Supplementary Table S5 – ANOVA's comparing Best Practice vs Enablers, Barriers and Gaps in Practice.

| | **Mean (SD) best practice score if answered "Yes"** | **Mean (SD) best practice score if answered "No"** | **Difference (95% CI)** | **F statistic (df 1, 61)** | **p-value** |
|---|---|---|---|---|---|
| ***Barriers*** | | | | | |
| Time (relative to workload) | 37.09 (8.35) | 38.39 (6.84) | -1.29 (-5.15, 2.56) | 0.45 | 0.50 |
| Resources (e.g. referral system, facilities, tools) | 34.36 (5.62) | 38.69 (7.87) | -4.34 (-8.85, 0.18) | 3.69 | 0.06 |
| Lack of staff (either dietitian or multidisciplinary) | 37.73 (6.24) | 37.68 (8.09) | 0.19 (-4.25, 4.64) | 0.01 | 0.93 |
| Management related (e.g. not a priority of the service) | 36.21 (6.33) | 38.16 (7.95) | -1.95 (-6.57, 2.67) | 0.71 | 0.40 |
| **Characteristics of the population group** | **34.91 (6.26)** | **39.24 (7.91)** | **-4.33 (-8.24, -0.43)** | **4.94** | **0.03** |
| Lack of knowledge with regard to best practice management | 33.14 (9.79) | 38.30 (7.20) | -5.16 (-11.17, 0.85) | 2.95 | 0.09 |
| Referrer related issues | 36.50 (10.27) | 38.02 (6.94) | -1.52 (-6.43, 3.39) | 0.38 | 0.54 |
| Lack of skills either psychological, counselling or physical activity | 35.08 (6.18) | 38.42 (7.85) | -3.34 (-8.04, 1.36) | 2.02 | 0.16 |
| No evidence of treatment effectiveness | 37.44 (8.96) | 37.78 (7.46) | -0.33 (-5.86, 5.19) | 0.01 | 0.90 |
| **There are no barriers** | **43.09 (4.70)** | **36.60 (7.65)** | **6.49 (1.68, 11.31)** | **7.28** | **0.01** |
| ***Enablers*** | | | | | |
| Resources | 37.74 (7.39) | 37.59 (8.24) | 0.16 (-4.15, 4.46) | 0.01 | 0.94 |
| **Access to a multidisciplinary team** | **38.98 (7.19)** | **34.90 (7.75)** | **4.08 (0.10, 8.05)** | **4.21** | **0.04** |
| Supportive referrers/ medical staff | 39.00 (5.85) | 36.23 (8.99) | 2.76 (-0.98, 6.51) | 2.18 | 0.15 |
| **CPD activities done/personal level of experience** | **39.20 (6.83)** | **34.40 (8.19)** | **4.80 (0.88, 8.72)** | **6.00** | **0.02** |
| Physical environment | 39.69 (6.01) | 37.04 (7.95) | 2.65 (-1.70, 6.99) | 1.48 | 0.23 |
| Length of time available for sessions | 37.77 (7.52) | 37.50 (7.90) | 0.27 (-4.12, 4.66) | 0.02 | 0.90 |
| Referral system/ mechanism/ access | 38.38 (6.07) | 37.30 (8.37) | 1.08 (-2.85, 5.00) | 0.30 | 0.59 |

| | | | | | |
|---|---|---|---|---|---|
| Patient characteristics or support | 39.73 (6.00) | 36.32 (8.25) | 3.41 (-0.36, 7.19) | 3.27 | 0.08 |
| Access to data for patient management | 37.35 (6.25) | 38.19 (9.15) | -0.83 (-4.68, 3.01) | 0.19 | 0.67 |
| ***Gaps in skills*** | | | | | |
| Behavioural therapy/ modification or motivation or stages of change | 37.27 (8.05) | 37.96 (6.66) | -0.69 (-4.59, 3.21) | 0.13 | 0.72 |
| Knowledge of best practice guidelines, follow-up, dealing with specific populations | 34.78 (6.91) | 38.68 (7.47) | -3.90 (-8.00, 0.19) | 3.64 | 0.06 |
| Resource related e.g. time, computer, facilities | 37.64 (7.50) | 37.53 (7.54) | 0.11 (-4.90, 5.12) | 0.00 | 0.97 |
| Physical activity related | 35.00 (5.38) | 38.16 (7.81) | -3.16 (-7.93, 1.61) | 1.75 | 0.19 |
| **Client assessment prior to and during therapy, including anthropometric assessment or goal setting** | **31.25 (9.30)** | **38.48 (6.78)** | **-7.23 (-12.62, -1.84)** | **7.19** | **0.01** |
| Personal interest (lack of) | 34.78 (6.04) | 38.02 (7.63) | -3.24 (-8.61, 2.13) | 1.46 | 0.23 |
| **No perceived gaps** | **43.29 (6.10)** | **36.82 (7.35)** | **6.47 (0.66, 12.28)** | **4.96** | **0.03** |