

Table 1 The thematic structure of patients factors which act as barriers to physical activity participation

| Sub-theme (n=3) | Code (n=9) | Frequency response rate | | | Example Unit |
|--------------------|-------------------------------|--------------------------|-----------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| | | Response Breakdown | N | % | |
| Situational | Money | <i>Total</i> | 11/108 | 10 | "lack of money and health insurance (many cannot hold down a job)" (P142, ANTARCTICA) |
| | | <i>Nationality</i> | | | "financial problems" (P131, BELGIUM) |
| | | DENMARK | 0/4 | 0 | "funding would be an issue" (P34, GREAT BRITIAN) |
| | | UNITED STATES OF AMERICA | 2/12 | 17 | "money and inability to deal with finances" (P149, GREAT BRITIAN) |
| | | BELGIUM | 1/19 | 5 | "funding/payment source" (P128, UNITED STATES OF AMERICA) |
| | | GREAT BRITIAN | 7/38 | 18 | "resources available and affordable." (P135, UNITED STATES OF AMERICA) |
| | Medication side effects | <i>Total responses</i> | 29/108 | 27 | "side-effects of medication" (P3, BELGIUM) |
| | | <i>Nationality</i> | | | "The side effects of the medication also causes physical non-being and leads to less physical activity." (P13, BELGIUM) |
| | | DENMARK | 1/4 | 25 | " Effects of medication (lack of energy, exhausted)" (P18, BELGIUM) |
| | | UNITED STATES OF AMERICA | 4/12 | 33 | "it's difficult for them to undergo the activities because of their situation in such they are depending on the medication" (P79, MALAYSIA) |
| | | BELGIUM | 6/19 | 32 | "They take less initiative because of the medication" (P51, NETHERLANDS) |
| | Fluctuation of Mood / illness | <i>Total responses</i> | 20/108 | 19 | "fluctuations in their psychological well-being" (P22, BRAZIL) |
| | | <i>Nationality</i> | | | "fluctuation in mood" (P77, GREAT BRITIAN) |
| | | DENMARK | 0/4 | 0 | "They are in a very bad shape, cognitive and physically, physiologically." (P17, OMAN) |
| | | UNITED STATES OF AMERICA | 7/12 | 58 | "patient's symptoms (hallucination, delusions) affecting their cognitive skills needed for motor planning" (P6, SINGAPORE) |
| BELGIUM | | 0/19 | 0 | "Mood is also an issue, sometimes it is not possible to engage with the patient." (P1, GREAT BRITIAN) | |
| GREAT BRITIAN | 10/38 | 26 | "variable mood state affecting compliance" (P91, GREAT BRITIAN) | | |

