

**Supplemental File 1: Brief Physical Activity Counselling by Physiotherapists–  
BEHAVIOUR trial Part One: behavioural diagnosis survey**

**Brief Physical Activity Counselling by Physiotherapists**

**BEHAVIOUR trial**

**Part One: behavioural diagnosis questionnaire**

**Name:** \_\_\_\_\_

**Email:** \_\_\_\_\_

I would like to receive a report of the study when it is completed. ☐

In this questionnaire

- ***Structured community-based physical activity*** refers to a community-based exercise, sport or physical recreation program including but not limited to fitness or community centre exercise programs, dance, tai chi, aqua aerobics, soccer, bush walking, school sport/PE, wheelchair basketball etc. These activities are done with other people (participants or instructors). They do not include home-based independent exercise programs prescribed by health professionals e.g. knee range of motion exercises, back extension exercises, sit-to-stand exercises, treadmill walking or other home-based activities such as exercise or dance to a DVD.
- ***Overall physical activity*** refers to all types of physical activity including incidental activity (e.g. walking while shopping, parking further from a destination) active transport (e.g. walking to the shops), occupational activities and household chores as well as any structured individual or group-based physical activity.
- ***Physical activity counselling*** refers to a component of patient consultation aimed at changing health behaviour as a means of primary or secondary prevention of life-style related chronic health conditions. Other benefits may also be achieved such as improvement in therapeutic health problems e.g. pain, mobility, and psychosocial outcomes. One common example is the 5A's counselling model: Assess, Advise, Agree, Assist and Arrange.

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## Demographic Information

1. Age ☐ <25 years ☐ 35-44 years ☐ 55 years and over  
☐ 25-34 years ☐ 45-54 years
2. Gender ☐ Female ☐ Male ☐ Non-binary
3. How many years have you practised as a physiotherapist?  
☐ 0 > 2yrs ☐ 2 ≥ 5yrs ☐ 5 ≥ 8yrs ☐ 8 ≥ 12yrs ☐ 12 ≥ 20yrs ☐ ≤20yrs
4. How many years have you worked in SWSLHD? \_\_\_\_\_
5. Which hospital do you currently work at?  
☐ Bankstown ☐ Bowral ☐ Braeside ☐ Fairfield  
☐ Liverpool ☐ Campbelltown/Camden ☐ District-wide
6. Tick which boxes best match your current role in SWSLHD
  - a.  
☐ Permanent staff ☐ Contract staff ☐ First year graduate program
  - b.  
☐ Full-time ☐ Part-time ☐ Casual
  - c.  
☐ Rotational position ☐ Non-rotating position
  - d.  
☐ Level 1-2 ☐ Level 3-4 ☐ Level 5-6 ☐ Manager
7. Where do you primarily see patients?  
☐ Inpatient ☐ Outpatient ☐ Patients' homes ☐ Other \_\_\_\_\_
8. Which area of physiotherapy do you currently work in? (Please select as many as are applicable. If you have recently rotated to a new area, please fill this in related to your previous rotation area)  
☐ Musculoskeletal ☐ Rheumatology ☐ Orthopaedics ☐ Hands  
☐ Rehabilitation ☐ Aged Care ☐ Paediatrics ☐ Cardiopulmonary  
☐ ED ☐ Cancer ☐ Medical ☐ Women & Men's Health  
☐ Surgical ☐ Intensive Care ☐ Other \_\_\_\_\_
9. Current workload:

- a. On average, how many patients do you see in a typical work day? \_\_\_\_\_
- b. On average, how long do you spend with each patient? \_\_\_\_\_ (mins)
- c. On average, how many times do you see each patient before they are discharged/transferred? \_\_\_\_\_
- d. On average, how many **new** patients do you see each week? \_\_\_\_\_

