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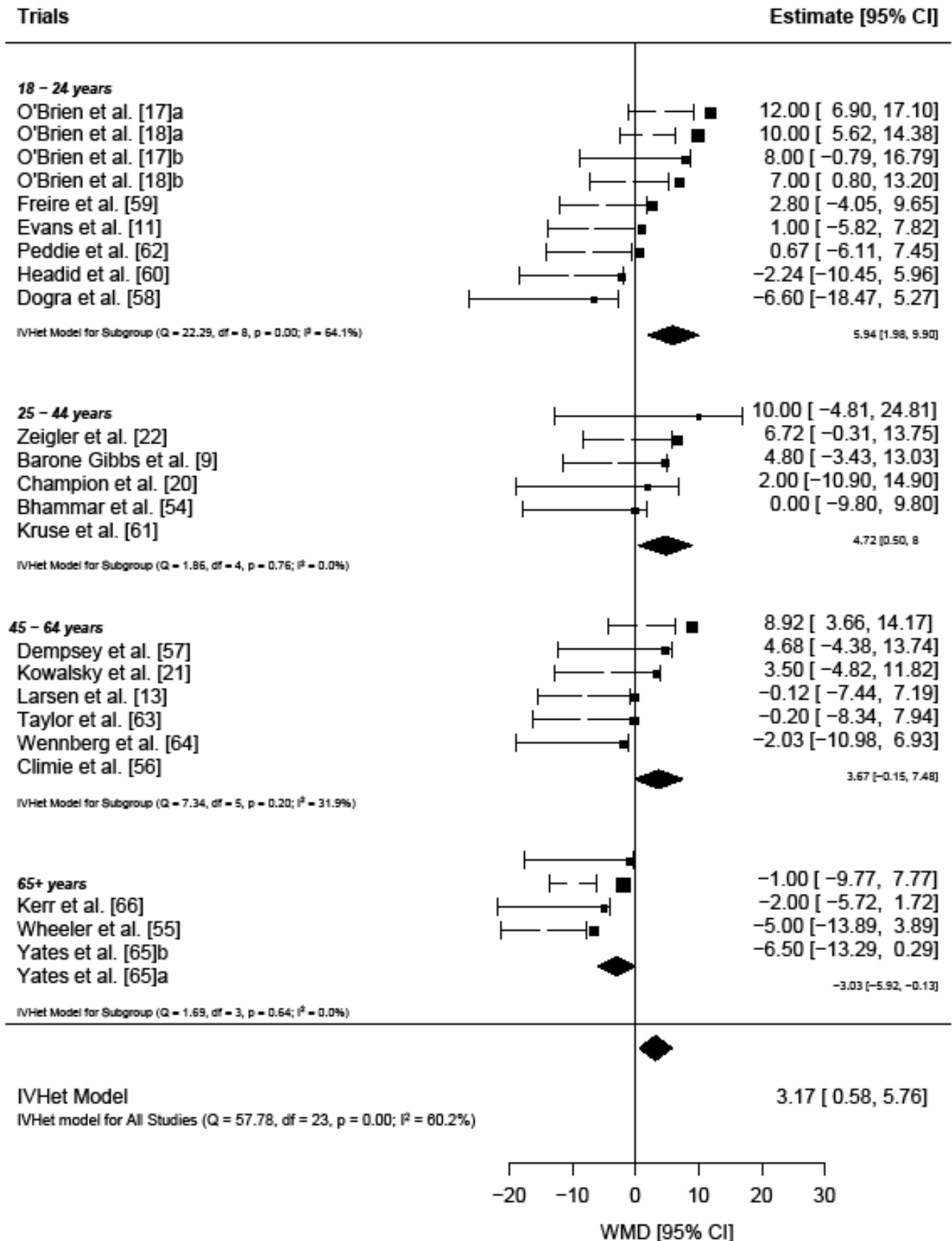
