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Paterson, Craig ORCID logoORCID: <https://orcid.org/0000-0003-3125-9712>, Fryer, Simon M ORCID logoORCID: <https://orcid.org/0000-0003-0376-0104>, Stone, Keeron J ORCID logoORCID: <https://orcid.org/0000-0001-6572-7874>, Zieff, Gabriel H, Turner, Louise A ORCID logoORCID: <https://orcid.org/0000-0002-0153-7075> and Stoner, Lee (2022) The effects of acute exposure to prolonged sitting, with and without interruption, on peripheral blood pressure among adults: A systematic review and meta-analysis. Sports Medicine, 52 (6). pp. 1369-1383. doi:10.1007/s40279-021-01614-7

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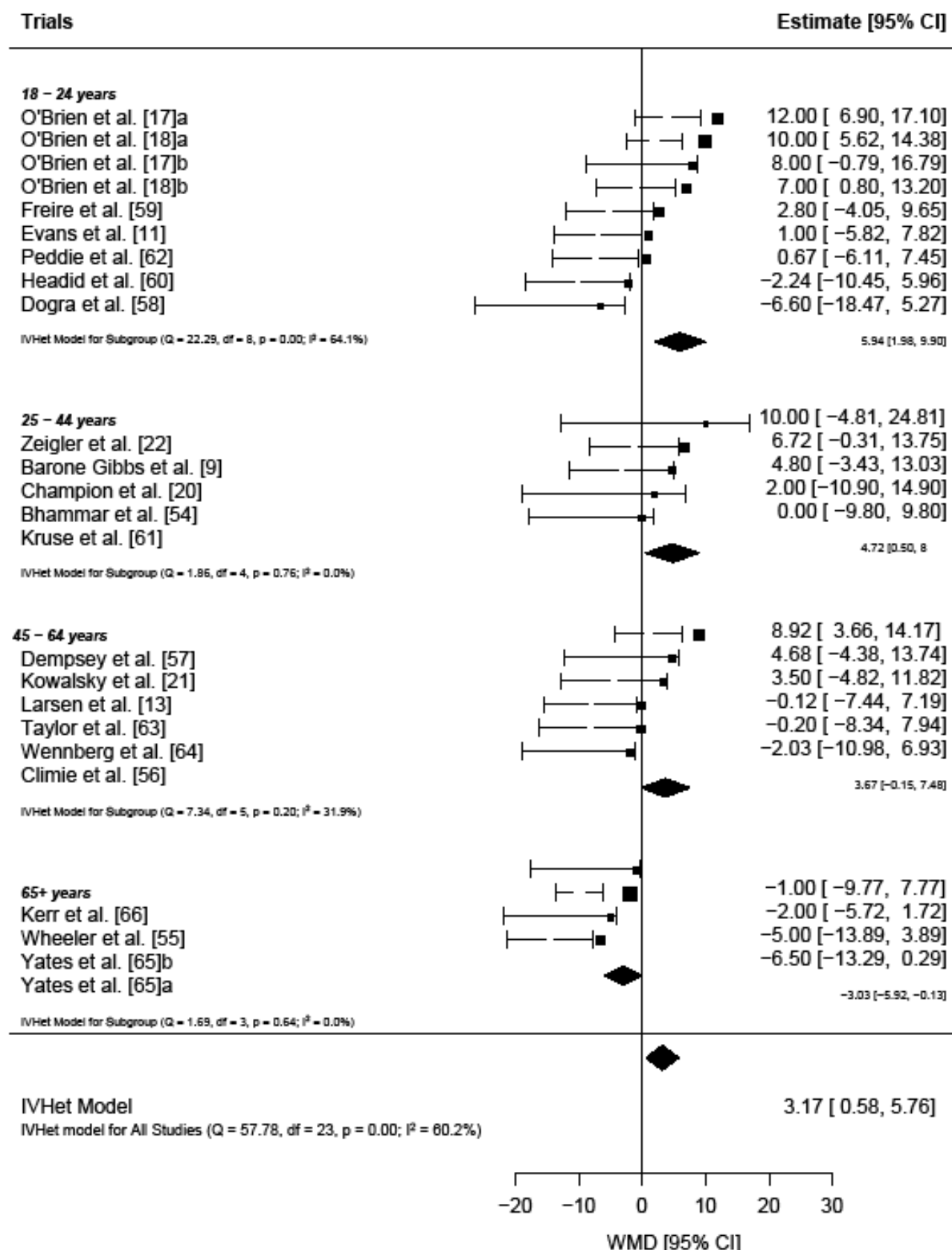
