**Supplementary File 2**

**Demographics-Whole sample**

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | Count | Column N % |
| I confirm that I am an allied health professional and that I am registered with one of the professional bodies | Yes | 522 | 100.00% |
|  | No | 0 | 0.00% |
|  |  |  |  |
|  |  |  |  |
|  | Years of experience | Count | Column N % |
| Approximately how many years of experience do you have of working as an AHP or support worker? | 0 - 5 years | 147 | 28.30% |
|  | 6 - 10 years | 96 | 18.50% |
|  | 11 - 15 years | 83 | 16.00% |
|  | 16 - 20 years | 55 | 10.60% |
|  | 20+ years | 138 | 26.60% |
|  |  |  |  |
|  |  |  |  |
|  |  | Count | Column N % |
| Which sector do you mainly work in? | Other (please specify) | 9 | 1.70% |
|  | NHS | 477 | 92.40% |
|  | Private | 21 | 4.10% |
|  | Third sector (eg. community, charity, social enterprise) | 7 | 1.40% |
|  | Local Authority/Social Care | 2 | 0.40% |
|  |  |  |  |
|  |  |  |  |
|  |  | Count | Column N % |
| Please select the nation in which you are registered: | Scotland | 14 | 2.80% |
|  | Northern Ireland | 3 | 0.60% |
|  | Wales | 17 | 3.30% |
|  | England | 475 | 93.30% |
|  |  |  |  |
|  |  |  |  |
|  |  | Count | Column N % |
| Which health care setting do you mainly work in? | Other (please specify) | 16 | 3.10% |
|  | Primary care | 187 | 36.10% |
|  | Secondary care | 108 | 20.80% |
|  | Community | 121 | 23.40% |
|  | A mixture | 86 | 16.60% |
|  | I do not work in a clinical setting | 0 | 0.00% |

**Demographics-Physiotherapists (inc students)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Count | Column N % | |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Physiotherapist | Qualified member | 463 | 88.70% |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Student member | 51 | 9.80% |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | 514 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Approximately how many years of experience do you have of working as an AHP or support worker? | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | 0 - 5 years | | 6 - 10 years | | 11 - 15 years | | 16 - 20 years | | 20+ years |  |  |  |  |  |
|  |  | Count | Row N % | Count | Row N % | Count | Row N % | Count | Row N % | Count | Row N % |  |  |  |  |
| Physiotherapist | Qualified member | 96 | 20.80% | 94 | 20.40% | 81 | 17.60% | 54 | 11.70% | 136 | 29.50% |  |  |  |  |
|  | Student member | 47 | 94.00% | 2 | 4.00% | 1 | 2.00% | 0 | 0.00% | 0 | 0.00% |  |  |  |  |
|  |  | 143 |  | 96 |  | 82 |  |  |  |  |  |  |  |  |  |
| Which health care setting do you mainly work in? | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | Other (please specify) | | Primary care | | Secondary care | | Community | | A mixture | | I do not work in a clinical setting | |  |  |
|  |  | Count | Row N % | Count | Row N % | Count | Row N % | Count | Row N % | Count | Row N % | Count | Row N % |  |  |
| Physiotherapist | Qualified member | 8 | 1.70% | 169 | 36.70% | 105 | 22.80% | 118 | 25.70% | 60 | 13.00% | 0 | 0.00% |  |  |
|  | Student member | 8 | 16.00% | 14 | 28.00% | 1 | 2.00% | 2 | 4.00% | 25 | 50.00% | 0 | 0.00% |  |  |
|  |  | 16 |  | 183 |  | 106 |  | 120 |  | 85 |  |  |  |  |  |
| Which sector do you mainly work in? | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | Other (please specify) | | NHS |  | Private |  | Third sector | | Local Authority/Social Care | |  |  |  |  |
| Count | Row N % | Count | Row N % | Count | Row N % | Count | Row N % | Count | Row N % |  |  |  |  |  |  |
| Physiotherapist | Qualified member | 5 | 1.10% | 423 | 92.40% | 21 | 4.60% | 7 | 1.50% | 2 | 0.40% |  |  |  |  |
|  | Student member | 4 | 8.00% | 46 | 92.00% | 0 | 0.00% | 0 | 0.00% | 0 | 0.00% |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**PA promotion (descriptive stats)**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Never |  | Sometimes | | Usually |  | Always |  |  |
|  |  | Count | Row N % | Count | Row N % | Count | Row N % | Count | Row N % |  |
| Do you initiate conversations about PA | | 0 | 0% | 11 | 2.40% | 95 | 21% | 347 | 76.60% | 453 |
|  |  |  |  |  |  |  |  |  |  |  |
| Do you assess risk re PA | | 96 | 21.20% | 63 | 14% | 113 | 24.90% | 181 | 40% | 453 |
|  |  |  |  |  |  |  |  |  |  |  |
| Do you deliver brief interventions for PA | | 13 | 2.90% | 26 | 5.70% | 106 | 23.40% | 308 | 68% | 453 |
|  |  |  |  |  |  |  |  |  |  |  |
| Do you signpost to other PA support | | 18 | 4% | 83 | 18.30% | 152 | 33.60% | 200 | 44.20% | 453 |
|  |  |  |  |  |  |  |  |  |  |  |

