

Additional file

Additional file 1 – Items and results

	Round 1								Round 2				
	Importance				Changeability				Importance			Changeability	
	A	I		C		A	I	C	Sum of points	Mdn	IQR		
	Mdn	M	Mdn	M	Mdn	M	Mdn	IQR					
	(≥7.64)	(≥7.70)	(≥7.76)										
Factors related to the innovation													
Evidence-base	7	6.77	7	6.23	7	6.43	7	4	-	-	-	-	-
Extent to which intervention is known	8	7.20	7	6.61	7	6.50	7	3	-	-	-	-	-
Sustainability	8	8.05	8	7.61	8	8.18	6	4	99	-	<u>104</u>	5	4
Time investment	8	7.27	8	7.77	8	7.64	5	5	-	73	-	6	2
Financial feasibility for PHC organizations and professionals	8.5	8.45	9	8.52	9.5	8.98	5	5	<u>186</u>	<u>141</u>	<u>157</u>	6	2
Intervention's accessibility to the target group	8	7.75	8	8.20	8.5	8.36	5	4	<u>158</u>	<u>123</u>	<u>113</u>	5	3
Delivering intervention is fulltime job	5	5.18	5	5.32	6	5.61	4	6	-	-	-	-	-
Balance between tasks	7	7.00	8	7.36	8	7.73	5.5	5	-	-	-	-	-
Fit with socio-political context	7	6.95	7	7.27	8	7.48	6	5	-	-	-	-	-
Fit with organizational logistics	7	6.66	7	6.82	7	7.05	6	5	-	-	-	-	-
Fit with PHC organizations' and professionals' objectives	8	7.68	7	7.05	7	7.16	6	3	82	-	-	7	2
Fit with PHC professionals' knowledge	7	7.09	8	7.43	8	7.32	7	4	-	-	-	-	-
Fit with PHC professionals' routines	7	6.66	7	6.98	7	7.36	6	3	-	-	-	-	-
Relative advantages for socio-political context	7	6.73	7	6.55	7	7.25	6	4	-	-	-	-	-
Relative advantages for PHC organizations	7	7.16	7.5	6.93	7	7.14	5	4	-	-	-	-	-
Relative advantages for PHC	8	7.30	7.5	7.07	8	7.52	5	4	-	-	-	-	-

professionals													
Possibility to tailor intervention to participants' needs	8	7.34	8	7.86	8	7.70	7	4	-	80	-	7	2
Possibility to tailor to PHC organizations' and professionals' needs	8	7.41	8	7.52	8	7.55	6	5	-	-	-	-	-
Complexity of organization intervention	7.5	7.36	8	7.64	8	7.86	6	4	-	-	87	7	2
Evidence for intervention effectiveness	8	7.48	8	7.30	8.5	7.91	5	5	-	-	35	5	3
Factors related to the socio-political context													
Presence of a public health problem	8	8.09	7	6.98	7	6.68	2.5	5	<u>113</u>	-	-	3	4
Media attention	7.5	7.09	6.5	6.18	6	5.93	5	4	-	-	-	-	-
Socio-political medical culture (preventive)	7	6.77	7.5	7.00	7	6.80	4.5	4	-	-	-	-	-
Formal education on PA and interventions	7	7.05	7	6.75	7	6.30	5	5	-	-	-	-	-
Support for intervention from government	8	8.14	8	7.70	8	7.77	4.5	5	65	22	52	5	3
Support for intervention from insurance companies	9	8.59	9	8.73	9	8.66	5	4	<u>107</u>	67	85	6	2
Support for intervention from local authorities	8	7.61	8	7.84	8	8.07	5	4	-	61	65	6	1
Support for intervention from PHC professionals	8	7.84	8	7.75	8	8.09	7	3	77	34	27	7	2
Support for intervention from PHC organizations	8	7.45	8	7.50	8	7.59	6.5	4	-	-	-	-	-
Presence of intervention champions within community	8	8.16	7.5	7.34	7	7.07	6	4	50	-	-	6	3
Availability of PA or sport facilities within community	6	5.91	7	7.25	8	7.84	3.5	6	-	-	90	7	3
Network between intervention developer and external parties	7	7.18	8	7.52	8	7.89	7	4	-	-	59	7	2
Network between intervention developer and PHC organizations and professionals	7	7.36	7	7.41	7	7.36	7	3	-	-	-	-	-
Network between intervention	7	7.00	8	7.34	8	7.59	6	5	-	-	-	-	-