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| Internal - psychologi- cal | Motivation | <i>Total responses</i> | 49/108 | 45 | "lack of motivation (I have seen very driven people lose their motivation for anything when schizophrenia hit them)" (P142, ANTARCTICA) |
| | | <i>Nationality</i> | | | "low motivation" (P3, BELGIUM) |
| | | DENMARK | 1/4 | 25 | "Patients are more likely to stay in bed and they have to be strongly motivated to be active." (P11, BELGIUM) |
| | | UNITED STATES OF AMERICA | 4/12 | 33 | "motivation" (P22, BRAZIL) |
| | | BELGIUM | 13/19 | 68 | "their motivation" (P76, CANADA) |
| | | GREAT BRITIAN | 21/38 | 55 | "Often they are very hard to motivate." (P126, DENMARK) |
| | | | | | "how much a patient is motivated to exercise" (P96, FINLAND) |
| | | | | | "poor motivation." (P44, MACAU) |
| | | | | | " low motivation" (P55, NETHERLANDS) |
| | | | | | "motivation" (P83, NEW ZEALAND) |
| | | | | "First individual barriers - these are mainly around motivation (or lack of) to engage in exercise" (P21, GREAT BRITIAN) | |
| | | | | "motivation of participants" (P128, UNITED STATES OF AMERICA) | |
| | | | | "limited ability to self-motivate due to illness" (P144, UNITED STATES OF AMERICA) | |
| | Negative symptoms | <i>Total responses</i> | 23/108 | 21 | "negative symptoms...Lack of interest in the individual...apathy"(P41, GREAT BRITIAN) |
| | | <i>Nationality</i> | | | "negative symptoms" (P112, DENMARK) |
| | | DENMARK | 2/4 | 50 | "The feeling with the thoughts and emotions mostly aren't good" (P39, NETHERLANDS) |
| | | UNITED STATES OF AMERICA | 1/12 | 8 | "negative symptoms" (P41, GREAT BRITIAN) |
| | | BELGIUM | 5/19 | 26 | "negative symptoms." (P68, BELGIUM) |
| | | GREAT BRITIAN | 12/38 | 32 | "the negative symptoms of the illness" (P75, BELGIUM) |
| | Self esteem / self efficacy /self confidence | <i>Total responses</i> | 12/108 | 11 | "lack of self-esteem" (P142, ANTARCTICA) |
| | | <i>Nationality</i> | | | "low self-esteem" (P3, BELGIUM) |
| | | DENMARK | 1/4 | 25 | "low self-esteem" (P10, BELGIUM) |
| | | UNITED STATES OF AMERICA | 0/12 | 0 | "lack of confidence" (P18, BELGIUM) |
| | | BELGIUM | 3/19 | 16 | "low self esteem often related to weight" (P27, GREAT BRITIAN) |
| | | GREAT BRITIAN | 4/38 | 11 | "lack of self-esteem" (P116, GREAT BRITIAN) |
| | | | | | "low confidence towards engaging in physical activity" (P112, DENMARK) |
| | | | | | "self efficacy" (P118, GREAT BRITIAN) |
| | | | | | "reduced self confidence, feelings of inability to exerciser" (P111, GREAT BRITIAN) |

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| Negative beliefs of PA / Fear of physical activity | <i>Total responses</i> | 13/108 | 12 | "delusions about the body and about exercise" (P131, BELGIUM) "Many patients can hide behind diagnosis, I am too ill to exercise. Some patients can play up to avoid it." (P111, GREAT BRITIAN) "delusional beliefs" (P58, GREAT BRITIAN) |
| | <i>Nationality</i> | | | |
| | DENMARK | 0/4 | 0 | "Also psychotic symptoms, hearing voices been told not to exercise, they will suffer a heart attack etc." (P97, GREAT BRITIAN) |
| | UNITED STATES OF AMERICA | 1/12 | 8 | "patients may have over concern they will injure themselves or suffer from a heart attack." (P151, UNITED STATES OF AMERICA) |
| | BELGIUM | 3/19 | 16 | "health anxieties and fear of injury" (P117, GREAT BRITIAN) |
| | GREAT BRITIAN | 5/38 | 13 | |
| Not understanding the benefits or importance | <i>Total responses</i> | 12/108 | 11 | "lack of knowledge about the health risks" (P10, BELGIUM) "not knowing the importance of physical activity" (P18, BELGIUM) "no awareness of lack of physical activity: not realizing/caring about the risks of little movement in lifestyle" (P65, BELGIUM) |
| | <i>Nationality</i> | | | |
| | DENMARK | | | "lack of education" (P118, GREAT BRITIAN) |
| | UNITED STATES OF AMERICA | 1/4 | 25 | "lack of awareness of benefits" (P27, GREAT BRITIAN) |
| | BELGIUM | 1/12 | 8 | |
| | GREAT BRITIAN | 4/19 | 21 | |
| | | 4/38 | 11 | |
| Internal – physical | <i>Total responses</i> | 7/108 | 7 | " increasing weight by the combination of an sedentary life-style and some neuroleptica (medication)" (P63, BELGIUM) "excess weight" (P4, GREAT BRITIAN) "Also, some institutionalised adults are so overweight and unused to engaging in exercise is difficult to reverse." (P97, GREAT BRITIAN) |
| | <i>Nationality</i> | | | |
| | DENMARK | 0/4 | 0 | "weight gain." (P129, GREAT BRITIAN) |
| | UNITED STATES OF AMERICA | 2/12 | 17 | "weight gain" (P144, UNITED STATES OF AMERICA) |
| | BE | 1/19 | 5 | |
| | GREAT BRITIAN | 4/38 | 11 | |

