

Understanding the experience of initiating community-based group physical activity by people with serious mental illness: a systematic review using a meta-ethnographic approach

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Table 2: Intervention characteristics of included studies

Reference & country	Physical activity type	Self-initiated or intervention	Structured or unstructured	Facilitated or self-directed	Individual or group? (incl. size of group)	Intensity	Frequency	Duration or distance (of session/s)	Duration of intervention	Contact with mental health services or health professionals	Contact with which care workers
Bizub et al (2003) USA [37]	Horse-riding	Intervention	Structured	Facilitated	Group (n=5)	Low-moderate	Weekly	2 hours (including the preparation and post-lesson processing group)	10 weeks	Clinical staff member (no further details)	"Volunteers" (no further details)
Carless (2007) UK [36]	Walking, running, gardening, gym-based exercise, soccer, badminton,	Both	Both	Both	Both. Activities in the day centre were mainly group.	Various	Unclear	Unclear	Ongoing	Physiotherapists	NR

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	swimming and tennis										
Carless & Douglas (2004) UK [33]	Sport (golf - made less competitive)	Intervention	Structured	Facilitated	Group (n=9)	NR	weekly	NR	9 weeks	Support from mental health professionals in the form of phone calls	NR
Carless & Douglas (2008a) UK [40]	Various	Unclear	Unclear	Unclear. Mainly facilitated? (details of golf group reported in	Unclear. At least two interventions were group (5-a-side	Unclear	Unclear	Unclear	Unclear	NR	NR

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				Carless & Douglas (2004)	football and golf)						
Carless & Douglas (2008b) Location NR [39]	Various exercise or sport activities, including golf, five-a-side football, badminton, tennis, swimming, walking	Both	Both	Both	Both - mainly group	NR	NR	NR	NR	Day centre, and mental health professionals	A clinical psychologist, a senior physiotherapist, two care workers, two occupational managers, and an exercise leader.

Reference & country	Physical activity type	Self-initiated or intervention	Structured or unstructured	Facilitated or self-directed	Individual or group? (incl. size of group)	Intensity	Frequency	Duration or distance (of session/s)	Duration of intervention	Contact with mental health services or health professionals	Contact with which care workers
	groups, gardening, gym-based exercise, and running										
Carless & Douglas (2012) UK [32]	Gym based exercise, Badminton and Tennis coaching sessions	Self-initiated	Structured for badminton and tennis (as coaching involved), not reported for gym.	Unclear	Badminton and tennis coaching/ self-defence were group sessions.	NR	NR	NR	NR	NR	NR

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Carless & Sparkes (2008) UK [13]	Gym based exercise, Football, Badminton, Walking, Swimming	Intervention	Both	Unclear	Individual engagement reported (some activities in groups, but details not clear).	NR	NR	NR	Engaging in exercise for at least 6 months at time of interview.	Physiotherapists and Occupational Therapists - mental health services not reported.	"Chaps would come round and take us out". No other detail as to contact with care workers.
Crone (2007) UK [41]	Walking	Intervention	Structured	Facilitated	Group (unknown size)	NR	Monthly	NR	NR	NR	NR

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Evans (2017) UK [35]	Aquatic leisure / swimming session	Both	Unstructured	Both	Group, clients and support workers.	NR	Weekly	1 hour	1 year	Support workers attended the swimming sessions with clients	Support workers
Faulkner & Sparkes (1999) UK [38]	Walking and swimming	Intervention	Structured	Facilitated	Group (n=3)	Moderate	Twice per week	30 mins	10 weeks	Unclear. Key workers were not present at exercise sessions	GF, the lead author, who was also a locum care worker at the hostel

Reference & country	Physical activity type	Self-initiated or intervention	Structured or unstructured	Facilitated or self-directed	Individual or group? (incl. size of group)	Intensity	Frequency	Duration or distance (of session/s)	Duration of intervention	Contact with mental health services or health professionals	Contact with which care workers
Graham et al (2017) Canada [31]	Walking, yoga and low impact fitness programme	Intervention	Structured	Facilitated – by 'peer leads'	Group (size not reported).	Exercise duration and difficulty were increased gradually and according to clients' abilities	a) Peer-led walking – Beginner: 2x weekly; Advanced: 2x weekly. b) Yoga programme 2x week. c) Low impact fitness programme 1x week.	a) Peer-led walking -average of 45mins. Advanced: 1hr 15mins b) Yoga programme – NR. c) Low impact fitness programme - 60-90mins.	a) Peer led walking - 12 months. b) Yoga programme - 7 weeks. c) Low impact fitness programme – NR.	NR	NR

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Hodgson et al (2011) Location NR [2011]	1) Men-only football; 2) 'ACTIVE' programme (15 sports and activity groups including basketball, tennis, walking, football and badminton.	Intervention	Structured	Facilitated	Group PA (group size NR).	NR	NR	NR	Group 1 Men's football – at least 3 months. Group 2 ACTIVE attendees – no requirement for length of involvement	NR	NR
Hoffman et al (2014) USA	Physical activity programmes in	Unclear	NR	NR	Both	NR	NR	NR	NR	NR	NR

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[34]	the community										
Irving et al (2003) UK [29]	Physical activity / team games	Intervention	Structured	Facilitated	Group (average of n=10 members)	NR	Weekly	About 1.5 hours with a rest break.	3 years	NR	NR
Wärdig et al (2013) Sweden [28]	Lifestyle intervention	Intervention	Unclear	Facilitated	Group (size NR)	NR	Weekly	NR	NR	NR	NR
Yarborough et al (2016) USA [27]	Diet and exercise intervention	Intervention	Both	Both - but not clear	Both - eight groups/cohorts. individual based PA	Unclear	Weekly (24 meetings)	Unclear	1 year	All sessions were co-led by a mental health counsellor	NR

Reference & country	Physical activity type	Self-initiated or intervention	Structured or unstructured	Facilitated or self-directed	Individual or group? (incl. size of group)	Intensity	Frequency	Duration or distance (of session/s)	Duration of intervention	Contact with mental health services or health professionals	Contact with which care workers
					participation.					and another interventionist familiar with nutrition interventions.	

NR, not reported; PA, physical activity; SMI, serious mental illness; UK, United Kingdom; USA, United States of America