

Additional file 1 – Initial questionnaire

Domain		Constructs	Items	Source
D1	Knowledge	Knowledge (1)	1. I know how to deliver [PA intervention] following the guidelines	Adapted from Amemori et al. [37] Adapted from Wännström [66]
			Role clarity(3)	
		3. With regard to [PA intervention] I know what my responsibilities are		
		4. In my work with [PA intervention] I know exactly what is expected from me		
D2	Skills	Skills (3)	5. I have been trained in delivering [PA intervention] following the guidelines	New items
			6. I have the skills to deliver [PA intervention] following the guidelines	
			7. I am practiced to deliver [PA intervention] following the guidelines	
D3	Social/ professional role and identity	Professional role (3)	8. Delivering [PA intervention] following the guidelines is part of my work as a PT	New items
			9. As a PT it is my job to deliver [PA intervention] following the guidelines	
			10. It is my responsibility as a PT to deliver [PA intervention] following the guidelines	
D4	Beliefs about capabilities	Self-efficacy (4)	11. I am confident that I can deliver [PA intervention] following the guidelines	Adapted from Bandura [42]
			12. I am confident that I can deliver [PA intervention] following the guidelines even when other professionals with whom I deliver [PA intervention] do not do this	
			13. I am confident that I can deliver [PA intervention] following the guidelines even when there is little time	
			14. I am confident that I can deliver [PA intervention] following the guidelines even when participants are not motivated	
		Perceived Behavioral Control (7)	15. I have control over delivering [PA intervention] following the guidelines	Adapted from Ajzen [41]
			16. For me, delivering [PA intervention] following the guidelines is (very difficult – very easy)	
			17. For me, performing the intake is (very difficult – very easy)	
			18. For me, delivering the training program is (very difficult – very easy)	

		Optimism (3)	<p>19. For me, performing the evaluation is (very difficult – very easy)</p> <p>20. For me, giving attention to participant’s maintenance of PA behavior outside [PA intervention] is (very difficult – very easy)</p> <p>21. For me, reporting about the [PA intervention] to the referring professional is (very difficult – very easy)</p> <p>22. In my work as a PT, in uncertain times, I usually expect the best</p> <p>23. In my work as a PT, I’m always optimistic about the future</p> <p>24. In my work as a PT, overall, I expect more good things to happen than bad</p>	Adapted from Scheier et al. [48]
D5	Beliefs about consequences	Attitude (4)	<p>25. For me, delivering [PA intervention] following the guidelines is (not useful at all – very useful)</p> <p>26. For me, delivering [PA intervention] following the guidelines is (not worthwhile at all – very worthwhile)</p> <p>27. For me, delivering [PA intervention] following the guidelines is (not pleasurable at all – very pleasurable)</p> <p>28. For me, delivering [PA intervention] following the guidelines is (not interesting at all – very interesting)</p>	Adapted from Ajzen [41]
		Outcome expectancies (5)	<p>29. If I deliver [PA intervention] following the guidelines [PA intervention] will be most effective</p> <p>30. If I deliver [PA intervention] following the guidelines participants will appreciate this</p> <p>31. If I deliver [PA intervention] following the guidelines this will strengthen the collaboration with professionals with whom I deliver [PA intervention]</p> <p>32. If I deliver [PA intervention] following the guidelines I will feel satisfied</p> <p>33. If I deliver [PA intervention] following the guidelines it will help participants to be more physically active</p>	Adapted from Bandura [42]
		Reinforcement (3)	<p>34. When I deliver [PA intervention] following the guidelines, I get financial reimbursement</p> <p>35. When I deliver [PA intervention] following the guidelines, I get recognition from the work context</p> <p>36. When I deliver [PA intervention] following the guidelines, I get recognition from participants</p>	Content based on Huijg, van der Zouwe et al. [43] and Huijg, Gebhardt et al. [13]
D6	Motivation and goals	Intention (3)	<p>37. I intend to deliver [PA intervention] following the guidelines in the next three months</p> <p>38. I will definitely deliver [PA intervention] following the guidelines</p>	Adapted from Ajzen [41]