#### Readiness for structured community-based physical activity

10. Do you believe most of your patients:

|   | Yes | No | Unsure |
|---|-----|----|--------|
| Are ready to be referred <b>directly</b> to structured community-based physical activity programs   |     |    |        |
| Would benefit from a <b>transitional</b> stage with a health professional-led program   |     |    |        |
| Require further treatment from a health professional prior to referral to structured community-based physical activity programs                           |     |    |        |
| Would benefit from a <b>supported introduction</b> or extra advice about structured community-based physical activity programs from a health professional |     |    |        |

#### Current usual care content

11. Do you think there are any interventions or assessments that you currently do in your typical usual care interactions that you could:

|   | Yes | No | Unsure |
|---|-----|----|--------|
| stop doing that would <b>not</b> have a negative effect on your patients? |     |    |        |
| do more efficiently without having a negative effect on your patients?    |     |    |        |

**Current physical activity counselling in your usual healthcare interactions:**

12. In a typical week, how **frequently** do you undertake each of the below for your patients who could be more active:

|  | <b>Frequently<br/>(&gt;75% of<br/>patients)</b> | <b>Often<br/>(50-74%)</b> | <b>Sometimes<br/>(25-49%)</b> | <b>Rarely<br/>(1-24%)</b> | <b>Never</b> |
|--|---|---------------------------|-------------------------------|---------------------------|--------------|
| Raise or discuss overall physical activity?  |   |                           |                               |                           |              |
| Assess overall physical activity using a questionnaire or activity log   |   |                           |                               |                           |              |
| Assess overall physical activity using an activity monitor or pedometer  |   |                           |                               |                           |              |
| Set physical activity goals with your patients   |   |                           |                               |                           |              |
| Make tailored action plans with your patients to change physical activity behaviour  |   |                           |                               |                           |              |
| Use language to motivate physical activity behaviour change (e.g. open ended / probing questions, promoting autonomy, competence, connectedness) |   |                           |                               |                           |              |
| Provide a self-monitoring strategy for your patients to monitor physical activity (e.g. diary, App, pedometer)                                   |   |                           |                               |                           |              |
|  | <b>Frequently</b>                               | <b>Often<br/>(50-74%)</b> | <b>Sometimes<br/>(25-49%)</b> | <b>Rarely<br/>(1-24%)</b> | <b>Never</b> |

|   |   |                           |                               |                           |              |
|---|---|---------------------------|-------------------------------|---------------------------|--------------|
|   | <b>(&gt;75% of patients)</b>                |                           |                               |                           |              |
| Provide handouts to your patients about physical activity   |   |                           |                               |                           |              |
| Review physical activity status, barriers/ facilitators & provide advice in at least one subsequent session                         |   |                           |                               |                           |              |
| Investigate structured community-based physical activity opportunities for your patients  |   |                           |                               |                           |              |
| Recommend to your patients that they attend structured community-based exercise programs e.g. group exercise, gym programs          |   |                           |                               |                           |              |
| Recommend to your patients that they attend community-based physical recreation programs e.g. dance, tai chi, Zumba, walking groups |   |                           |                               |                           |              |
| Recommend to your patients that they attend community-based sport programs e.g. soccer, wheelchair basketball, swimming, athletics  |   |                           |                               |                           |              |
|   | <b>Frequently<br/>(&gt;75% of patients)</b> | <b>Often<br/>(50-74%)</b> | <b>Sometimes<br/>(25-49%)</b> | <b>Rarely<br/>(1-24%)</b> | <b>Never</b> |

|  |  |  |  |  |  |
|--|--|--|--|--|--|
| Make contact with community-based exercise, physical recreation and/or sport providers regarding individual patients                                       |  |  |  |  |  |
| Attend ≥1 community-based exercise, physical recreation and/or sport program (e.g. individual gym program, Tai Chi or swimming) with an individual patient |  |  |  |  |  |

13. Which strategies have you used to identify structured community-based physical activity opportunities for your patients?