providers														
Network between PHC and local PA or sport facilities	7	6.39	8	7.36	9	8.00	6	4	-	-	<u>129</u>	7	2	
Collaboration between intervention developer and intervention partners	7.5	7.34	8	7.52	8	7.61	7	3	-	-	-	-	-	
Collaboration between different PA interventions	5.5	5.52	6	5.50	7	6.45	6	4	-	-	-	-	-	
Collaboration between intervention providers	7	6.57	8	7.14	8	7.39	6	4	-	-	-	-	-	
Socio-political medical culture (curative)	8	7.55	8	7.25	8	7.36	3.5	4	-	-	-	-	-	
Competition between PA interventions	6	6.09	5.5	5.61	5	5.52	3	3	-	-	-	-	-	
Factors related to the organization														
Time to deliver the intervention	8	7.86	8	8.39	9	8.64	4	6	<u>120</u>	<u>148</u>	<u>92</u>	6	4	
Presence of the target group within organization	8	7.50	8	7.91	8	7.82	3	5	-	<u>114</u>	<u>120</u>	5	4	
Support for intervention from management	8	7.70	8	7.50	8	7.57	5	6	82	-	-	7	2	
Routine of intervention tasks within organization	7	6.50	8	7.36	8	7.45	5	4	-	-	-	-	-	
Support for intervention from professionals within organization	8	7.86	8	7.82	8	7.75	7	4	<u>164</u>	56	-	7	2	
Presence of intervention champions within organization	8	8.00	7	7.30	7	6.82	6	5	<u>162</u>	-	-	6	2	
Collaboration within organization	7	6.98	8	7.55	8	7.59	6	5	-	-	-	-	-	
Presence of PA or sport facilities within organization	6	6.20	7	6.61	7	6.45	4	5	-	-	-	-	-	
Organizational medical culture (curative)	8	7.34	7	7.00	7	6.98	4	5	-	-	-	-	-	
Factors related to the patient														
Participants' feedback	8	7.18	8	8.07	9	8.48	5	5	-	<u>105</u>	<u>93</u>	7	2	
Relationship between provider and participant	7	6.82	8	7.61	8	7.86	4.5	6	-	-	66	7	2	
Potential participants' enthusiasm	7	7.07	8	7.98	8	8.05	5	5	-	53	21	7	3	
Potential participants have other	7	6.59	7	6.52	7	6.66	5	5	-	-	-	-	-	

