Table 1. Characteristics of phase ii interview participants (those with long-term conditions [LTC] and healthcare professionals) and of phase iii workshop participants (those with LTCs and multi-sectoral professionals).

|  |  |
| --- | --- |
| **Phase ii interviews** | **Phase iii workshops** |
| **People with LTCs (n = 15)\*** | **Healthcare professionals (n = 9)** | **People with LTCs** | **(n = 6)** | **Multi-sectoral professionals** | **(n =17)** |
| **Age range (y)** | 22 - 89 | **Age range (y)** | 33 - 63 | **Gender** | **Primary LTC\*\*** | **Gender** | **Sector, location** |
| Women | 6 | Women | 5 | Woman | Respiratory | Woman | Academia, West Midlands |
| Men  | 9 | Men  | 4 | Man  | Musculoskeletal  | Woman | H&SC, Dorset |
| **Ethnicity**  |  | **Ethnicity**  |  | Man  | Neurological  | Woman  | H&SC and academia, Dorset and Hampshire |
| White British | 15 | Not disclosed | - | Man  | Musculoskeletal  | Woman | Leisure, Dorset |
| **Primary LTC\*\*** |  | **Primary role** |  | Man | Cardiovascular | Woman | H&SC, Dorset |
| Musculoskeletal  | 3 | General practitioner (GP) | 7 | Man  | Cardiovascular  | Woman† | Leisure, Hampshire |
| Cardiovascular | 4 | Nurse | 1 |  |  | Woman  | VCSE, Hampshire |
| Respiratory  | 3 | Commissioner | 1 |  |  | Man | Leisure, Dorset and Hampshire |
| Neurological  | 5 |  |  |  |  | Man | PPI representative (lived experience of a LTC) |
| **Living with co-morbidities**  | 10 | **Location**  |  |  |  | Man | PPI representative (lived experience of a LTC) |
| **Employment status** |  | Hampshire | 4 |  |  | Woman | PPI representative (lived experience of a LTC) |
| Employed (full-time) | 1 | Dorset | 3 |  |  | Woman | PPI representative (lived experience of a LTC) |
| Employed (part-time) | 2 | Buckinghamshire | 2 |  |  | Woman | H&SC, Dorset  |
| Retired | 12 |  |  |  |  | Woman | Leisure, Hampshire  |
| **Highest level of education** | 1 |  |  |  |  | Man† | H&SC - GP, Hampshire  |
| Other professional qualification | 5 |  |  |  |  | Woman† & woman† | H&SC – health coaches, Hampshire |
| University degree | 5 |  |  |  |  | †Interviewed separately after workshop 1 (n = 4) |
| Further secondary (i.e., sixth form/college) | 6 |  |  |  |  |  |  |
| Secondary | 3 |  |  |  |  |  |  |
| **Current domestic status** |  |  |  |  |  |  |  |
| Married/living with partner | 11 |  |  |  |  |  |  |
| Single | 2 |  |  |  |  |  |  |
| Divorced/separated | 2 |  |  |  |  |  |  |
| **Current level of physical activity participation\*\*\*** |  |  |  |  |  |  |  |
| Active | 11 |  |  |  |  |  |  |
| Moderately active | 4 |  |  |  |  |  |  |
| Insufficiently active/sedentary  | 0 |  |  |  |  |  |  |

\*All (n=15) referred from Hampshire, UK. \*\*Primary LTC for which they were referred to an activity scheme. \*\*\*Self-rated using the Godin Leisure-Time Questionnaire (40). GP, General practitioner; H&SC, health and social care; LTC, long-term condition; PPI rep, patient and public involvement representative; VCSE, voluntary, community and social enterprise.