- ☐ None
 ☐ Brochures
 ☐ Ask other clinicians
 ☐ Previous patient experience  
☐ Internet search
 ☐ In house developed list
 ☐ Other

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### Influences on incorporating physical activity counselling into your healthcare interactions

14. Thinking about what may influence you to incorporate physical activity counselling into your usual healthcare interactions with your patients please rate on a scale of 1 to 5 your agreement with the following statements with:

1. strongly disagree; 2. disagree; 3. neither agree or disagree (neutral); 4. agree; 5. strongly agree.

Please circle your answer

|   |  | 1<br>(strongly disagree) | 2 | 3 | 4 | 5<br>(strongly agree) |
|---|--|--------------------------|---|---|---|-----------------------|
| 1 | I have a good <b>knowledge</b> of the:   |                          |   |   |   |                       |
|   | a. Australian physical activity guidelines for children  | 1                        | 2 | 3 | 4 | 5                     |
|   | b. Australian physical activity guidelines for adults  | 1                        | 2 | 3 | 4 | 5                     |
|   | c. Australian physical activity guidelines for older adults  | 1                        | 2 | 3 | 4 | 5                     |
|   | d. Physical activity guidelines for people with disability   | 1                        | 2 | 3 | 4 | 5                     |
| 2 | I have good <b>knowledge</b> of the:   |                          |   |   |   |                       |
|   | a. process for disability sport classification   | 1                        | 2 | 3 | 4 | 5                     |
|   | b. provisional disability sport classification   | 1                        | 2 | 3 | 4 | 5                     |
| 3 | I have good <b>knowledge</b> of the:   |                          |   |   |   |                       |
|   | a. evidence of benefit for physical activity   | 1                        | 2 | 3 | 4 | 5                     |
|   | b. evidence of harm for physical inactivity  | 1                        | 2 | 3 | 4 | 5                     |
|   | c. % people meeting physical activity guidelines   | 1                        | 2 | 3 | 4 | 5                     |
|   | d. evidence for providing physical activity counselling within healthcare  | 1                        | 2 | 3 | 4 | 5                     |
|   | e. what physiotherapists think and do about physical activity counselling within healthcare                                    | 1                        | 2 | 3 | 4 | 5                     |
|   | f. what patients think about health professionals bringing up physical activity  | 1                        | 2 | 3 | 4 | 5                     |
| 4 | I have good <b>knowledge</b> of:   |                          |   |   |   |                       |
|   | a. physical activity opportunities available in SWSLHD   | 1                        | 2 | 3 | 4 | 5                     |
|   | b. what to say to my patients about physical activity  | 1                        | 2 | 3 | 4 | 5                     |
| 5 | I have a set routine/prompts to remember to have a conversation about physical activity within my usual healthcare interaction | 1                        | 2 | 3 | 4 | 5                     |

|  |  |                          |   |   |   |                       |
|--|--|--------------------------|---|---|---|-----------------------|
|  |  | 1<br>(strongly disagree) | 2 | 3 | 4 | 5<br>(strongly agree) |
|--|--|--------------------------|---|---|---|-----------------------|



|   |  |   |   |   |   |   |
|---|--|---|---|---|---|---|
| 6 | I have good <b>skills</b> at:  |   |   |   |   |   |
|   | a. having a conversation about physical activity within my usual healthcare interaction            | 1 | 2 | 3 | 4 | 5 |
|   | b. asking my patients about physical activity  | 1 | 2 | 3 | 4 | 5 |
|   | c. assessing physical activity subjectively  | 1 | 2 | 3 | 4 | 5 |
|   | d. assessing physical activity objectively   | 1 | 2 | 3 | 4 | 5 |
|   | e. providing brief advice about physical activity  | 1 | 2 | 3 | 4 | 5 |
|   | f. using motivational language with my patients  | 1 | 2 | 3 | 4 | 5 |
|   | g. setting physical activity goals with my patients  | 1 | 2 | 3 | 4 | 5 |
|   | h. setting physical activity action plans with my patients   | 1 | 2 | 3 | 4 | 5 |
|   | i. referring my patients to physical activity opportunities  | 1 | 2 | 3 | 4 | 5 |
|   | j. locating suitable physical activity opportunities available in the local community              | 1 | 2 | 3 | 4 | 5 |
|   | k. finding appropriate physical activity resources for my patients                                 | 1 | 2 | 3 | 4 | 5 |
|   | l. establishing which structured physical activity opportunities would be suitable for my patients | 1 | 2 | 3 | 4 | 5 |
|   | m. making referrals to suitable structured community-based physical activity opportunities         | 1 | 2 | 3 | 4 | 5 |