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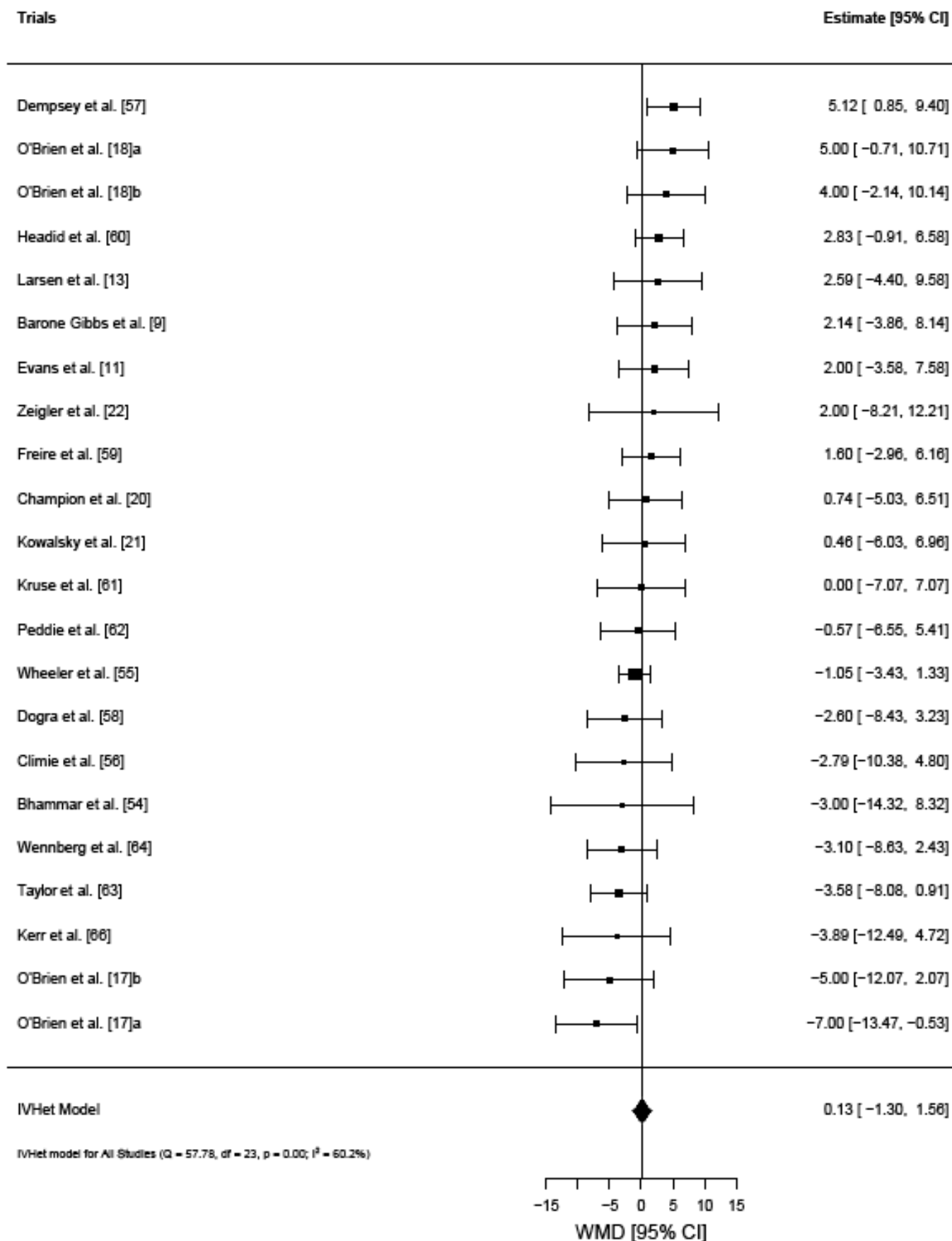
## **Appendix 1 Key words for literature search**