**Physiotherapists' PA habits (descriptive stats)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 4 or less |  | 5+ |  |
|  | count | % | count | % |
| qual | 222 | 62% | 134 | 37.6 |
| student | 19 | 55.70% | 15 | 44.10% |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  | | Milton single item question |  |  |
| N | Valid | 390 |  |  |
| Missing | 124 |  |  |
| Median | | 5.00 |  |  |
| Percentiles | 25 | 3.00 |  |  |
| 50 | 5.00 |  |  |
| 75 | 6.00 |  |  |

**PA guidelines**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Knowledge about 150 mins MPA | | | |  |  |
|  |  |  |  |  |  |
| **Moderate activity knowledge - answer** | | | | | |
|  | | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid | too low | 88 | 17.1 | 21.8 | 21.8 |
| correct | 240 | 46.7 | 59.6 | 81.4 |
| too high | 75 | 14.6 | 18.6 | 100.0 |
| Total | 403 | 78.4 | 100.0 |  |
| Missing | System | 111 | 21.6 |  |  |
| Total | | 514 | 100.0 |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| Knowledge 75 mins vigorous PA | | | |  |  |
|  |  |  |  |  |  |
| **Vigorous activity knowledge - answer** | | | | | |
|  | | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid | too low | 130 | 25.3 | 35.4 | 35.4 |
| correct | 122 | 23.7 | 33.2 | 68.7 |
| too high | 115 | 22.4 | 31.3 | 100.0 |
| Total | 367 | 71.4 | 100.0 |  |
| Missing | System | 147 | 28.6 |  |  |
| Total | | 514 | 100.0 |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| Knowledge 2 days strength training | | | |  |  |
|  |  |  |  |  |  |
| **Strength training knowledge - answer** | | | | | |
|  | | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid | too low | 25 | 4.9 | 6.6 | 6.6 |
| correct | 121 | 23.5 | 32.2 | 38.8 |
| too high | 230 | 44.7 | 61.2 | 100.0 |
| Total | 376 | 73.2 | 100.0 |  |
| Missing | System | 138 | 26.8 |  |  |
| Total | | 514 | 100.0 |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| % of scores all correct or all incorrect | | | |  |  |
|  |  |  |  |  |  |
| **No of correct answers (out of 3)** | | | | | |
|  | | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid | 0 | 254 | 49.4 | 49.4 | 49.4 |
| 1 | 120 | 23.3 | 23.3 | 72.8 |
| 2 | 57 | 11.1 | 11.1 | 83.9 |
| 3 | 83 | 16.1 | 16.1 | 100.0 |
| Total | 514 | 100.0 | 100.0 |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| Percentage who are aware of PAGs | | | |  |  |
|  |  |  |  |  |  |
| **Are you aware that there are UK physical activity guidelines for adults?** | | | | | |
|  | | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid | Yes | 382 | 74.3 | 87.6 | 87.6 |
| No | 33 | 6.4 | 7.6 | 95.2 |
| Don't know | 21 | 4.1 | 4.8 | 100.0 |
| Total | 436 | 84.8 | 100.0 |  |
| Missing | System | 78 | 15.2 |  |  |
| Total | | 514 | 100.0 |  |  |

