

## Additional file 1: Variables and measures

Category	Variable	Test	Test/Reference	S1	T0	T1	T2
<b>Cognitive ability</b>	Mental status	ST	Mini Mental State Examination [1,2]	✓			
	English language (level)	SR	Education and self-reported difficulty understanding the screening questionnaire	✓			
<b>Behavioural predictors</b>	Attitude, intention, subjective norms and self-efficacy relating to goals (Goal: following doctor's recommendation)	E-SR, I	Modified Brief IAT and matching self-report (Figure 2 and Table 1)		✓	✓	✓
	Attitude, intention, subjective norms and self-efficacy relating to specific behaviours (Implementation: taking medication and doing the prescribed exercise)	E-SR, I	Modified Brief IAT and matching self-report (Figure 2 and Table 1)		✓	✓	✓
	Outcome beliefs regarding medication and exercise	SR	3 items each		✓	✓	✓
	Anticipated regret	SR	1 item each		✓	✓	✓
	Self-efficacy	SR	3 items		✓	✓	✓

<b>Wellbeing</b>	Perceived quality of life and health	SR	Single item self-assessment	✓			
	Perceived quality of life	SRS	Functional Assessment of Human Immunodeficiency Virus Infection (FAHI), Version 4 [3]		✓	✓	✓
	Perceived health	SR	Single item self assessment	✓			
<b>Personality</b>	Need for cognition	SRS	Rational Experimental Inventory Scale [4]		✓	✓	✓
	Conscientiousness	SRS	NEO FFI subscale [5]		✓	✓	✓
	Social desirability	SRS	Short form M-C 2 (10) [6]		✓	✓	✓
	Global self-esteem	I	single question implicit global self esteem [7]	✓	✓	✓	✓
<b>Behaviour</b>	Physical activity involved in daily work	SR	Self-report	✓			
	Physical Activity	SR	International Physical Activity Questionnaire [8]		✓	✓	✓
	Adherence to medication	SR	Direct question		✓	✓	✓
	Reasons for non-adherence to medication	SR	ACTG Baseline Adherence Questionnaire [9]		✓	✓	✓
	Adherence to exercise (intervention)		Attendance log		✓		
	Adherence to exercise (off site)	SRS, SR	Self-report based on [9], Exercise diary		✓	✓	✓

<b>Physical assessment</b>	Height	DM	Measure taken by physiotherapist		✓		
	Weight, circumferential measures, rest heart rate	DM	Measure taken by physiotherapist		✓	✓	✓
	Fitness	DM	6 minute walk test [10,11]		✓	✓	✓
	Strength	DM	One repetition maximums for eight exercises		✓	✓	✓
	Flexibility	DM	Sit & reach test [12]		✓	✓	✓
<b>Clinical data</b>	Viral load (copies/mL), CD4 counts (cells/mm <sup>3</sup> ), prescribed medication details, referral reasons, the presence of other chronic illness(es), route of infection, time since diagnosis	MR	Anonymised medical records				✓
<b>Demographics</b>	Age, sex and ethnic origin	SR MR	Anonymised medical records	✓			✓
<b>Hair sample</b>	50g cut hair	DM	taken by physiotherapist				✓

E: explicit self-report, I: implicit association, DM: direct measure, MR: medical record, SR: self-report SRS: self-reported scale, ST: screening test

## References:

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3. Peterman AH, Cella D, Mo F, McCain N: **Psychometric validation of the revised Functional Assessment of Human Immunodeficiency Virus Infection (FAHI) quality of life instrument.** *Qual Life Res* 1997, **6**:572-584.
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7. Gebauer JE, Riketta MB, Broemer P, Maio GR: **"How much do you like your name?" An implicit measure of global self-esteem.** *J Exp Soc Psychol* 2008, **44**:1346-1354.
8. International Physical Activity Questionnaire (IPAQ). [<https://sites.google.com/site/theipaq/>]
9. NAISD Adult AIDS Clinical Trials Group: **ACTG Baseline Adherence Questionnaire.** [<https://actgnetwork.org>].
10. Guyatt GH, Sullivan MJ, Thompson PJ, Fallen EL, Pugsley SO, Taylor WA, Bernman LB: **The 6-minute walk: a new measure of exercise capacity in patients with chronic heart failure.** *Can Med Assoc J* 1985, **132**:919-923.
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12. Sit & Reach Test [<http://www.topendsports.com/testing/tests/sit&reach.htm>].