Table 2 The situational barriers to physical activity participation

| Sub-theme (n=3) | Code (n=6) | Frequency response rate | | | Example Unit |
|-----------------|------------------------------------------------------|-------------------------------|--------|----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | Response Breakdown | N | % | |
| Social support | Lack of HCP esteem, tangible and information support | <i>Total responses</i> | 14/108 | 13 | "lack of support and encouragement to follow through" (P142, ANTARTICA) "It needs a good relationship with them." (P73, BELGIUM) "lack of support from professionals" (P114, DENMARK) "They need all the time accompany throughout their physical actives otherwise they lose motivation" (P148, BELGIUM) |
| | | <i>Nationality</i> DENMARK | 1/4 | 25 | "lack of staffing as need higher staff patient ratio to encourage patient to engage in activity than in general population" (P30, GREAT BRITIAN) "reduced staff numbers" (P46, GREAT BRITIAN) |
| | | UNITED STATES OF AMERICA | 4/12 | 33 | "support which can be resource intensive" (P84, GREAT BRITIAN) |
| | | BE | 2/19 | 11 | "lack of encouragement from other health professionals and carers" (P116, GREAT BRITIAN) |
| | | GREAT BRITIAN | 6/38 | 16 | "lack of social support" (P10, BELGIUM) |
| | Poor social network or lack of social support | <i>Total responses</i> | 9/108 | 8 | "Both in and out of hospital, they often need lots of support to go to activities, a support which is not always available" (P31, DENMARK) "lack of support from friends and family" (P114, DENMARK) |
| | | <i>Nationality</i> DENMARK | 1/4 | 25 | "hey do not get the support they need" (P17, OMAN) |
| | | UNITED STATES OF AMERICA | 2/12 | 17 | "social isolation and no family support" (P47, NEPAL) |
| | | BELGIUM | 2/19 | 11 | "community support" (P83, NEW ZEALAND) |
| | | GREAT BRITIAN | 0/38 | 0 | "social support or lack thereof" (P135, UNITED STATES OF AMERICA) "the patient's tendency towards social isolation" (P146, UNITED STATES OF AMERICA) |

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| Importance of physical activity | Importance considered by HCPs | <i>Total responses</i> | 30/108 | 28 | <p>“Psychiatrists who lead clinical teams are all so risk aware and there is an over emphasis on reducing the risk of aggression and repeat offences... The value of exercise in the fresh air is neglected and totally undervalued by the MDT [multidisciplinary team]. Lack of priority by ward based staff is also important.” (P97, GREAT BRITIAN)</p> <p>“many nurses seem to utilise food as a way to mediate the patients behaviour and they gain weight.” (P29, GREAT BRITIAN)</p> <p>“inadequate referral to physiotherapy services” (P48, NAMIBIA)</p> <p>“engagement with mental health services” (P118, GREAT BRITIAN)</p> <p>“culture within the clinical team that exercise is not important... Exercise is generally given very low priority by the clinical team ” (P32, CANADA)</p> <p>“lack of support/ prioritisation from the clinical team on physical activity and physical health in general.” (P71, GREAT BRITIAN)</p> <p>“the other members of the team (even medical doctors) are not convinced of the importance of PA” (P3, BELGIUM)</p> <p>“In my country the first barrier is the lack or low consciousness of the need of integrating physical therapy in the treatment of schizophrenia” (P80, SPAIN)</p> <p>“lack of acknowledgement of physical therapy intervention by the treating doctors.” (P9, OMAN)</p> <p>“it is a low priority in the person's care in the hospital environment” (P35, UNITED STATES OF AMERICA)</p> |
| | | <i>Nationality</i> | | | |
| | | DENMARK | 0/4 | 0 | |
| | | UNITED STATES OF AMERICA | 2/12 | 17 | |
| | | BELGIUM | 3/19 | 16 | |
| | GREAT BRITIAN | 19/38 | 50 | | |
| Lack of HCP knowledge | Lack of HCP knowledge | <i>Total responses</i> | 13/108 | 12 | <p>“Insufficient knowledge for the effect of drugs” (P57, MALAYSIA)</p> <p>“lack of knowledge as to what contributions PT can make” (P34, GREAT BRITIAN)</p> <p>“in primary care to few PH that know have to meet schizophrenia patients.” (P104, SPAIN)</p> <p>“the biggest barrier is the belief that the treatment is only pharmacological.” (P150, SWITZERLAND)</p> <p>“lack of staff and patient awareness” (P26, GREAT BRITIAN)</p> <p>“Education through health promotion events to staff are as important as educating the patients.” (P109, GREAT BRITIAN)</p> <p>“insight,” (P110, GREAT BRITIAN)</p> <p>“Lack of education regarding benefits of exercise.” (P116, GREAT BRITIAN)</p> <p>“training and education of therapists” (P128, UNITED STATES OF AMERICA)</p> |
| | | <i>Nationality</i> | | | |
| | | DENMARK | 0/4 | 0 | |
| | | UNITED STATES OF AMERICA | 2/12 | 17 | |
| | | BELGIUM | 0/19 | 0 | |
| | GREAT BRITIAN | 5/38 | 13 | | |

