Table 2. Factors influencing supported physical activity maintenance for individuals with long-term conditions (LTCs) aligned to the COM-B model.

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| --- | --- | --- |
| **Domain\*** | **Theme** | **Experience** |
| Capability | Physical capability | *Physical levels change over the lifespan whilst living with LTC(s)**Importance of habitual physical activity**Relationship between physical and psychological capabilities**Need for continued personalized support as physical capability changes* |
| Capability | Psychological capability | *Awareness that physical activity is necessary to limit the impacts of aging and support LTC management.* |
| Opportunity  | Physical opportunities | *Availability of resources* (specifically time, money, equipment)*Accessibility* (i.e., transport and whether services/facilities address their needs) |
| Opportunity | Social opportunities | *Sociocultural environments* *Group sessions* – motivating and accessible (particularly offering access to resources and equipment)*Accountability to others promoted motivation* |
| Motivation | Social support | *Sociocultural environments* (including supportive family and friends enhancing motivation) |
| Motivation | Feedback and monitoring | *Access to knowledgeable exercise professionals**Self-monitoring techniques* |
| Motivation | Goal setting, action planning and coping planning | *Regular, dedicated physical activity time**Preparing strategies in advance* |

\*Domain of the COM-B model (25), used to frame interview findings according to: capability, opportunity, motivation and behavior change.