**Associations**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| chi squared for independence between: likelihood of delivering a brief intervention AND years of experience | | | | | | | | | | |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| nb Never/Sometimes categories merged due to low numbers | | | | | |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Approximately how many years of experience do you have of working as an AHP or support worker? \* PA BIs Never/Sometimes v Usually v always Crosstabulation** | | | | | | |  |  | **Chi-Square Tests** | | | |
|  | | | PA BIs Never/Sometimes v Usually v always | | | Total |  |  |  | Value | df | Asymptotic Significance (2-sided) |
| 2.00 | 3.00 | 4.00 |  |  | Pearson Chi-Square | 8.045a | 8 | .429 |
| years of experience | 0 - 5 years | Count | 7 | 22 | 96 | 125 |  |  | Likelihood Ratio | 8.236 | 8 | .411 |
| Expected Count | 10.6 | 28.8 | 85.6 | 125.0 |  |  | Linear-by-Linear Association | 4.429 | 1 | .035 |
| 6 - 10 years | Count | 9 | 18 | 61 | 88 |  |  | N of Valid Cases | 460 |  |  |
| Expected Count | 7.5 | 20.3 | 60.3 | 88.0 |  |  |  |  |  |  |
| 11 - 15 years | Count | 8 | 20 | 51 | 79 |  |  |  |  |  |  |
| Expected Count | 6.7 | 18.2 | 54.1 | 79.0 |  |  |  |  |  |  |
| 16 - 20 years | Count | 3 | 14 | 33 | 50 |  |  |  |  |  |  |
| Expected Count | 4.2 | 11.5 | 34.2 | 50.0 |  |  |  |  |  |  |
| 20+ years | Count | 12 | 32 | 74 | 118 |  |  |  |  |  |  |
| Expected Count | 10.0 | 27.2 | 80.8 | 118.0 |  |  |  |  |  |  |
| Total | | Count | 39 | 106 | 315 | 460 |  |  |  |  |  |  |
| Expected Count | 39.0 | 106.0 | 315.0 | 460.0 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| chi squared for independence between: Likelihood of delivering Brief intervention AND own PA habits | | | | | | | | | | |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| nb Never/Sometimes categories merged due to low numbers | | | | | |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **In the past week, on how many days have you done a total of 30 min or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places, but \* PA BIs Never/Sometimes v Usually v always Crosstabulation** | | | | | | |  |  | **Chi-Square Tests** | | | |  |
|  | | | PA BIs Never/Sometimes v Usually v always | | | Total |  |  |  | Value | df | Asymptotic Significance (2-sided) |  |
| Never/Sometimes | Usually | Always |  |  | Pearson Chi-Square | 22.035a | 14 | .078 |  |
| Milton single item qu | 0 | Count | 2 | 6 | 11 | 19 |  |  | Likelihood Ratio | 23.645 | 14 | .051 |  |
| Expected Count | 1.6 | 4.3 | 13.1 | 19.0 |  |  | Linear-by-Linear Association | 2.682 | 1 | .101 |  |
| 1 | Count | 2 | 8 | 17 | 27 |  |  | N of Valid Cases | 396 |  |  |  |
| Expected Count | 2.3 | 6.1 | 18.7 | 27.0 |  |  |  |  |  |  |  |
| 2 | Count | 8 | 16 | 37 | 61 |  |  |  |  |  |  |  |
| Expected Count | 5.1 | 13.7 | 42.2 | 61.0 |  |  |  |  |  |  |  |
| 3 | Count | 3 | 19 | 49 | 71 |  |  |  |  |  |  |  |
| Expected Count | 5.9 | 16.0 | 49.1 | 71.0 |  |  |  |  |  |  |  |
| 4 | Count | 6 | 19 | 43 | 68 |  |  |  |  |  |  |  |
| Expected Count | 5.7 | 15.3 | 47.1 | 68.0 |  |  |  |  |  |  |  |
| 5 | Count | 2 | 9 | 61 | 72 |  |  |  |  |  |  |  |
| Expected Count | 6.0 | 16.2 | 49.8 | 72.0 |  |  |  |  |  |  |  |
| 6 | Count | 3 | 7 | 20 | 30 |  |  |  |  |  |  |  |
| Expected Count | 2.5 | 6.7 | 20.8 | 30.0 |  |  |  |  |  |  |  |
| 7 | Count | 7 | 5 | 36 | 48 |  |  |  |  |  |  |  |
| Expected Count | 4.0 | 10.8 | 33.2 | 48.0 |  |  |  |  |  |  |  |
| Total | | Count | 33 | 89 | 274 | 396 |  |  |  |  |  |  |  |
| Expected Count | 33.0 | 89.0 | 274.0 | 396.0 |  |  |  |  |  |  |  |