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| environmental | Opportunity on wards | <i>Total responses</i> | 24/108 | 22 | "In primary care, the limited time period for treatment." (P102, SPAIN) "Time makes it difficult" (P151 GREAT BRITIAN) "lack of opportunity in locked wards." (P32, CANADA) |
| | | <i>Nationality</i> | | | "sometimes there are not authorized to quit their care unit;" (P76, CANADA) |
| | | DENMARK | 1/4 | 25 | "Organisational barriers in mental health care: physical activity is not always an integrated intervention in mental health care." (P112, DENMARK) |
| | | UNITED STATES OF AMERICA | 0/12 | 0 | "Hospitals infrastructure and manpower constraints" (P23, SINGAPORE) |
| | | BELGIUM | 0/19 | 0 | "I work in a secure service, many patients are on restrictions due to the perceived risk and so cannot leave the ward and engage in PA unless they are accompanied by two staff, which makes logistics difficult." (P1, GREAT BRITIAN) |
| | | GREAT BRITIAN | 17/38 | 45 | "lack of opportunity" (P91, GREAT BRITIAN) "detention under the mental health act (in patients)" (P149, GREAT BRITIAN) "Lack of facilitates." (P149, GREAT BRITIAN) "If staffing on the ward is low, getting patients off the ward to exercise is a low priority for the ward manager." (P1, GREAT BRITIAN) |
| | Continuity after wards | <i>Total responses</i> | 13/108 | 12 | "community facilities" (P24, GREAT BRITIAN) "opportunity for patients to have easy access to recreational facilities" (P26, GREAT BRITIAN) |
| | | <i>Nationality</i> | | | "poor engagement and compliance outside of Physiotherapy sessions therefore slow progresses made." (P52, GREAT BRITIAN) |
| | | DENMARK 0/4 | 0/4 | 0 | "lack of support to continue" (P58, GREAT BRITIAN) |
| | | UNITED STATES OF AMERICA 0/12 | 0/12 | 0 | "transport (rural location)" (P67, GREAT BRITIAN) |
| BELGIUM 0/19 | | 0/19 | 0 | "availability of supported / sheltered sessions" (P116, GREAT BRITIAN) | |
| | GREAT BRITIAN 10/38 | 10/38 | 26 | "access to appropriate and cheaper forms of exercise - poor provision of both transport and council run exercise services" (P121, GREAT BRITIAN) "Sometimes difficulty continuing with exercise out with therapy sessions." (P129, GREAT BRITIAN) | |

