**MOTH Physical Activity Referral (PARS) project**

**Workshops**

LTC participants

(n = 6)

**Stakeholder mapping**

Clinical Commissioning Groups, the Wessex Clinical Research Network, Solent NHS Trust, physical activity providers\* and clinical academic networks in Wessex, UK.

Research team contacted stakeholders to support recruitment

Multi-sectoral professionals (n = 25)

* Unavailable (n = 5)
* Did not reply (n = 3)

**Interviews**

LTC participants

(n = 15)

LTC participants (n = 17)\*\*

* Consented (n = 16)
* Did not reply (n = 2, incl. one having consented)

**Interviews**

Healthcare professionals

(n = 9)

Healthcare professionals

(n = 16)

**Three**

**One**

**Five**

**Four**

**Two**

**Six**

**Phase i**

**Interviews**

MOTH digital only (n = 7)

**Phase ii**

**Workshops**

Multi-sectoral professionals (n = 13)

Including: PPI representatives (n = 4)

**Phase iii**

**Interviews**

Multi-sectoral professionals (n = 4)

* Unable to attend workshop one

**Fig 1.** Flow chart – research phases and recruitment.

\*Everyone Active; Places Leisure; BH Live; Active Nation; Eastleigh Borough Council; Active 4 Health (Dorset Council); Basingstoke and Alton Cardiac Rehabilitation Centre.

\*\*It is not known how many people with LTCs were approached by service providers for phase ii interview recruitment.

LTC, Long-term condition; MOTH, Maintenance Of physical acTivity beHaviour; NHS, National Health Service; PPI, Public and patient involvement; UK, United Kingdom.