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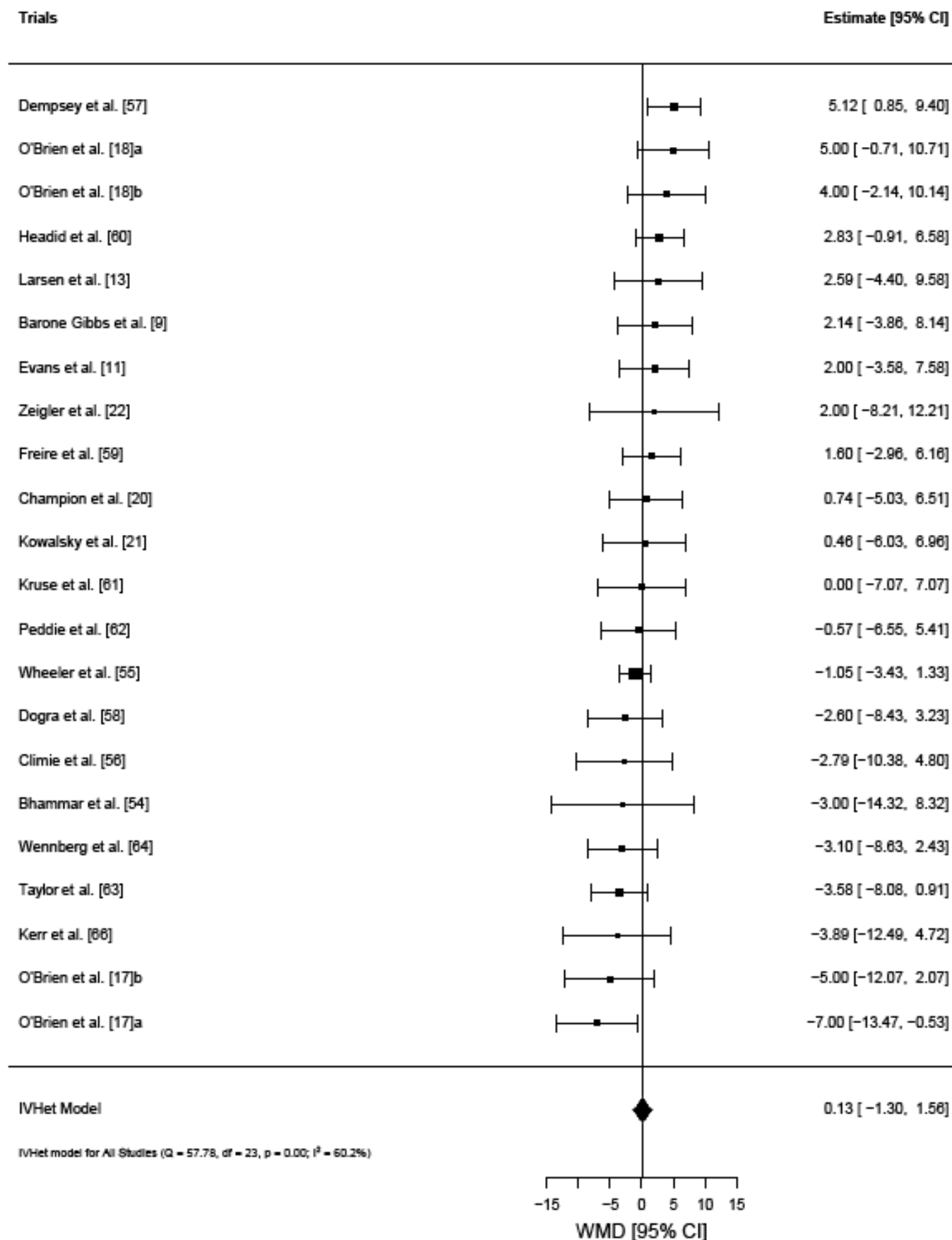
Appendix 1 Key words for literature search

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)

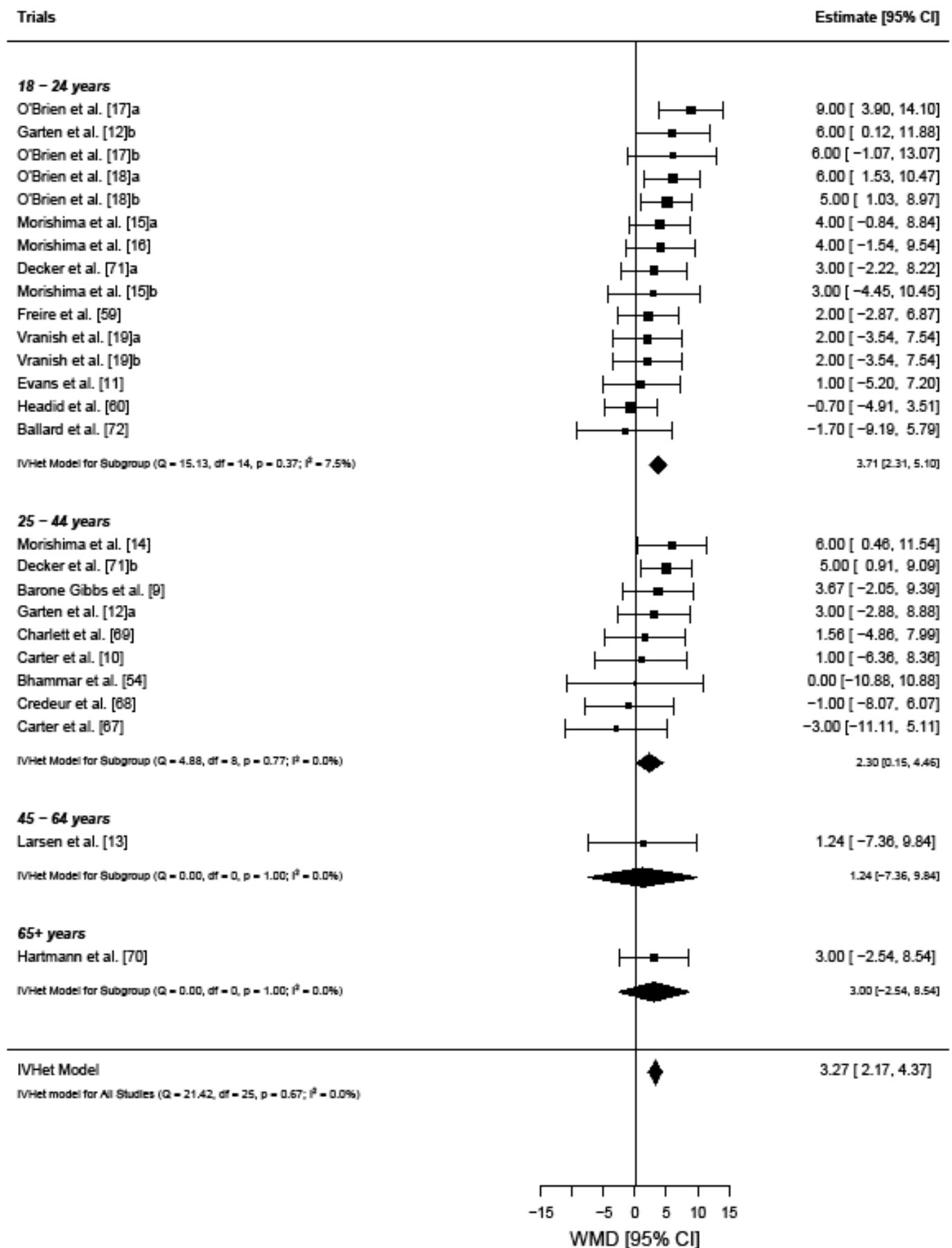
Appendix 2 Forest plot for meta-analysis of the effect of uninterrupted sitting on systolic blood pressure



