

Supplemental Online Material S3. Detailed description of phase 1 survey development.

No surveys were available in the literature to assess all of the factors that might be perceived by healthcare professionals as a barrier to improving physical activity in hospitalized patients. Therefore, a survey was developed using the 38-item pilot checklist described by Huijg et al[1], which is based on the Theoretical Domains Framework and aims to identify the most important barriers and enablers to the implementation of physical activity interventions[1-3]. Using the Theoretical Domains Framework as a basis ensured that all cognitive, affective, social, and environmental influences on behavior were considered[2]. A multidisciplinary team of a physical therapist (SJGG), a quality advisor (BMG), a senior researcher (MvdS), a nurse, and a medical psychologist (SdM) altered the 38-item pilot checklist such that it could be used for the particular research question under study. Irrelevant items in the 38-item pilot checklist were omitted, and additional items were identified by comparing the pilot checklist with the Determinants of Behavior Questionnaire[3,4] and with previous research on barriers to and enablers of physical activity in hospitalized patients[5-10]. As a pilot, three physicians/physician assistants, five nurses, four physical therapists, and a senior researcher tested the survey and provided feedback on item wording to ensure ease of use and to assess face validity. The final version of the survey consisted of 39 items (Supplemental Online Material S2).

References:

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