

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 4: CERQual Summary of Qualitative Findings table

Review finding	Studies contributing to the review finding	<i>CERQual assessment of confidence in the evidence</i>	Explanation of CERQual assessment
Characteristics of the condition	Carless 2007 [36]; Carless & Douglas 2012 [32]; Crone 2007 [41]; Evans 2017 [35]; Irving et al. 2003 [29]; Wärdig et al. 2013 [28]; Yarborough et al. 2016 [27]	Moderate confidence	Seven studies contribute to this finding. Moderate methodological limitations, moderate concerns about adequacy with thin data in six studies, and moderate concerns about relevance due to some studies not being all community-based and/or all group-based. Minor concerns about coherence.
Side-effects of medication	Carless 2007 [36]; Carless & Sparkes 2008 [13]; Evans 2017 [35]; Faulkner & Sparkes, 1999 [38]; Hodgson et al. 2011 [30];	Moderate confidence	Six studies contribute to this finding. Moderate methodological limitations and moderate concerns about adequacy due to fairly thin data. Minor concerns about coherence and relevance.

Review finding	Studies contributing to the review finding	<i>CERQual assessment of confidence in the evidence</i>	Explanation of CERQual assessment
	Yarborough et al. 2016 [27]		
Thoughts and beliefs about being active in a group setting	Carless & Douglas 2012 [32]; Evans 2017 [35]; Hodgson et al. 2011 [30]; Hoffman 2013 [34]	Low confidence	Four studies contribute to this finding. Serious methodological limitations, moderate concerns about adequacy (due to lack of rich data) and relevance. Minor methodological limitations.
Expected outcomes of being more active	Carless 2007 [36]; Carless & Douglas 2008a [40]; Carless & Douglas 2012 [32]; Evans 2017 [35]; Faulkner & Sparkes 1999 [38]; Graham et al. 2017 [31]; Hodgson et al. 2011 [30]; Hoffman 2013 [34]; Irving et al. 2003 [29];	Moderate confidence	Eleven studies contribute to this finding. Moderate methodological concerns, moderate concerns about adequacy due to fairly thin data, and moderate concerns about relevance due to some studies not being all community-based and/or all group-based. Minor concerns about coherence.

Review finding	Studies contributing to the review finding	<i>CERQual assessment of confidence in the evidence</i>	Explanation of CERQual assessment
	Wärdig et al. 2013 [28]; Yarborough et al. 2016 [27]		
Positive encouragement and informational support	Carless, 2007 [36]; Carless & Douglas 2008b [39]; Carless & Sparkes 2008 [13]; Faulkner & Sparkes 1999 [38]; Hodgson et al. 2011 [30]; Hoffman 2013 [34]; Wärdig et al. 2013 [28]; Yarborough et al. 2016 [27]	Moderate confidence	Nine studies contribute to this finding. Moderate concerns about adequacy and relevance. Minor methodological limitations and minor concerns about coherence.
Past experience of physical activity	Carless 2007 [36]	Low confidence	One study contributes to this finding. Moderate methodological limitations, moderate concerns about adequacy and relevance. Minor concerns

Review finding	Studies contributing to the review finding	<i>CERQual assessment of confidence in the evidence</i>	Explanation of CERQual assessment
			about coherence.
Thoughts about the specific activity and expected benefits	Carless & Douglas 2004 [33]; Carless & Douglas 2008a [40]; Carless & Douglas 2012 [32]; Crone 2007 [41]; Evans 2017 [35]; Faulkner & Sparkes 1999 [38]; Hoffman 2013 [34]; Irving et al. 2003 [29]; Wärdig et al. 2013 [28]	Low confidence	Nine studies contribute to this finding. Serious methodological limitations, moderate concerns about adequacy and relevance. Minor concerns about coherence.
Thoughts about the cost and location	Carless & Douglas, 2004 [33]; Carless & Douglas, 2008b [39]; Crone 2007; Graham et al., 2017 [31];	Moderate confidence	Six studies contribute to this finding. Moderate methodological limitations, moderate concerns about adequacy due to fairly thin data in most studies (although it seems well-established), and

Review finding	Studies contributing to the review finding	<i>CERQual assessment of confidence in the evidence</i>	Explanation of CERQual assessment
	Hodgson et al. 2011 [30]; Wärdig et al. 2013 [28]		moderate concerns about relevance. No/very minor concerns about coherence.
Thoughts about who will be there	Carless & Douglas, 2008b [39]; Carless & Douglas 2012 [32]; Evans 2017 [35]; Faulkner & Sparkes 1999 [38]; Hodgson et al. 2011 [30]; Irving et al. 2003 [29]; Wärdig et al. 2013 [28]	Moderate confidence	Seven studies contribute to this finding. Moderate methodological limitations, and moderate concerns about relevance. Minor concerns about coherence and adequacy.
Physical dependency on others to get there	Carless 2007 [36]; Carless & Douglas 2004 [33]; Carless & Douglas 2008b [39]; Crone 2007 [41]; Hodgson et al. 2011 [30];	Moderate confidence	Seven studies contribute to this finding. Moderate methodological limitations, and moderate concerns about relevance. Minor concerns about coherence and adequacy.

Review finding	Studies contributing to the review finding	<i>CERQual assessment of confidence in the evidence</i>	Explanation of CERQual assessment
	Hoffman 2013 [34]; Irving et al. 2003 [29]		
Other barriers influencing ability to get there	Carless & Douglas 2004 [33]; Crone 2007 [41]; Hoffman 2013 [34]; Wärdig et al. 2013 [28]	Moderate confidence	Four studies contribute to this finding. Moderate methodological limitations, and moderate concerns about relevance. Minor concerns about coherence and adequacy.
Socialisation and the influence of the group	Bizub et al. 2003 [37]; Carless & Douglas 2008a [40]; Carless & Douglas 2012 [32]; Crone 2007 [41]; Faulkner & Sparkes 1999 [38]; Irving et al. 2003 [29]; Wärdig et al. 2013 [28]; Yarborough et al. 2016 [27]	Moderate confidence	Eight studies contribute to this finding. Serious methodological limitations. Moderate concerns about adequacy, as some studies had thin data, and relevance, as not all settings may have been community-based and not all activities may have been group-based, although this seems less important for this finding. Minor concerns about coherence.

Review finding	Studies contributing to the review finding	<i>CERQual assessment of confidence in the evidence</i>	Explanation of CERQual assessment
Accessibility and scheduling flexibility	Carless & Douglas 2012 [32]; Crone 2007 [41]; Evans 2017 [35]; Graham et al. 2017 [31]	Moderate confidence	Four studies contribute to this finding. Moderate methodological limitations, moderate concerns about adequacy due to mainly thin data and moderate concerns about relevance. Very minor concerns about coherence.
Immediate benefits of taking part	Bizub et al. 2003 [37]; Carless 2007 [36]; Carless & Sparkes 2008 [13]; Crone 2007 [41]; Evans 2017 [35]; Faulkner & Sparkes 1999 [38]; Wärdig et al. 2013 [28]	Moderate confidence	Seven studies contribute to this finding. Moderate methodological limitations, and moderate concerns about relevance, as not all settings may have been community-based, not all activities may have been group-based, and population was not clearly specified in one study. Minor concerns about coherence and adequacy.