**Table 1**

*Descriptive statistics of the demographic and health-related characteristics of participants*

|  |  |  |  |
| --- | --- | --- | --- |
| Variable | N=288 |  |  |
|  |  | Proportion (%) | Mean (SD) |
| Sex |  |  |  |
| Female | 282 | 59 |  |
| Male | 282 | 41 |  |
| Age (years) |  |  | 60 () |
| Most painful joint |  |  |  |
| hip |  | 38/ |  |
| ankle |  | / |  |
| knee |  | 48/ |  |
| foot |  | 25/ |  |
| Multi-joint pain |  |  |  |
| Intrinsic motivation |  |  | 2.3 () |
| Extrinsic motivation |  |  | 1.0 () |
| Risk aversion |  |  |  |
| Loss aversion |  |  |  |
| Pain |  |  | 5.2 () |
| Function |  |  | 5.1 () |
| NICE Osteoarthritis diagnosis |  | 162/282 (57) |  |
| Physical activity (MET-minutes/week) |  |  | 2903 () |
| Physical activity category |  |  |  |
| Low |  | 119/251 (47) |  |
| Moderate |  | 86/251 (34) |  |
| High |  | 46/251 (18) |  |
| BMI (kg/m2) |  |  | 29.12 () |
| Income |  |  |  |
| $0-18,200 |  | 14/282 (5) |  |
| $18,201-37,000 |  | 66/282 (23) |  |
| $37,001-$80,000 |  | 108/282 (38) |  |
| $80,001-180,000 |  | 53/282 (19) |  |
| 180,001+ |  | 19/282 (7) |  |
| Don’t know/ Prefer not to answer |  | 22/282 (8) |  |
| Location |  |  |  |
| Western Australia Northern Territory |  | 22 |  |
| South Australia |  | 30 |  |
| Queensland |  | 80 |  |
| New South Wales |  | 60 |  |
| Victoria |  | 78 |  |
| Tasmania |  |  |  |
| Australian Capital Territory |  |  |  |
| Prefer not to say |  |  |  |