[illegible]



16. Have you attended or completed any other relevant courses on behaviour change/ motivational interviewing/ health coaching? ☐ No ☐ Yes

If yes, please provide details

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17. Do you have any other comments?

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***Thank you for completing this questionnaire!***

**Supplemental File 2: Influences on incorporating physical activity counselling into physiotherapy routine healthcare (n=84)**

| Perceived barriers   | Strongly disagree | Disagree | Neither agree or disagree | Agree | Strongly agree | % Reported barriers <sup>§</sup> |
|--|-------------------|----------|---------------------------|-------|----------------|----------------------------------|
| <b>Psychological Capabilities: (knowledge) [0-14]</b>  |                   |          |                           |       |                |                                  |
| <b>I have good knowledge of</b>  |                   |          |                           |       |                |                                  |
| Australian physical activity guidelines for adults   | 1%                | 1%       | 8%                        | 43%   | 46%            | 10%                              |
| Australian physical activity guidelines for older adults   | 2%                | 6%       | 16%                       | 53%   | 23%            | 24%                              |
| Australian physical activity guidelines for children   | 9%                | 32%      | 27%                       | 28%   | 5%             | 68%                              |
| physical activity guidelines for people with disability  | 16%               | 28%      | 33%                       | 17%   | 6%             | 77%                              |
| <b>I have good knowledge of</b>  |                   |          |                           |       |                |                                  |
| process for disability sport classification  | 55%               | 37%      | 5%                        | 4%    | 0%             | 97%                              |
| provisional disability sport classification  | 56%               | 36%      | 6%                        | 2%    | 0%             | 98%                              |
| <b>I have good knowledge of</b>  |                   |          |                           |       |                |                                  |
| evidence of benefit for physical activity  | 0%                | 0%       | 2%                        | 40%   | 57%            | 2%                               |
| evidence of harm for physical inactivity   | 0%                | 5%       | 12%                       | 40%   | 43%            | 17%                              |
| % people meeting physical activity guidelines  | 11%               | 33%      | 31%                       | 20%   | 5%             | 75%                              |
| evidence for providing physical activity counselling within healthcare   | 2%                | 27%      | 33%                       | 30%   | 7%             | 62%                              |
| what physiotherapists think and do about physical activity counselling within healthcare                                       | 5%                | 29%      | 37%                       | 27%   | 2%             | 71%                              |
| what patients think about health professionals bringing up physical activity   | 5%                | 37%      | 37%                       | 20%   | 1%             | 79%                              |
| <b>I have good knowledge of</b>  |                   |          |                           |       |                |                                  |
| physical activity opportunities available in SWSLHD  | 2%                | 20%      | 39%                       | 36%   | 2%             | 61%                              |
| what to say to my patients about physical activity   | 0%                | 5%       | 20%                       | 62%   | 13%            | 25%                              |
| <b>Psychological Capability: (self-regulation) [0-1]</b>   |                   |          |                           |       |                |                                  |
| I have a set routine/prompts to remember to have a conversation about physical activity within my usual healthcare interaction | 6%                | 32%      | 26%                       | 23%   | 13%            | 64%                              |