			in the next three months	
		Priority (3)	39. How strong is your intention to deliver [PA intervention] following the guidelines in the next three months	
			40. How often is working on something else on your agenda a higher priority than delivering [PA intervention] following the guidelines	New items
			41. How often is delivering [PA intervention] following the guidelines more important than working on something else on your agenda	
			42. How often is working on something else on your agenda more urgent than delivering [PA intervention] following the guidelines	
D7	Memory, attention, and decision processes	Memory (2)	43. Delivering [PA intervention] following the guidelines is something I seldom forget	New items
			44. Delivering [PA intervention] following the guidelines is something I often forget	
D8	Environmental context and resources	Characteristics of the innovation (6)	45. It is possible to tailor [PA intervention] to participants' needs	New items
			46. It is possible to tailor [PA intervention] to professionals' needs	
			47. [PA intervention] costs little time to deliver	Content based on Rogers [11], Huijg, van der Zouwe et al. [43] and Huijg, Gebhardt et al. [13]
			48. [PA intervention] is compatible with daily practice	
			49. [PA intervention] is simple to deliver	
			50. [PA intervention] has advantages compared to standard care	
		Characteristics of the socio-political context (4)	51. Government and local authorities provide sufficient support to interventions such as [PA intervention]	
			52. Insurance companies provide sufficient support to interventions such as [PA intervention]	
			53. PHC is sufficiently oriented towards prevention	
			54. There is a good collaboration between professionals who deliver [PA intervention]	
		Characteristics of the organization (4)	55. In the organization I work, are sufficient potential participants of [PA intervention] present	
			56. In the organization I work, is enough time to deliver [PA intervention]	
			57. In the organization I work, all necessary resources are available to deliver [PA intervention]	
			58. In the organization I work, there is a good collaboration between professionals who deliver [PA intervention]	
		Characteristics of the [PA intervention]	59. I know participants of [PA intervention] personally	
			60. Participants of [PA intervention] are motivated	

		participants (3)	61. Participants of [PA intervention] are positive about [PA intervention]	
		Characteristics of the innovation strategy (7)	62. [Implementing organization] provides professionals with a training to deliver [PA intervention]	
			63. [Implementing organization] provides the possibility to experience delivering [PA intervention] before professionals need to commit to it	
			64. [Implementing organization] provides sufficient intervention materials	
			65. [Implementing organization] provides assistance to professionals with delivering [PA intervention]	
			66. [Implementing organization] organizes intervision meetings for professionals	
			67. [Implementing organization] provides sufficient financial reimbursement to professionals for [PA intervention] delivery	
			68. [Implementing organization] provides insights into results of [PA intervention]	
D9	Social influences	Subjective norm (2)	69. Most people who are important to me think that I should deliver [PA intervention] following the guidelines	Adapted from Ajzen [41]
			70. Professionals with whom I deliver [PA intervention] think I should deliver [PA] intervention following the guidelines	
		Descriptive norm (2)	71. Professionals with whom I deliver [PA intervention] deliver [PA] intervention following the guidelines	Adapted from Cialdini et al. [49]
			72. Other professionals who work with [PA intervention] deliver [PA intervention] following the guidelines	
		Social support (6)	73. I can count on support from professionals with whom I deliver [PA intervention] when things get tough around delivering [PA intervention] following the guidelines	Adapted from Frese [45]
			74. Professionals with whom I deliver [PA intervention] are willing to listen to my problems with delivering [PA intervention] following the guidelines	
			75. Professionals with whom I deliver [PA intervention] are helpful with delivering [PA intervention] following the guidelines	
			76. I can count on support from the management of the organization I work in, when things get tough around delivering [PA intervention] following the guidelines	
			77. The management of the organization I work in is willing to listen to my problems with delivering [PA intervention] following the	

			guidelines	
			78. The management of the organization I work in is helpful with delivering [PA intervention] following the guidelines	
D10	Emotion	Emotions (12)	79. When I work with [PA intervention] I feel nervous 80. When I work with [PA intervention] I feel optimistic 81. When I work with [PA intervention] I feel pessimistic 82. When I work with [PA intervention] I feel comfortable 83. When I work with [PA intervention] I feel depressed 84. When I work with [PA intervention] I feel calm 85. When I work with [PA intervention] I feel agitated 86. When I work with [PA intervention] I feel sad 87. When I work with [PA intervention] I feel relaxed 88. When I work with [PA intervention] I feel uncomfortable 89. When I work with [PA intervention] I feel cheerful 90. When I work with [PA intervention] I feel elated	Adapted from van Veldhoven [44]
D11	Behavioral regulation	Action planning (3)	91. I have a clear plan of how I will deliver [PA intervention] following the guidelines 92. I have a clear plan under what circumstances I will deliver [PA intervention] following the guidelines 93. I have a clear plan when I will deliver [PA intervention] following the guidelines	Adapted from Sniehotta et al. [47]
		Coping planning (3)	94. I have a clear plan with regard to delivering [PA intervention] following the guidelines when participants are not motivated 95. I have a clear plan with regard to delivering [PA intervention] following the guidelines when there is little time 96. I have a clear plan with regard to delivering [PA intervention] following the guidelines when other professionals with whom I deliver [PA intervention] do not do this	Adapted from Sniehotta et al. [47] Content based on Huijg, van der Zouwe et al. [43] and Huijg, Gebhardt et al. [13]
D12	Nature of the behaviors	Automaticity (4)	97. Delivering [PA intervention] following the guidelines is something I do automatically 98. Delivering [PA intervention] following the guidelines is something I do without having to consciously remember 99. Delivering [PA intervention] following the guidelines is something I do without thinking 100. Delivering [PA intervention] following the guidelines is something I start doing before I realize I am doing it	Gardner et al. [46]

Note. PA, physical activity; PT, physical therapist; PHC, primary health care