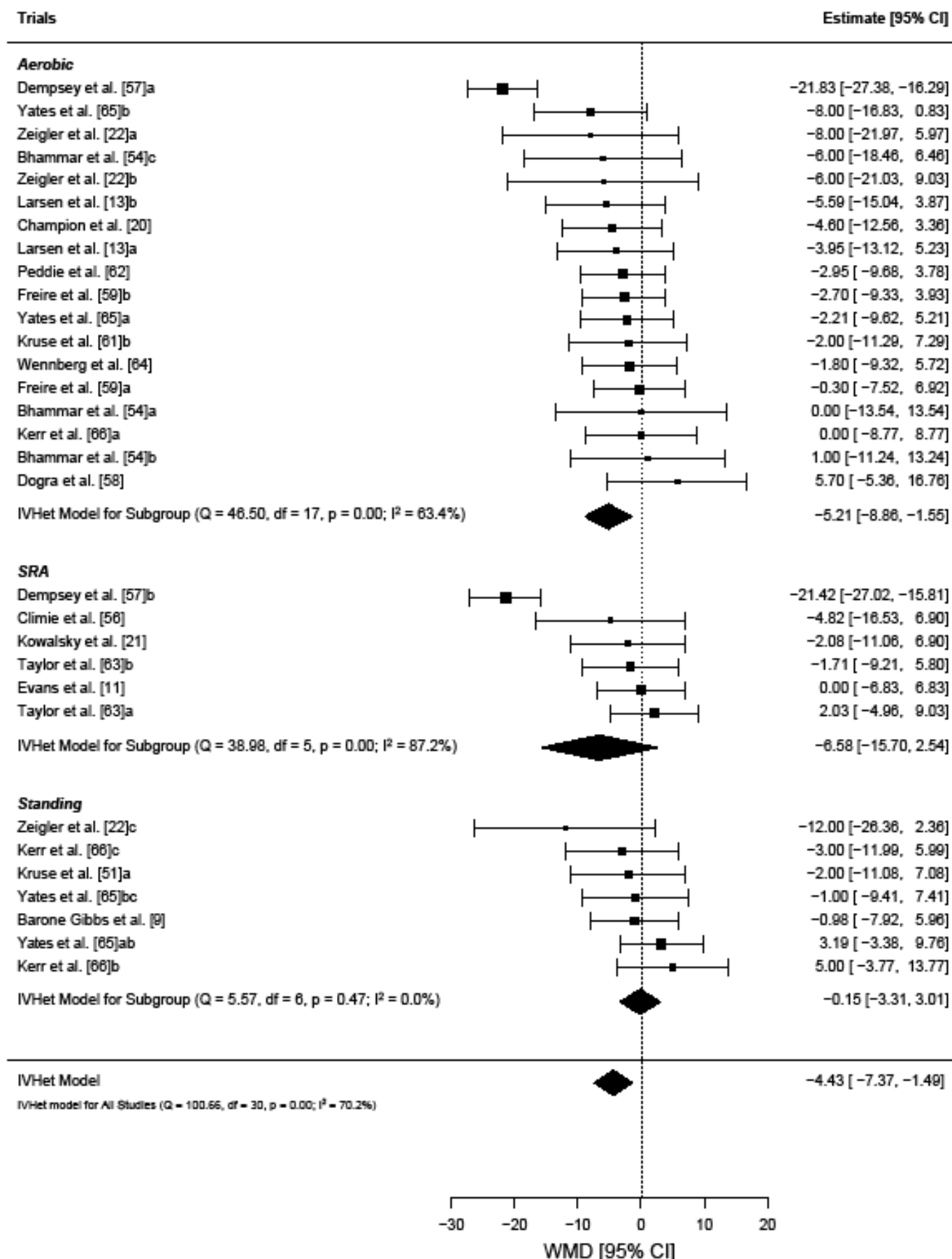
Appendix 3 Forest plot for meta-analysis of the effect of uninterrupted sitting on diastolic blood pressure



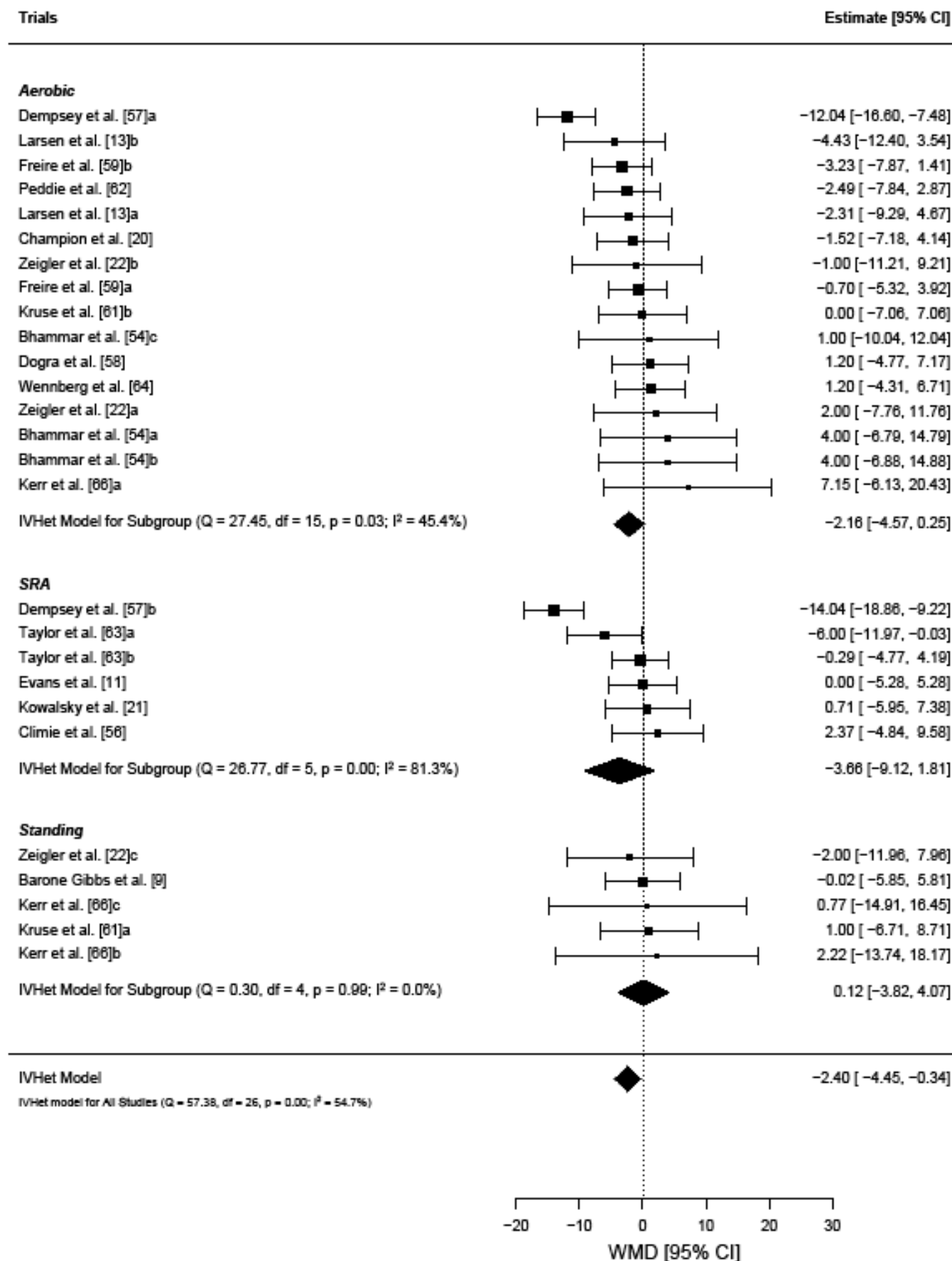
Appendix 4 Forest plot for meta-analysis of the effect of uninterrupted sitting on mean arterial pressure



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		I ²	Asymmetry	Quality	Trials	Sample
	WMD	LCI	UCI			Q	P Value		LFK			
MAP												
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	
SBP												
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	
DBP												
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. I2: 25%, 50%, and 75% represent low, moderate, and high heterogeneity respectively.