



CORRECTION

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The effect of a pedometer-based community walking intervention "Walking for Wellbeing in the West" on physical activity levels and health outcomes: a 12-week randomized controlled trial

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Correction

Since publication of our article[1] we have found some imputation errors in the main text and Table Four (Table 1) and Table Five (Table 2) corresponding to the 12-week results. The corrections are as follows:

In the results section of the manuscript the median differences presented in the text for the Wilcoxon's signed-rank tests in the intervention group should be,

1. Leisure minutes walked: "60" not "100"
2. Weekday sitting: "- 300" not "1200"
3. Weekend sitting: "- 120" not "360"
4. Total sitting: "- 300" not "1680"

In the results section of the manuscript the median difference presented for the Mann Whitney U test at week 12 between groups should be,

1. Total minutes walked: "135" not "57.5"

As a consequence of the amendment to the median leisure minutes walked in the intervention group the following sentence from the discussion should be corrected as follows:

Original Sentence

"The increase observed in the step-count data was supported by the self-reported results of the IPAQ; a significant increase in reported minutes of leisure time walking was found in the intervention group (median increase of 100 minutes per/week)."

Amended Sentence

"The increase observed in the step-count data was supported by the self-reported results of the IPAQ; a significant increase in reported minutes of leisure time walking

was found in the intervention group (median increase of 60 minutes per/week)."

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References

1. Baker G, Gray SR, Wright A, Fitzsimons C, Nimmo M, Lowry R, Mutrie N: **The effect of a pedometer-based community walking intervention "Walking for Wellbeing in the West" on physical activity levels and health outcomes: a 12-week randomized controlled trial.** *Int J Behav Nutr Phys Act* 2008, **5**:44.

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Table 1: Descriptive statistics for age, pedometer step-counts and health related outcomes at baseline and week 12 for intervention and control group.

	Intervention Group (n = 39)		Control Group (n = 40)	
	Baseline	Week 12	Baseline	Week 12
Age (years)	47.3 (9.3)	a	51.2 (7.9)	a
Steps/day	6802 (3212)	9977 (4669)	6924 (3201)	7078 (2911)
PANAS positive	31.2 (6.7)	33.5 (7.4)	31.7 (6.9)	31.3 (7.6)
PANAS negative	20.1 (7.2)	19.1 (6.9)	20.2 (8.1)	18.8 (7.5)
EQ-5D tariff	0.88 (0.12)	0.89 (0.11)	0.87 (0.12)	0.89 (0.12)
EQ VAS	65.4 (18.3)	69.5 (17.8)	69.8 (19.7)	70.7 (18.6)
Height (m) ^b	1.66 (0.08)	a	1.64 (0.08)	a
Body Mass (kg) ^b	78.9 (15.6)	79.1 (15.2)	79.5 (18.1)	79.5 (17.8)
BMI (kg/m ²) ^b	28.5 (4.8)	28.6 (4.8)	29.4 (6.3)	29.5 (6.2)
Waist circumference (cm) ^b	89.5 (12.6)	89.8 (12.7)	90.4 (14.6)	90.9 (15.6)
Hip circumference (cm) ^b	108.9 (8.8)	108.5 (9.7)	110.1 (12.4)	110.2 (11.8)
Waist:Hip Ratio ^b	0.82 (0.08)	0.83 (0.08)	0.82 (0.09)	0.82 (0.09)
% body fat ^b	30.7 (4.4)	31.2 (4.9)	31.8 (5.6)	32.5 (6.3)
Systolic blood pressure (mm Hg) ^b	118.2 (17.9)	119.2 (17.0)	119.9 (15.9)	121.4 (15.1)
Diastolic blood pressure (mm Hg) ^b	75.1 (11.4)	76.3 (12.2)	75.5 (11.8)	78.2 (11.8)
Heart Rate (beats.min ⁻¹) ^c	68.6 (7.2)	69.5 (8.3)	67.9 (8.6)	68.9 (9.0)
Total Cholesterol (mmol.l ⁻¹) ^c	5.4 (1.3)	5.4 (1.2)	5.5 (1.1)	5.5 (1.0)
HDL (mmol.l ⁻¹) ^c	1.3 (0.3)	1.3 (0.3)	1.4 (0.4)	1.4 (0.4)
Chol:HDL Ratio ^c	4.2 (1.1)	4.2 (1.1)	4.1 (1.2)	4.1 (1.3)

Values are mean (M) and standard deviation (SD).

^a not measured at week 12

^b anthropometric measures: (n = 37) for intervention group, (n = 39) for control group

^c blood measures: (n = 32) for intervention group, (n = 34) for control group

Note: there were no significant differences between the intervention and control group for any variable at baseline

Table 2: Descriptive statistics for IPAQ variables at baseline and week 12.

	Intervention Group (n = 39)		Control Group (n = 40)	
	Baseline	Week 12	Baseline	Week 12
Work-related PA				
Vigorous PA	0 (1080)	0 (1800)	0 (720)	0 (540)
Moderate PA	0 (1500)	0 (900)	0 (1500)	0 (600)
Walking	0 (1620)	0 (2520)	0 (1350)	0 (1650)
Total	0 (3000)	30 (4680)	0 (2550)	0 (2730)
Transportation PA				
Bicycling	0 (0)	0 (0)	0 (40)	0 (40)
Walking	105 (1680)	140 (900)	80 (1680)	70 (1680)
Total	105 (1680)	140 (900)	80 (1720)	70 (1720)
Housework PA				
Vigorous outside home	0 (840)	0 (840)	0 (750)	0 (360)
Moderate outside home	0 (2100)	0 (1680)	0 (1260)	0 (840)
Moderate inside home	210 (2100)	150 (840)	180 (1680)	120 (1680)
Total	360 (4200)	300 (2520)	255 (2640)	202.5 (2520)
Leisure-time PA				
Walking	40 (840)	100 (840)	35 (600)	16.25 (840)
Vigorous PA	0 (180)	0 (120)	0 (120)	0 (600)
Moderate PA	0 (360)	0 (60)	0 (180)	0 (180)
Total	60 (840)	120 (840)	60 (600)	60 (840)
Combined Domains				
Total Walking	225 (3360)	290 (2850)	167.5 (1740)	155 (1925)
Total Moderate PA	420 (4380)	405 (2760)	360 (2640)	262.5 (2590)
Total Vigorous PA	0 (1080)	0 (1800)	0 (720)	0 (600)
Total PA	690 (6300)	840 (5415)	640 (4300)	577.5 (4270)
Time Spent Sitting				
Weekday	1500 (3750)	1200 (3900)	1500 (3450)	1500 (2850)
Weekend	480 (1320)	360 (1200)	600 (1200)	600 (1320)
Total	1980 (4650)	1680 (5100)	2130 (4170)	2100 (3630)

Values are median (*Mdn*) and range (*r*).