**Full list of keywords:** (sitting OR prolonged sitting OR sedentary OR sedentary behaviour) AND (blood pressure OR flow-mediated dilation OR cardiometabolic risk OR cardiovascular OR hemodynamic OR pulse wave velocity OR vascular OR arterial stiffness OR heart rate OR hypertension OR endothelial function OR blood flow OR metabolic OR lipids OR cholesterol OR triglycerides OR glucose OR insulin)

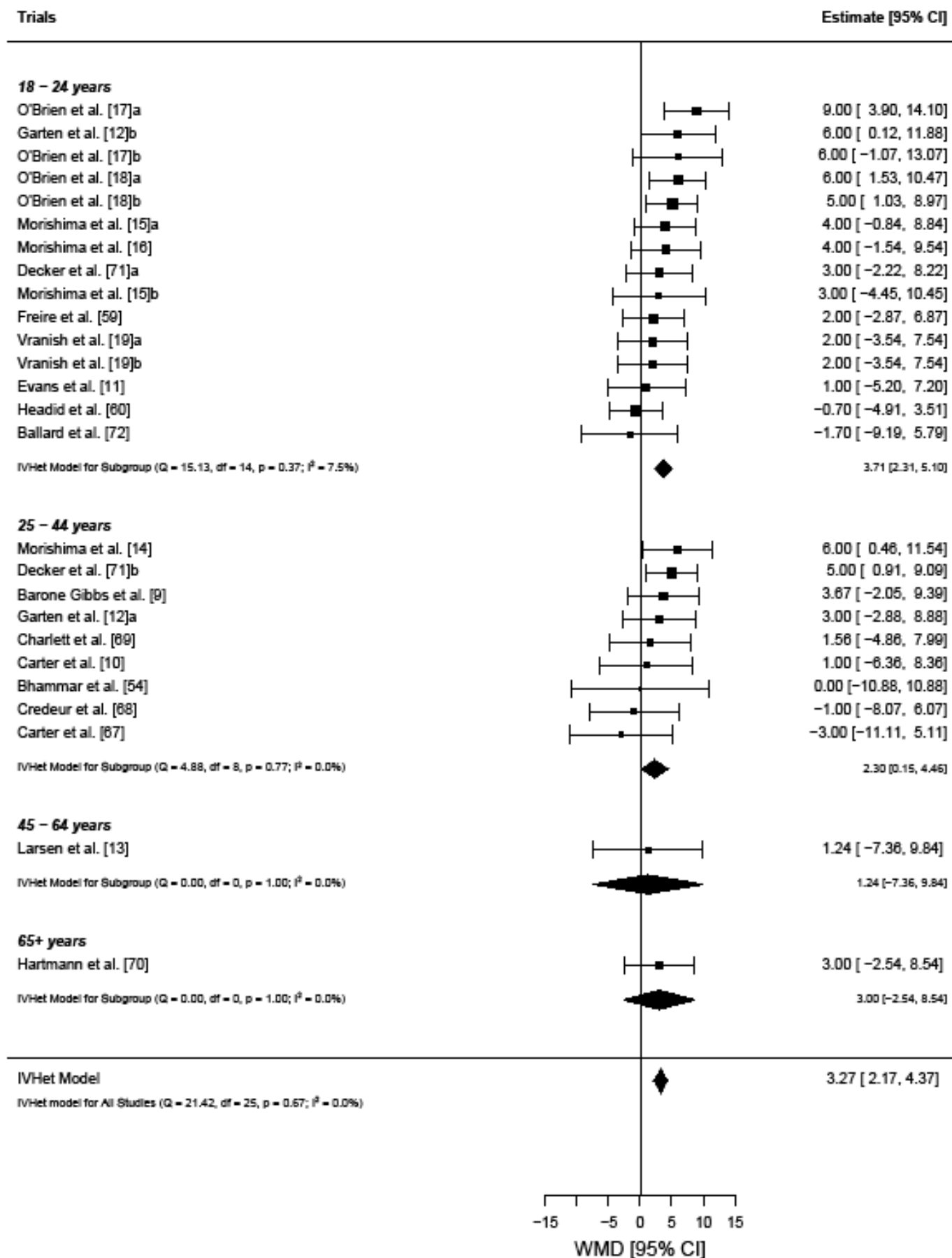
Appendix 2 Forest plot for meta-analysis of the effect of uninterrupted sitting on systolic blood pressure