Table 3 The thematic structure of social support as a facilitator for increasing physical activity

| Sub-theme (n=4) | Code (n=11) | Frequency response rate | | | Example Units |
|-------------------------------------------------|----------------------------------------|--------------------------|-------|----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | Response Breakdown | N | % | |
| Informational (advice or guidance to solutions) | Tailored Information to the Individual | <i>Total Responses</i> | 14/95 | 15 | “A good discussion around what exercise the individual is interested in and tailoring a programme around this” (P123, AUSTRALIA) “Realistic goals. Therapist able to ‘think outside the box’ to achieve PT goals while respecting patients own goals and preferences” (P30, GREAT BRITIAN) “education to the patient is important”(P21, GREAT BRITIAN) |
| | | <i>Nationality</i> | | | |
| | DENMARK | 1/6 | 17 | | |
| | UNITED STATES OF AMERICA | 2/9 | 22 | | |
| | BELGIUM | 0/18 | 0 | | |
| Esteem (bolstering confidence or self esteem) | HCP support | <i>Total Responses</i> | 27/95 | 28 | “engagement and patience in motivating the patient” (P124, DENMARK) “constant encouragement to follow through” (P142, ANTARTICA) “try to keep them motivated to be more active.” (P11, BELGIUM) “the therapist's enthusiasm.” (P105, BELGIUM) “find their motivation and interests.” (P89, DENMARK) “motivation support from physiotherapist” (P55, NEW ZEALAND). |
| | | <i>Nationality</i> | | | |
| | | DENMARK | 2/6 | 33 | |
| | | UNITED STATES OF AMERICA | 2/9 | 22 | |
| | | BELGIUM | 3/18 | 17 | |
| | Group Members Support | <i>Total Responses</i> | 20/95 | 21 | “enthusiastic team members to motivate” (P16, BELGIUM) “other persons in the group who encourage them to take part of it” P63, BELGIUM) “peer support” (P83, NEW ZEALAND) “group work” (P118, GREAT BRITIAN) “peer group motivation is key” (P8, GREAT BRITIAN) “being with other people” (P27, GREAT BRITIAN) “group participation”(P138, UNITED STATES OF AMERICA) “counselling by the physical therapist” (P10, BELGIUM) “led by an experienced therapist in MI” (P126, DENMARK) “motivation support from physiotherapist” (P55, NEW ZEALAND). “relaxation CD helpful for regular practice” (P55, NEW ZEALAND) “use of music during sessions” (P9, OMAN) “motivational interviewing to engage the individual” (P21, GREAT BRITIAN) “support for behavioural change” (P27, GREAT BRITIAN) |
| | | <i>Nationality</i> | | | |
| | | DENMARK | 1/6 | 17 | |
| | | UNITED STATES OF AMERICA | 1/9 | 11 | |
| | | BE | 2/18 | 11 | |
| | | GREAT BRITIAN | 11/35 | 31 | |
| Tangible (resources given to cope) | Psychological Strategies | <i>Total Responses</i> | 8/95 | 8 | |
| | | <i>Nationality</i> | | | |
| | DENMARK | 1/6 | 17 | | |
| | UNITED STATES OF AMERICA | 0/9 | 0 | | |
| | BELGIUM | 1/18 | 6 | | |
| | GREAT BRITIAN | 2/35 | 6 | | |

