

Phase 1: Exploring PA perceptions, Enablers and Barriers

- 9 x Semi-Structured Interviews
- Devised using the Youth Physical Activity Promotion (YPAP) Model principal Enabling, Predisposing & Reinforcing Factors.



Phase 2: Allocation of Devices

- Each participant allocated two devices, including an accelerometer (Either ActiGraph or GENEActiv)
- Worn for 7 days
- Short feedback questionnaire completed after wearing each device.



- Phase 3: Comprised of three arms to explore:**
- (1.) Acceptability of devices trialled by participants
 - (2.) Acceptability of using PA monitoring devices among Health Care Professionals
 - (3.) Feasibility and acceptability of using PA monitoring among Paediatric CF Physiotherapists nationwide.



Arm 1: Participant Follow-Up Interviews

- 7 completed to date
- Semi-structured interview, informed by responses to Phase 2 feedback questionnaires



Arm 2: Health Care Professional Interviews:

- 3 semi-structured interviews
- Conducted with key clinicians identified by participants during Phase 1; namely:
 - (1.) Clinical Lead Consultant
 - (2.) CF Specialist Physiotherapist
 - (3.) Nutritionist



Paediatric CF Physiotherapist Online Survey

- 30 respondents
- All Paediatric physiotherapist working in CF clinics from around the UK
- Short online survey comprised of 5 questions (2 x Likert scale; 2 x closed with additional comments box; 1 x open-ended)



Phase 4: Expert Focus Group

- 5 panel members:
 - (1.) Clinical Lead Consultant
 - (2.) CF Specialist Physiotherapist
 - (3.) Nutritionist
 - (4.) Physical Activity Expert
 - (5.) Qualitative Research Expert
- Incorporated methodological principles of Delphi and Nominal Consensus techniques
- Purpose: To develop key recommendations