

## Understanding the experience of initiating communitybased group physical activity by people with serious mental illness: a systematic review using a metaethnographic approach

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This document is the Supplemental Material

## Citation:

QUIRK, Helen, HOCK, Emma, HARROP, Deborah, CRANK, Helen, PECKHAM, Emily, TRAVIS-TURNER, Gemma, MACHACZEK, Katarzyna, STUBBS, Brendon, HORSPOOL, Michelle, WEICH, Scott and COPELAND, Robert (2020). Understanding the experience of initiating community-based group physical activity by people with serious mental illness: a systematic review using a meta-ethnographic approach. European Psychiatry, 63 (1). [Article]

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Physically inactive

Thinking about being active

Thoughts and beliefs about being active in a group setting

Expected outcomes of being more active

Positive encouragement and informational support

Past experience of physical activity Planning and preparing for the activity

> Thoughts about the specific activity and its expected benefits

Thoughts about the cost and location

Thoughts about who will be there

Getting to the activity

Physical dependency on others to get there

Other barriers influencing ability to get there Beginning the activity

Socialisation and the influence of the group

Accessibility and scheduling flexibility

Immediate benefits of taking part

Starting to be physically active

Underlying influences impacting upon the initiation of physical activity

Characteristics of the condition

Side effects of medication