<b>mood_percentage</b>	<b>Participant answer to the question: ‘How are you feeling today?’ (%)</b>
Width:	3
Decimal:	0
Variable Type:	numeric
Variable Measure:	scale
	Based upon 597 valid cases out of 922 total cases
	<ul style="list-style-type: none"><li>• Mean: 57.1</li><li>• Median: 59.0</li><li>• Mode: 50.0</li><li>• Standard Deviation: 18.75</li></ul>
<b>energy_percentage</b>	<b>Participant answer to the question: ‘How is your energy today?’ (%)</b>
Width:	3
Decimal:	0
Variable Type:	numeric

Variable Measure:

scale

Based upon 597 valid cases out of 922 total cases

- Mean:
- Median:
- Mode:
- Standard Deviation:

### **rest\_percentage**

**Participant answer to the question: 'How well did you sleep last night?' (%)**

Width:

3

Decimal:

0

Variable Type:

numeric

Variable Measure:

scale

Based upon 590 valid cases out of 922 total cases

- Mean: 55.8
- Median: 58.0
- Mode: 50.0
- Standard Deviation: 18.71

### **vigorous**

**Participant answer to the question: 'How long did you engage in vigorous exercise yesterday?' (minutes)**

Width:

3

Decimal:

0

Variable Type:

numeric

Variable Measure:

scale

Based upon 616 valid cases out of 922 total cases

- Mean: 8.0
- Median: 0.0
- Mode: 0.0
- Standard Deviation: 19.32

### **moderate**

**Participant answer to the question: 'How long did you engage in mild/moderate exercise yesterday?' (minutes)**

Width:

3

Decimal:

0

Variable Type:

numeric

Variable Measure:

scale

Based upon 616 valid cases out of 922 total cases

- Mean: 43.4
- Median: 22.5
- Mode: 0.0

- Standard Deviation: 67.28

#### fruit\_and\_vege\_consumed

**Participant answer to the question: 'How many serves of fruits and vegetables did you have yesterday?'**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: scale  
 Based upon 620 valid cases out of 922 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	None	42	4.6%
2	1-2 serves	338	36.7%
3	3-4 serves	166	18.0%
4	5+ serves	74	8.0%
.(M)	-	302	32.8%

#### alcohol\_consumed

**Participant answer to the question: 'How much alcohol did you consume yesterday?'**

Width: 1  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: scale  
 Based upon 620 valid cases out of 922 total cases

<i>Value</i>	<i>Label</i>	<i>Unweighted frequency</i>	<i>%</i>
1	None	547	59.3%
2	1-2 std drinks	60	6.5%
3	3-4 std drinks	5	0.5%
4	5+ std drinks	8	0.9%
.(M)	-	302	32.8%

#### weight\_value

**Participant answer to the question: 'How much do you weigh?' (kilograms)**

Width: 5  
 Decimal: 0  
 Variable Type: numeric  
 Variable Measure: scale  
 Based upon 243 valid cases out of 922 total cases

Mean: 72.1  
 Median: 65.0  
 Mode: 65.0  
 Standard Deviation: 25.95