Table S1. Theoretical domains of healthcare professional's behaviour in assessment, discussion, and prescription of physical activity in routine practice

Theoretical Domains	Survey Question	Answer	All respondents		General practitioner		Physiotherapist		Occupational therapist		Nursing	
			N	%	N	%	N	%	N	%	N	%
Assessment of patient's physical activity levels												
Social/Professional role and Identity	As a part of routine practice, do you formally assess whether a patient is active or inactive (i.e., do you use any physical activity screening tools?)*	**Always**	47	13.5	2	5.6	34	20.0	34	20.0	4	10.5
		Usually	47	13.5	4	11.1	31	18.2	31	18.2	1	2.6
		Sometimes	45	13.0	3	8.3	23	13.5	23	13.5	6	15.8
		Never	169	48.7	21	58.3	61	35.9	63	61.2	24	63.2
		Not Stated	39	11.2	6	16.7	21	12.4	9	8.7	3	7.9
Discussing physical activity with patients												
Social/Professional role and Identity	As a part of routine practice, do you initiate conversations with patients about physical activity?**	**Always**	144	41.5	5	13.9	99	58.2	28	27.2	12	31.6
		Usually	113	32.6	17	47.2	43	25.3	38	36.9	15	39.5
		Sometimes	51	14.7	8	22.2	7	18.4	27	26.2	9	5.3
		Never	2	0.6					1	1.0	1	2.6
		Not Stated	37	10.7	6	16.7	19	11.2	9	8.7	3	7.9
Skills	I have received suitable training to initiate conversations with patients about physical activity	**Agree**	104	30.0	5	13.9	75	44.1	18	17.5	6	15.8
		Somewhat agree	79	22.8			45	26.5	23	22.3	11	28.9
		Neither agree nor disagree	42	12.1	9	25.0	13	7.6	11	10.7	9	23.7

		Somewhat disagree	34	9.8	3	8.3	11	6.5	19	18.4	1	2.6
		Disagree	50	14.4	13	36.1	6	3.5	22	21.4	9	23.7
		Not stated	38	11.0	6	16.7	20	11.8	10	9.7	2	5.3
Social/Professional role and Identity	Discussing physical activity with patients is part of my work as a healthcare professional	**Agree**	244	70.3	23	63.9	139	81.8	58	56.3	24	63.2
		Somewhat agree	51	14.7	5	13.9	10	5.9	30	29.1	6	15.8
		Neither agree nor disagree	10	2.9	1	2.8	2	1.2	3	2.9	4	10.5
		Somewhat disagree	4	1.2					3	2.9	1	2.6
		Disagree	1	0.3	1	2.8						
		Not stated	37	10.7	6	16.7	19	11.2	9	8.7	3	7.9
Memory, Attention, Decision Processes	Discussing physical activity with patients is easy to remember to do	**Agree**	164	47.3	6	16.7	105	61.8	36	35.0	17	44.7
		Somewhat agree	93	26.8	13	36.1	36	35.0	36	35.0	13	34.2
		Neither agree nor disagree	25	7.2	5	13.9	9	8.7	9	8.7	2	5.3
		Somewhat disagree	24	6.9	4	11.1	5	2.9	11	10.7	4	10.5
		Disagree	4	1.2	2	5.6			2	1.9		
		Not stated	37	10.7	6	16.7	20	11.8	9	8.7	2	5.3
Belief about capabilities	I am confident that I can discuss physical activity as part of routine practice with patients even when the patient is not motivated	**Agree**	123	35.4	8	22.2	78	45.9	27	26.2	10	26.3
		Somewhat agree	127	36.6	14	38.9	59	34.7	36	35.0	18	47.4
		Neither agree nor disagree	29	8.4	3	8.3	6	3.5	15	14.6	5	13.2
		Somewhat disagree	22	6.3	3	8.3	5	2.9	11	10.7	3	7.9