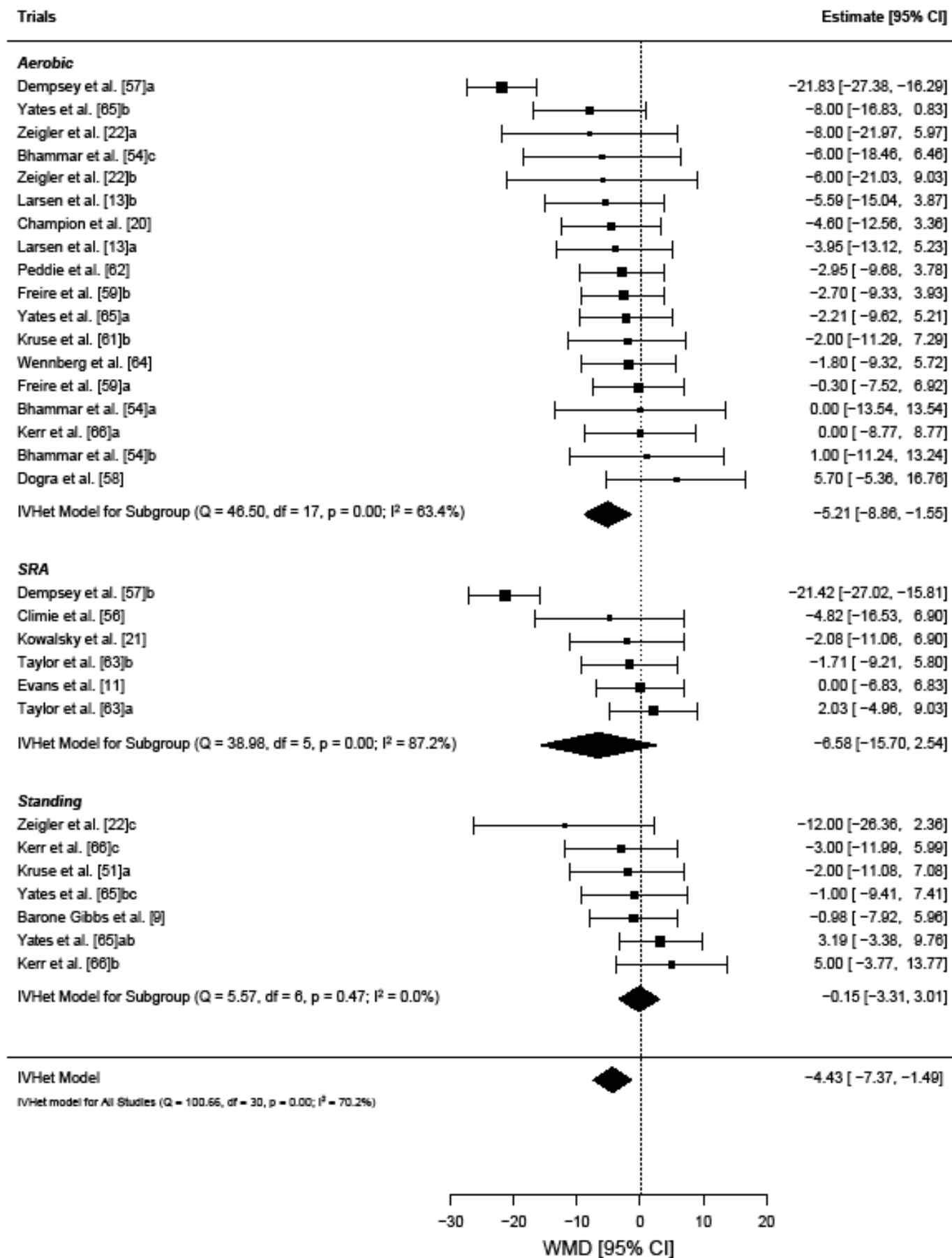
### Appendix 3 Forest plot for meta-analysis of the effect of uninterrupted sitting on diastolic blood pressure