| Perceived barriers   | Strongly disagree | Disagree | Neither agree or disagree | Agree | Strongly agree | % Reported barriers <sup>#</sup> |
|--|-------------------|----------|---------------------------|-------|----------------|----------------------------------|
| <b>Psychological Capability: (cognition) [0-13]</b>  |                   |          |                           |       |                |                                  |
| <b>I have good skills delivering these elements of physical activity counselling</b>                         |                   |          |                           |       |                |                                  |
| having a conversation about physical activity within my usual healthcare interaction                         | 0%                | 6%       | 21%                       | 57%   | 15%            | 27%                              |
| asking my patients about physical activity   | 0%                | 2%       | 17%                       | 55%   | 26%            | 19%                              |
| assessing physical activity subjectively   | 0%                | 5%       | 17%                       | 57%   | 21%            | 22%                              |
| assessing physical activity objectively  | 2%                | 25%      | 27%                       | 31%   | 14%            | 54%                              |
| providing brief advice about physical activity   | 0%                | 2%       | 8%                        | 63%   | 26%            | 10%                              |
| using motivational language with my patients   | 1%                | 8%       | 26%                       | 50%   | 14%            | 35%                              |
| setting physical activity goals with my patients   | 0%                | 4%       | 18%                       | 67%   | 12%            | 22%                              |
| setting physical activity action plans with my patients  | 1%                | 17%      | 35%                       | 36%   | 11%            | 53%                              |
| referring my patients to physical activity opportunities   | 0%                | 19%      | 24%                       | 45%   | 12%            | 43%                              |
| locating suitable physical activity opportunities available in the local community                           | 2%                | 26%      | 25%                       | 38%   | 8%             | 53%                              |
| finding appropriate physical activity resources for my patients  | 2%                | 20%      | 33%                       | 36%   | 8%             | 55%                              |
| establishing which structured physical activity opportunities would be suitable for my patients              | 4%                | 10%      | 36%                       | 46%   | 5%             | 50%                              |
| making referrals to suitable structured community-based physical activity opportunities                      | 5%                | 18%      | 27%                       | 39%   | 11%            | 50%                              |
| <b>Motivation (reflective): [0-6]</b>  |                   |          |                           |       |                |                                  |
| <b>I believe</b>   |                   |          |                           |       |                |                                  |
| There are too many other important things to do in my healthcare interaction than discuss physical activity* | 43%               | 33%      | 19%                       | 5%    | 0%             | 24%                              |
| Physical activity counselling is not a part of a physiotherapists job description*                           | 65%               | 29%      | 5%                        | 1%    | 0%             | 6%                               |

| Perceived barriers  | Strongly disagree | Disagree | Neither agree or disagree | Agree | Strongly agree | % Reported barriers <sup>‡</sup> |
|---|-------------------|----------|---------------------------|-------|----------------|----------------------------------|
| Participating in physical activity is not usually one of my patients' goals*  | 27%               | 27%      | 18%                       | 22%   | 7%             | 47%                              |
| My patients are resistant to discuss PA*  | 6%                | 34%      | 40%                       | 20%   | 0%             | 60%                              |
| Providing physical activity counselling will not change my patient's physical activity levels*                        | 28%               | 41%      | 25%                       | 6%    | 0%             | 31%                              |
| Community physical activity providers are unlikely to be able to cater appropriately and safely for my patients*      | 18%               | 31%      | 31%                       | 17%   | 2%             | 50%                              |
| <b>Motivation (automatic): wants/feelings [0-6]</b>   |                   |          |                           |       |                |                                  |
| <b>I feel</b>   |                   |          |                           |       |                |                                  |
| physical activity counselling is hard to do and not worth it*   | 40%               | 46%      | 14%                       | 0%    | 0%             | 14%                              |
| frustrated to try to fit in physical activity counselling as it takes away from time on the therapeutic problem*      | 32%               | 40%      | 17%                       | 10%   | 1%             | 28%                              |
| my patients don't really want me to talk to them about physical activity*   | 12%               | 32%      | 35%                       | 21%   | 0%             | 56%                              |
| my patient/family/carer is already too overburdened with their situation to increase extra demands on them*           | 5%                | 34%      | 33%                       | 23%   | 6%             | 62%                              |
| worried there may be a negative outcome for my patients if I refer them to a community physical activity opportunity* | 34%               | 48%      | 11%                       | 7%    | 0%             | 18%                              |
| not confident in the capacity of structured physical activity leaders to manage my patient*                           | 10%               | 40%      | 30%                       | 18%   | 2%             | 50%                              |
| <b>Motivation (automatic): urges/habits [0-1]</b>   |                   |          |                           |       |                |                                  |
| I have a set routine/process for conducting an assessment/intervention session with my patients                       | 2%                | 12%      | 20%                       | 45%   | 21%            | 34%                              |
| <b>Opportunity (Physical) [0-7]</b>   |                   |          |                           |       |                |                                  |
| <b>My time is too limited to:</b>   |                   |          |                           |       |                |                                  |
| include physical activity counselling*  | 20%               | 44%      | 24%                       | 11%   | 1%             | 36%                              |