		Disagree	9	2.6	1	2.8	3	1.8	5	4.9		
		Not stated	37	10.7	7	19.4	19	11.2	9	8.7	2	5.3
Belief about capabilities	I am confident that I can discuss physical activity as part of routine practice with patients even when there is little time	**Agree**	102	29.4	2	5.6	69	40.6	19	18.4	12	31.6
		Somewhat agree	119	34.4	11	30.6	54	31.8	39	37.9	15	39.5
		Neither agree nor disagree	33	9.5	7	19.4	12	7.1	12	11.7	2	5.3
		Somewhat disagree	42	12.1	9	25.0	13	7.6	16	15.5	4	10.5
		Disagree	14	4.0	1	2.8	3	1.8	8	7.8	2	5.3
		Not stated	37	10.7	6	16.7	19	11.2	9	8.7	3	7.9
Discussing physical activity with older adults												
Knowledge	I am aware of how to initiate conversations about physical activity with older adults as a part of routine care	**Agree**	202	58.2	14	38.9	117	68.8	49	47.6	22	57.9
		Somewhat agree	88	25.4	12	33.3	30	17.6	32	31.1	14	36.8
		Neither agree nor disagree	11	3.2	3	8.3			8	7.8		
		Somewhat disagree	5	1.4	1	2.8	2	1.2	2	1.9		
		Disagree	3	0.9	12	33.3			3	2.9		
		Not stated	38	11.0	6	16.7	21	12.4	9	8.7	2	5.3
Skills	I have the skills to initiate conversations with older adults about physical activity	**Agree**	187	53.9	12	33.3	112	65.9	47	45.6	16	42.1
		Somewhat agree	91	26.2	13	36.1	30	17.6	34	33.0	14	36.8
		Neither agree nor disagree	20	5.8	2	5.6	7	4.1	6	5.8	5	13.2
		Somewhat disagree	10	2.9	2	5.6	2	1.2	5	4.9	1	2.6
		Disagree	3	0.9	1	2.8			2	1.9		

		Not stated	36	10.4	6	16.7	19	11.2	9	8.7	2	5.3
Social/ Professional role and Identity	As a healthcare professional it is my job to discuss physical activity with older adults	**Agree**	236	68.0	23	63.9	130	76.5	55	53.4	28	73.7
		Somewhat agree	55	15.9	3	8.3	16	9.4	29	28.2	7	18.4
		Neither agree nor disagree	10	2.9	1	2.8	1	0.6	7	6.8	1	2.6
		Somewhat disagree	4	1.2	1	2.8			3	2.9		
		Disagree	1	0.3	1	2.8						
		Not stated	41	11.8	7	19.4	23	13.5	9	8.7	2	5.3
Belief about consequences	For me, discussing physical activity with an older adult in routine practice is useful	**Agree**	193	55.6	15	41.7	115	67.6	44	42.7	19	50.0
		Somewhat agree	93	26.8	12	33.3	31	18.2	38	36.9	12	31.6
		Neither agree nor disagree	14	4.0	1	2.8	3	1.8	7	6.8	3	7.9
		Somewhat disagree	5	1.4	1	2.8	1	0.6	2	1.9	1	2.6
		Disagree	2	0.6	1	2.8			1	1.0		
		Not stated	40	11.5	6	16.7	20	11.8	11	10.7	3	7.9
Intentions	I intend to discuss physical activity in the next consultation/appointment with an older adult as part of routine care	**Agree**	191	55.0	10	27.8	43	41.7	117	68.8	21	55.3
		Somewhat agree	68	19.6	10	27.8	25	24.3	24	14.1	9	23.7
		Neither agree nor disagree	35	10.1	6	16.7	17	16.5	8	4.7	4	10.5
		Somewhat disagree	11	3.2	2	5.6	7	6.8	1	0.6	1	2.6
		Disagree	5	1.4	2	5.6	2	1.9			1	2.6