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| Individual Support | <i>Total Responses</i> | 13/95 | 14 | “supervised physical activity” (P112, DENMARK) having enough staff to accompany high risk patients is important.” (P32, CANADA) |
| | <i>Nationality</i> | | | “initially 1:1 intervention” (P123, AUSTRALIA) |
| | DENMARK | 1/6 | 17 | “ if someone can do with them” (P33, CANADA) |
| | UNITED STATES OF AMERICA | 1/9 | 11 | “an individual treatment to increase the physical activity” (P17, MALMOE) |
| | BELGIUM | 0/18 | 0 | “Supervised sessions” (P102, SWEDEN) |
| | GREAT BRITIAN | 4/35 | 11 | |
| Health Care Professional Team Approach | <i>Total Responses</i> | 6/95 | 6 | “team approach in physical rehabilitation.” (P57, MALAYSIA) “patients attend treatment with the Mental Health case manager who supports the physiotherapy treatment plan.” (P55, NEW ZEALAND). |
| | <i>Nationality</i> | | | “good collaborative team approach”(P77, GREAT BRITIAN) |
| | DENMARK | 0/6 | 0 | “support from the treatment team; a well trained staff that makes the patient feel safe” (P141, UNITED STATES OF AMERICA) |
| | UNITED STATES OF AMERICA | 1/9 | 11 | |
| | BELGIUM | 0/18 | 0 | |
| | GREAT BRITIAN | 3/35 | 9 | |
| Infra-structure, Transport and Access | <i>Total Responses</i> | 12/95 | 13 | “help with transport to/from sessions.” (P116, GREAT BRITIAN) “access” (P121, GREAT BRITIAN) “easily accessible resources and facilities” (P135, UNITED STATES OF AMERICA) |
| | <i>Nationality</i> | | | “good infrastructure” (P16, BELGIUM) |
| | DENMARK | 1/6 | 17 | “there must be a wide range of activity offers and possibilities” (P31, DENMARK) |
| | UNITED STATES OF AMERICA | 0/9 | 0 | “Providing easy to access” (P10, BELGIUM) |
| | BELGIUM | 4/18 | 22 | “Increase the accessibility of physical activity” (P18, BELGIUM) |
| | GREAT BRITIAN | 5/35 | 14 | “Exercise equipment on wards eg bike, rower, APT machines.” (P28, GREAT BRITIAN) |
| Financial Support | <i>Total Responses</i> | 5/95 | 5 | “providing cheap facilities” (P10, BELGIUM) “no cost to the individual” (P131, BELGIUM) “free facilities” (P24, GREAT BRITIAN) |
| | <i>Nationality</i> | | | “taster sessions being free” (P67, GREAT BRITIAN) |
| | DENMARK | 0/6 | 0 | “money” (P121, GREAT BRITIAN) |
| | UNITED STATES OF AMERICA | 0/9 | 0 | |
| | BELGIUM | 2/18 | 11 | |
| | GREAT BRITIAN | 3/35 | 9 | |

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| | Rewards | <i>Total Responses</i> | 8/95 | 8 | "sorry to say it, but bribery works. It is amazing what a person will do for a candy bar..... :)" (P143, UNITED STATES OF AMERICA) |
| | | 8/95 (8%) | | | "a reward does miracles....." (P85, BELGIUM) |
| | | <i>Nationality</i> | | | "rewards for doing exercise" (P85, BELGIUM) |
| | | DENMARK | 0/6 | 0 | "Fun" (P43, THAILAND) |
| | | UNITED STATES OF AMERICA | 1/9 | 11 | "not-too-competitive kind (focus on fun, being social, have a good experience)" (P31, DENMARK) |
| | | BELGIUM | 2/18 | 11 | "Incentives eg competitions, progress charts, pedometers, special days (eg raising money for charity) fun week" (P28, GREAT BRITIAN) |
| | | GREAT BRITIAN | 2/35 | 6 | "more support from the medical staff" (P13, BELGIUM) |
| Emotional (comfort and care at times of stress) | Support from Others | <i>Total Responses</i> | 6/95 | 6 | "support from family, other patients, good infrastructure." (P16, BELGIUM) |
| | | <i>Nationality</i> | | | "support" (P121, GREAT BRITIAN) |
| | | DENMARK | 0/6 | 0 | "social support" (P3, BELGIUM) |
| | | UNITED STATES OF AMERICA | 0/9 | 0 | "a supportive family or caregiver network" (P142, ANTARTICA) |
| | | BELGIUM | 3/18 | 3 | "family support " (P58, GREAT BRITIAN) |
| | | GREAT BRITIAN | 1/35 | 1 | |
| | Relationship and Trust | <i>Total Responses</i> | 20/95 | 21 | "sufficient trust in therapist (good therapeutic relationship) and peer-patients" (P65, BELGIUM) |
| | | <i>Nationality</i> | | | "development of a supportive and trusting relationship with the therapist" (P131, BELGIUM) |
| | | DENMARK | 0/6 | 0 | "good therapeutic relationship is integral" (P32, CANADA) |
| | | UNITED STATES OF AMERICA | 1/9 | 11 | "The relation to a therapist they feel secure with" (P89, DENMARK) |
| | | BELGIUM | 2/18 | 11 | "before touching the patient's body is essential to build a relationship of trust: without trust the contact cannot be effective. (P150, SWITZERLAND) |
| | | GREAT BRITIAN | 13/35 | 37 | "good rapport with individual with schizophrenia" (P25, GREAT BRITIAN) |
| | | | | | "good rapport with therapist" (P30, GREAT BRITIAN) |
| | | | | | "a therapeutic relationship built on trust." (P117, GREAT BRITIAN) |