| Perceived barriers  | Strongly disagree | Disagree | Neither agree or disagree | Agree | Strongly agree | % Reported barriers <sup>#</sup> |
|---|-------------------|----------|---------------------------|-------|----------------|----------------------------------|
| locate suitable structured community-based physical activity opportunities* | 13%               | 29%      | 23%                       | 30%   | 4%             | 57%                              |
| make referrals to suitable structured physical activity opportunities*      | 18%               | 45%      | 21%                       | 16%   | 0%             | 37%                              |
| <b>My patients do not have</b>  |                   |          |                           |       |                |                                  |
| funding for participation*  | 0%                | 5%       | 24%                       | 45%   | 26%            | 95%                              |
| transport*  | 0%                | 7%       | 16%                       | 51%   | 26%            | 93%                              |
| support*  | 1%                | 6%       | 17%                       | 55%   | 21%            | 93%                              |

#### Opportunity (Social) [0-5]

##### Providing physical activity advice to patients:

|  |    |     |     |     |     |     |
|--|----|-----|-----|-----|-----|-----|
| is seen as a priority in my profession | 0% | 5%  | 18% | 49% | 28% | 23% |
| is common in my immediate team         | 2% | 9%  | 24% | 56% | 9%  | 35% |
| is common in my department             | 2% | 11% | 28% | 49% | 10% | 41% |
| is seen as a priority in SWSLHD        | 2% | 20% | 49% | 22% | 7%  | 71% |
| is seen as a priority in my hospital   | 4% | 23% | 45% | 23% | 5%  | 72% |

Key: <sup>#</sup> Barriers determined as percentage of physiotherapists who selected strongly disagree, disagree or neither agree or disagree. \*For these influencers, barriers determined as percentage of physiotherapists who selected strongly agree, agree, or neither agree or disagree.

#  
#



**Supplemental File 3: Relationship between self-reported skills and use of different PA counselling elements within usual physiotherapy care**