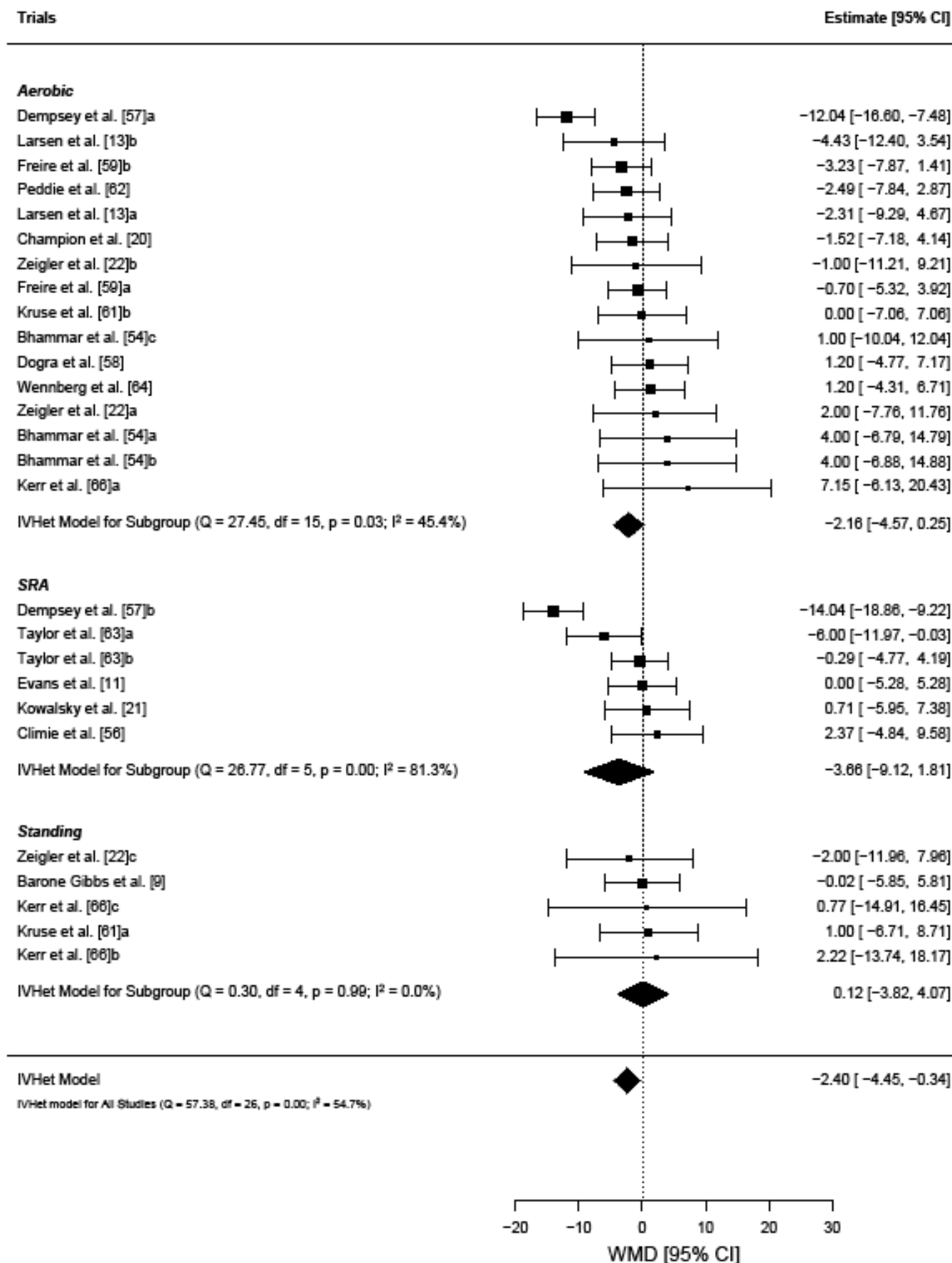
Appendix 4 Forest plot for meta-analysis of the effect of uninterrupted sitting on mean arterial pressure



Appendix 5 Forest plot for meta-analysis of the effect of interrupted sitting on systolic blood pressure



Appendix 6 Forest plot for meta-analysis of the effect of interrupted sitting on diastolic blood pressure



**Appendix 7 Subgroup analysis of mean arterial pressure, systolic, and diastolic blood pressure by assessment type**

	Pooled Effect			P Value	SMD	Heterogeneity			Asymmetry		Quality	Trials	Sample
	WMD	LCI	UCI			Q	P Value	I <sup>2</sup>	LFK				
<b>MAP</b>													
Overall	3.27	2.17	4.37	<0.001	0.37	21.4	0.67	0	-0.75	6	26	331	
Discrete	2.52	1.22	3.82		0.29	11.9	0.86	0			19		
Continuous	5.18	3.10	7.26		0.65	5.05	0.54	0			7		
<b>SBP</b>													
Overall	3.17	0.58	7.76	0.016	0.14	57.4	<0.001	60	-0.21	8	24	450	
Discrete	0.72	-1.47	2.92		0.03	25.2	0.09	33			18		
Continuous	9.46	6.79	12.1		1.07	3.01	0.70	0			6		
<b>DBP</b>													
Overall	0.13	-1.30	1.56	0.864	0.00	27.6	0.15	24	-0.43	8	22	390	
Discrete	0.17	-1.14	1.47		0.01	16.2	0.37	7			16		
Continuous	-0.10	-4.76	4.56		-0.02	11.4	0.04	56			6		

Abbreviations: WMD, weighted mean difference; LCI, lower confidence interval; UCI, upper confidence interval; SMD, standardised mean difference; LFK, Luis Furuya-Kanamori Index. SMD: Trivial, small, moderate and large effect sizes are defined as <0.2, 0.2, 0.5, and 0.8 respectively. LFK: <1 indicates no asymmetry, 1 to 2 suggests minor asymmetry, and >2 indicates major asymmetry. I<sup>2</sup>: 25%, 50%, and 75% represent low, moderate, and high heterogeneity respectively.