Table 4 The thematic structure of the pre-conditions for physical activity participation in individuals with Schizophrenia

| Sub-theme (n=4) | Code (n=9) | Frequency response rate | | | Example Units |
|-------------------------------------------|----------------------------------------|--------------------------|------------------------|-----------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| | | Response Breakdown | N | % | |
| Personal consideration for the Individual | Enjoyment | <i>Total Responses</i> | 24/95 | 25 | “a good discussion around what exercise the individual is interested in and tailoring a programme around this.” (P123, AUSTRALIA) |
| | Autonomy and Choice for the Individual | <i>Nationality</i> | | | “possibility to carry own responsibility (eg. decide also content of therapy)” (P65, BELGIUM) |
| | | DENMARK | 3/6 | 50 | |
| | | UNITED STATES OF AMERICA | 2/9 | 22 | “if it is their idea or next their preference” (P33, CANADA) |
| | | BELGIUM | 1/18 | 11 | “taking into account the individual patient's preferences and barriers” (P112, DENMARK) |
| | | GREAT BRITIAN | 13/35 | 37 | “get patient doing activities they enjoy, empower the patient” (P77, GREAT BRITIAN) |
| | | | | | “fun activities that individuals are interested in engaging in” (P6, SINGAPORE) |
| | | | | | “choice of freedom to the patient” (P113, SINGAPORE) |
| | | | | | “choosing activities they enjoy” (P35, UNITED STATES OF AMERICA) |
| | Stability and Medication | | <i>Total Responses</i> | 8/95 | 8 |
| | | | | | “effect of drugs. “ (P44, MACAU) |
| <i>Nationality</i> | | | | | “correctly medicated.” (P110, GREAT BRITIAN) |
| DENMARK | | 1/6 | 17 | “stable patient” (P111, GREAT BRITIAN) | |
| UNITED STATES OF AMERICA | | 0/9 | 0 | “keeping mentally well” (P121, GREAT BRITIAN) | |
| BELGIUM | | 1/18 | 6 | “back up plan if person becomes unwell” (P132, AUSTRALIA) | |
| | GREAT BRITIAN | 4/35 | 11 | | |

