























































































---

### Appendix 3. Categories for grouping and structuring of how the studies were read

---

Setting	<ul style="list-style-type: none"><li>• Studies based mainly in inpatient settings or reflecting back to this and those based in outpatient/ community settings</li></ul>
Participants	<ul style="list-style-type: none"><li>• Pathology group/nature of participants</li></ul>
Intervention/ exposure	<ul style="list-style-type: none"><li>• Studies with either contemporaneous comments about the early stage of rehabilitation or overtly reflected back to this</li><li>• Studies where participants commented on the receipt of exercise/therapy specific to the paper and those where participants commented on having been in receipt of exercise/therapy at some stage in the past</li><li>• Studies where participants had been part of a group and then progressed to independent exercise</li></ul>
Other	<ul style="list-style-type: none"><li>• Studies where participants commented particularly on the practical aspects of engaging/adhering</li><li>• Studies where participants commented particularly about the psychology of engaging/adhering</li></ul>

---