# **========================== README FOR “Hourly\_SedTime.csv” ==========================**

## **1. Description**

This dataset contains physical activity data used for analysis in “Analysing longitudinal wearable physical activity data using Non-stationary Time Series models”.

## **2. Data Source**

Full details of the methodology for collecting the minute resolution data are provided in the published study protocol:

Peacock OJ, Western MJ, Batterham AM, Stathi A, Standage M, Tapp A, Bennett P, Thompson D. Multidimensional individualised Physical ACTivity (Mi-PACT)--a technology-enabled intervention to promote physical activity in primary care: study protocol for a randomised controlled trial. Trials. 2015 Aug 28;16:381. doi: 10.1186/s13063-015-0892-x. PMID: 26314577; PMCID: PMC4552151.

## **3. Data Dictionary**

|  |  |  |
| --- | --- | --- |
| Column Name | Data Type | Description |
| IniMin | Integer | Start minute in integer from 0 to 59 |
| EndMin | Integer | End minute in integer from 0 to 59 |
| n | Integer | number of minutes summarised in the time interval |
| KCal | Integer | Kilocalories burned during the time interval |
| Day | Integer | Day number in the programme in integer from 1 to 91 |
| ID | Integer | Patient identifier |
| Sedentary | Integer | Number of minutes spent in sedentary intensity within the time interval |
| RMR\_Hr | Integer | Resting Metabolic Rate at hourly resolution |
| Period | Character | “Baseline” or “Intervention” |

## **4. Data Processing and Usage**

The raw data was processed using the statistical software R (version 4.3.0). The resulting dataset is saved in CSV format and can be opened with any software that supports CSV files, including Microsoft Excel.