aims for consultation														
Potential participants' medical culture (curative)	7	6.93	6.5	6.66	6.5	6.75	4	5	-	-	-	-	-	-
Factors related to the adopting person														
Knowledge	7	7.14	8	7.80	8	7.45	7	2	-	<u>82</u>	-	8	0	
Skills	7	7.25	8	8.11	9	8.05	7	3	-	<u>166</u>	53	8	1	
Experience with PA intervention	6.5	6.00	6	6.20	7	6.55	4	4	-	-	-	-	-	
Experience with target group	7	6.64	8	7.43	7	7.02	4	6	-	-	-	-	-	
Motivation to deliver intervention	8	7.45	8	8.14	8	8.16	7	3	-	<u>171</u>	<u>94</u>	7	2	
Self-efficacy	7	7.14	8	7.43	8	7.36	6	5	-	-	-	-	-	
Perception that he or she plays an important role in the intervention's effectiveness	8	7.48	8	7.55	8	7.68	7	3	-	-	-	-	-	
Attitudes towards PA	8	7.73	8	7.32	7.5	7.20	6	5	<u>158</u>	-	-	7	2	
Attitudes towards the intervention	8	7.70	8	7.82	8	7.73	7	5	<u>131</u>	67	-	7	2	
Attitudes towards prevention	8	7.48	7.5	7.09	8	7.14	6	4	-	-	-	-	-	
Perception on role or responsibilities with regard to prevention and PA interventions	8	7.43	7	7.18	7	7.14	6	3	-	-	-	-	-	
Attitudes towards intervention effectiveness	8	8.07	8	7.95	9	8.20	7	2	151	52	56	8	2	
Experience with intervention effectiveness	8	7.09	8	8.30	9	8.75	7	4	-	<u>119</u>	83	6	3	
Priority of intervention delivery	7	6.80	8	7.32	8	7.41	4	4	-	-	-	-	-	
Routine of intervention delivery	5	5.73	7	6.70	7	7.09	5	4	-	-	-	-	-	
Attitudes towards the target group (motivation)	7	7.00	8	7.27	8	7.45	5	3	-	-	-	-	-	
Attitudes towards the target group (maintenance of behavior change)	7	6.66	7	7.09	8	7.30	5	4	-	-	-	-	-	
Perception on effect of intervention on relationship with patients	6	5.86	6	6.07	6	5.98	5	4	-	-	-	-	-	
Factors related to the innovation strategy														
Introduction success	8	7.18	8	7.84	8	8.50	6	4	-	<u>139</u>	<u>181</u>	6	3	
Coordination of intervention in one place	5	5.30	6	5.86	6	5.80	5	5	-	-	-	-	-	

Stakeholder involvement in development of intervention	8	7.52	7	7.14	7	7.02	6	4	-	-	-	-	-
Time to introduce intervention	8	7.73	8	7.89	8	7.32	6	3	70	55	-	7	2
Clarity on tasks	8	7.48	8	7.39	8	6.82	6.5	4	-	-	-	-	-
Clarity on roles	8	7.34	7.5	7.34	7.5	7.07	7	4	-	-	-	-	-
Materials (participants)	7	7.23	8	7.75	8	7.20	7	4	-	53	-	8	2
Materials (providers)	7.5	7.18	8	7.41	8	7.20	7	3	-	-	-	-	-
Availability of list of local PA or sport facilities	7	6.77	8	7.45	8	7.93	6.5	4	-	-	<u>94</u>	8	2
Reminders	6	5.55	6.5	6.11	7	6.23	5.5	5	-	-	-	-	-
Refinement	6	5.93	7	6.80	8	7.30	7	4	-	-	-	-	-
Research	7	6.84	7	6.45	7	6.95	8	3	-	-	-	-	-
Assistance	8	7.34	8	7.48	7.5	7.18	7	4	-	-	-	-	-
Training	8	7.57	8	7.59	8	7.30	8	5	-	-	-	-	-
Intervision	7	6.80	7	7.20	8	7.30	7.5	3	-	-	-	-	-
Financial resources for introduction	8	8.02	8	8.39	9	8.64	5	5	60	54	79	5	2
Intervention readiness	7	6.59	7	6.86	8	7.27	6	4	-	-	-	-	-

Note. A, adoption; I, implementation; C, continuation; Mdn, median; M, mean; IQR, interquartile range

Bold mean scores indicate most important factors for each stage as scored in the first round, which was based on factors' median score (≥ 8) and mean score (mean ≥ 7.64 for the adoption stage; mean ≥ 7.70 for the implementation stage; mean ≥ 7.76 for the continuation stage). These factors were included in the second round questionnaire.

Underlined sum of points indicate the top-10 of most important factors for each stage as rated in the second round.