| I have good skills at   |     | PA counselling elements   |   | Total, n | Relative Risk (95% CI) |
|---|-----|---|---|----------|------------------------|
|   |     | I raise or discuss overall PA to >50% patients, n (row%)                                      | I raise or discuss overall PA to <50% patients, n (row%)                                      |          |                        |
| having a conversation about PA within my usual healthcare interaction | Yes | 48 (79)   | 13 (21)   | 61       | 1.6 (1.1 to 2.6)*      |
|   | No  | 11 (48)   | 12 (52)   | 23       |                        |
| asking my patients about physical activity                            | Yes | 53 (79)   | 14 (21)   | 67       | 2.2 (1.2 to 4.3)*      |
|   | No  | 6 (35)  | 11 (65)   | 17       |                        |
| providing brief advice about physical activity                        | Yes | 55 (74)   | 19 (26)   | 74       | 1.9 (0.9 to 4.0)       |
|   | No  | 4 (40)  | 6 (60)  | 10       |                        |
|   |     | I assess overall physical activity subjectively to > 50% patients, n (row%)                   | I assess overall physical activity subjectively to < 50% patients, n (row%)                   |          |                        |
| assessing physical activity subjectively                              | Yes | 7 (11)  | 58 (89)   | 65       | 2.0 (0.3 to 15.6)      |
|   | No  | 1 (5)   | 18 (95)   | 19       |                        |
|   |     | I assess overall physical activity objectively to > 50% patients, n (row%)                    | I assess overall physical activity objectively to < 50% patients, n (row%)                    |          |                        |
| assessing physical activity objectively <sup>#</sup>                  | Yes | 0 (0)   | 38 (100)  | 38       | —                      |
|   | No  | 0 (0)   | 46 (100)  | 46       |                        |
|   |     | I set physical activity goals to > 50% patients, n (row%)                                     | I set physical activity goals to < 50% patients, n (row%)                                     |          |                        |
| setting physical activity goals with my patients                      | Yes | 43 (66)   | 22 (34)   | 65       | 3.1 (1.3 to 7.6)*      |
|   | No  | 4 (21)  | 15 (79)   | 19       |                        |
|   |     | I make tailored action plans to change physical activity behavior to > 50% patients, n (row%) | I make tailored action plans to change physical activity behavior to < 50% patients, n (row%) |          |                        |
| setting physical activity action plans with my patients               | Yes | 24 (61)   | 15 (39)   | 39       | 2.1 (1.2 to 3.5)*      |
|   | No  | 13 (30)   | 31 (71)   | 44       |                        |
| I have good skills at   |     | PA counselling elements   |   | Total, n | Relative Risk (95% CI) |
|   |     | I use language to motivate physical activity behavior change to > 50% patients, n (row%)      | I use language to motivate physical activity behavior change to < 50% patients, n (row%)      |          |                        |
| using motivational language with my patients                          | Yes | 40 (75)   | 13 (25)   | 53       | 2.1 (1.3 to 3.5)*      |
|   | No  | 11 (36)   | 20 (65)   | 31       |                        |

|   |     | I provide handouts<br>about physical<br>activity to > 50%<br>patients, n (row%)   | I provide handouts<br>about physical<br>activity to < 50%<br>patients, n (row%)   |    |                   |
|---|-----|---|---|----|-------------------|
| finding appropriate physical<br>activity resources for my<br>patients   | Yes | 21 (57)   | 16 (43)   | 37 | 1.7 (1.0 to 2.7)  |
|   | No  | 16 (34)   | 31 (66)   | 47 |                   |
| locating suitable physical<br>activity opportunities<br>available in the local<br>community                   | Yes | I investigate<br>structured<br>community-based<br>physical activity<br>opportunities to ><br>50% patients, n<br>(row%)<br>19 (49) | I investigate<br>structured<br>community-based<br>physical activity<br>opportunities to <<br>50% patients, n<br>(row%)<br>20 (51) | 39 | 1.9 (1.1 to 3.6)* |
|   | No  | 11 (25)   | 33 (75)   | 44 |                   |
| referring my patients to<br>physical activity opportunities   | Yes | I recommend to<br>attend structured<br>community-based<br>exercise to > 50%<br>patients, n (row%)<br>33 (70)                      | I recommend to<br>attend structured<br>community-based<br>exercise to < 50%<br>patients, n (row%)<br>14 (30)                      | 47 | 3.2 (1.7 to 6.2)* |
|   | No  | 8 (21)  | 29 (78)   | 37 |                   |
| making referrals to suitable<br>structured community-based<br>physical activity<br>opportunities <sup>#</sup> | Yes | I make contact with<br>PA providers to ><br>50% patients, n<br>(row%)<br>8 (19)   | I make contact with<br>PA providers to <<br>50% patients, n<br>(row%)<br>34 (81)  | 42 | —                 |
|   | No  | 0 (0)   | 42 (100)  | 42 |                   |

Key: \*statistically significant  $p < 0.05$ ; <sup>#</sup>Due to an empty cell, no statistics were computed for having good skills at assessing physical activity objectively, making referrals to suitable structured community-based physical activity opportunities and their corresponding PA counselling elements.

Footnote: If relative risk and 95%CI were  $> 1$ , this indicates that those who reported having the specific skill were significantly more likely to report using the corresponding physical activity element in routine practice.