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|--------------------------------------------|---------------------------------------------------------------|-------------------------------|-------|----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Environmental condition | The Multidisciplinary Team Understanding of Physical Activity | <i>Total Responses</i> | 6/95 | 6 | "enhancing for health personnel, including doctors, the importance of physical activity as a healthy habit in every-day-life, and training them how to both live and teach it. " (P31, DENMARK) |
| | | <i>Nationality</i> | | | |
| | | DENMARK = 0/6 | 0/6 | 0 | "education of clinical team on importance of physical health and exercise. " (P77, GREAT BRITIAN) |
| | | UNITED STATES OF AMERICA =0/9 | 0/9 | 0 | "education of the clinical team is important." (P45, GREAT BRITIAN) |
| | | BELGIUM = 0/18 | 5/35 | 14 | "awareness within the team." (P52, GREAT BRITIAN) |
| | | GREAT BRITIAN = 5/35 | | | "ward training" (P87, GREAT BRITIAN) |
| | | <i>Total Responses</i> | 17/95 | 18 | "multi-disciplinary team involvement" (P48, NAMIBIA) |
| | | <i>Nationality</i> | | | "a multidisciplinary approach to physical activity" (P25, GREAT BRITIAN) |
| | | DENMARK | 0/6 | 0 | "it is very important to get the ward based team 'on side" (P29, GREAT BRITIAN) |
| | | UNITED STATES OF AMERICA | 1/9 | 11 | "MDT [multidisciplinary team] working" (P36, GREAT BRITIAN) |
| | BELGIUM | 1/18 | 6 | "Support from clinical team" (P71, GREAT BRITIAN) | |
| | GREAT BRITIAN | 13/35 | 37 | "daily structure within a global treatment program." (P92, BELGIUM) | |
| Atmosphere | <i>Total Responses</i> | 5/95 | 5 | "a positive atmosphere within the group towards physical activity." (P 105, BELGIUM) | |
| | <i>Nationality</i> | | | "use of music during exercise session" (P9,OMAN) | |
| | DENMARK | 0/6 | 0 | "an environment conducive to encouraging physical activity" (P58, GREAT BRITIAN) | |
| | UNITED STATES OF AMERICA | 0/9 | 0 | "a calm and welcoming environment" (P117, GREAT BRITIAN) | |
| | BELGIUM | 11/18 | 61 | "having an OK for the "craziness". (P73, BELGIUM) | |
| | GREAT BRITIAN | 6/35 | 17 | | |
| Sources of physical activity self-efficacy | <i>Total Responses</i> | 6/95 | 6 | "feeling of rest, feeling that they can train concentration, that they can build up physical endurance" (P60, BELGIUM) | |
| | <i>Nationality</i> | | | "often it decreases the positive symptoms" (P68, BELGIUM) | |
| | DENMARK | 0/6 | 0 | "Finding pleasure moving, experiencing the body... "finding the joy and meaning of movement in their life." (P73, BELGIUM) | |
| | UNITED STATES OF AMERICA | 0/9 | 0 | | |
| | BELGIUM | 4/18 | 22 | "being able to see change in energy levels and mood" (P27, GREAT BRITIAN) | |
| | GREAT BRITIAN | 2/35 | 6 | | |

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|----------------------------------------|--------------------------|-------|----|----------------------------------------------------------------------------------------------------------------------------------------|
| Enactive Mastery Experience s | Total Responses | 10/95 | 11 | "having good results: the condition is better, the power is better, the body feels good" (P61, BELGIUM) |
| | <i>Nationality</i> | | | "success-experiences (individual and in groups=> recognition and confirmation by peers) with as any senses as possible" (P65, BELGIUM) |
| | DENMARK | 0/6 | 0 | "experience of reaching goals" (P65, BELGIUM) |
| | UNITED STATES OF AMERICA | 0/9 | 0 | "Increased body awareness." (P104, SWEDEN) |
| | BELGIUM | 3/18 | 17 | "the enhancement of the individual's physical ability/capacity" (P20, GREAT BRITIAN) |
| | GREAT BRITIAN | 2/35 | 6 | |
| Physiotherapists attributes | <i>Total Responses</i> | 8/95 | 8 | "Knowledge about this disorder, medications, symptoms, psychopathology." (P 22, BRAZIL) |
| | <i>Nationality</i> | | | "Understanding Schizophrenia." (P124, DENMARK) |
| | DENMARK | 1/6 | 17 | "Knowledge of movement" (P14, FINLAND) |
| | UNITED STATES OF AMERICA | 0/9 | 0 | "Educate PTs about the potential PT treatment to be provided to individuals with schizophrenia." (P38, LEBANON) |
| | BELGIUM | 0/18 | 0 | "an improved knowledge and understanding of schizophrenia" P20, GREAT BRITIAN) |
| | GREAT BRITIAN | 2/35 | 6 | "good clinical background of the physiotherapists in the treatment of such patients."(P74, MALTA) |
| Communication skills | <i>Total Responses</i> | 6/95 | 6 | "efficient communication skills and adaptation of communication methods tailored to the specific patient" (P74, MALTA) |
| | 6/95 (6%) | | | "simplifying the exercise to the level of patient understanding." (P9 OMAN) |
| | <i>Nationality</i> | | | "person-centred communication concept" (P134, SWITZERLAND) |
| | DENMARK | 0/6 | 0 | "good communication" (P25, GREAT BRITIAN) |
| | UNITED STATES OF AMERICA | 0/9 | 0 | "persistence/ patient centred prescription" (P67, GREAT BRITIAN) |
| | BELGIUM | 0/18 | 0 | |
| | GREAT BRITIAN | 2/35 | 6 | |