		Not stated	37	10.7	6	16.7	9	8.7	20	11.8	2	5.3
Environmental context	In the organisation that I work in, discussing physical activity with older patients is something that I typically do	**Agree**	170	49.0	6	16.7	114	67.1	34	33.0	16	42.1
		Somewhat agree	80	23.1	11	30.6	27	15.9	29	28.2	13	34.2
		Neither agree nor disagree	29	8.4	7	19.4	8	4.7	12	11.7	2	5.3
		Somewhat disagree	22	6.3	5	13.9	2	1.2	11	10.7	4	10.5
		Disagree	9	2.6					8	7.8	1	2.6
		Not stated	37	10.7	7	19.4	19	11.2	9	8.7	2	5.3
Behavioural regulation	Discussing physical activity in routine practice with older adults is something I do automatically	**Agree**	133	38.8	4	11.1	97	57.1	23	22.3	9	23.7
		Somewhat agree	100	28.8	12	33.3	34	20.0	33	32.0	21	55.3
		Neither agree nor disagree	32	9.2	8	22.2	11	6.5	11	10.7	2	5.3
		Somewhat disagree	31	8.9	3	8.3	8	4.7	17	16.5	3	7.9
		Disagree	14	4.0	3	8.3	1	0.6	9	8.7	1	2.6
		Not stated	37	10.7	6	16.7	19	11.2	10	9.7	2	5.3
Behavioural regulation	I have a clear plan of how I will initiate discussions about physical activity in routine practice with older adults	**Agree**	106	30.5	4	11.1	77	45.3	19	18.4	6	15.8
		Somewhat agree	92	26.5	7	19.4	44	25.9	27	26.2	14	36.8
		Neither agree nor disagree	52	15.0	7	19.4	18	10.6	19	18.4	8	21.1
		Somewhat disagree	46	13.3	8	22.2	11	6.5	21	20.4	6	15.8
		Disagree	14	4.0	4	11.1	1	0.6	7	6.8	2	5.3

		Not stated	37	10.7	6	16.7	19	11.2	10	9.7	2	5.3
Use of physical activity guidelines, prescription, and signposting												
Environmental context	Physical activity guidelines have a place in routine practice	**Agree**	224	64.6	18	50.0	117	68.8	61	59.2	28	73.7
		Somewhat agree	64	18.4	9	25.0	25	14.7	23	22.3	7	18.4
		Neither agree nor disagree	16	4.6	2	5.6	5	2.9	8	7.8	1	2.6
		Somewhat disagree	4	1.2			2	1.2	2	1.9		
		Disagree	1	0.3	1	2.8						
		Not stated	38	11.0	6	16.7	21	12.4	9	8.7	2	5.3
Environmental context	There is sufficient time allocated in day-to-day work (routine practice) to implement physical activity guidelines for adults/older adults	**Agree**	68	19.6	2	5.6	45	26.5	15	14.6	6	15.8
		Somewhat agree	91	26.2	3	8.3	55	32.4	23	22.3	10	26.3
		Neither agree nor disagree	50	14.4	6	16.7	19	11.2	18	17.5	7	18.4
		Somewhat disagree	68	19.6	8	22.2	25	14.7	26	25.2	9	23.7
		Disagree	33	9.5	11	30.6	7	4.1	11	10.7	4	10.5
		Not stated	37	10.7	6	16.7	19	11.2	10	9.7	2	5.3
Social/Professional role and Identity	As a part of routine practice, do you signpost patients to other physical activity services (i.e., exercise referral programmes/community-based physical activity initiatives?)***	**Always**	42	12.1	1	2.8	30	17.6	5	4.9	6	15.8
		Usually	84	24.2	2	5.6	53	31.2	23	22.3	6	15.8
		Sometimes	131	37.8	20	55.6	56	32.9	42	40.8	13	34.2
		Never	53	15.3	6	16.7	12	7.1	24	23.3	11	28.9
		Not Stated	37	10.7	7	19.4	19	11.2	9	8.7	2	5.3

Social influence	I am supported to use physical activity discussions/ assessment/ prescription in everyday practice	**Agree**	99	28.5	1	2.8	66	38.8	24	23.3	8	21.1
		Somewhat agree	83	23.9	2	5.6	53	31.2	18	17.5	10	26.3
		Neither agree nor disagree	63	18.2	10	27.8	19	11.2	22	21.4	12	31.6
		Somewhat disagree	44	12.7	7	19.4	9	5.3	22	21.4	6	15.8
		Disagree	21	6.1	10	27.8	3	1.8	8	7.8		
		Not stated	37	10.7	6	16.7	20	11.8	9	8.7	2	5.3
Belief about consequences	If I assess/ discuss/ prescribe physical activity with an older adult as part of routine practice it will benefit the public health agenda	**Agree**	238	68.6	24	66.7	127	74.7	61	59.2	26	68.4
		Somewhat agree	48	13.8	3	8.3	16	9.4	25	24.3	4	10.5
		Neither agree nor disagree	19	5.5	2	5.6	8	4.7	6	5.8	3	7.9
		Somewhat disagree	4	1.2	1	2.8			1	1.0	2	5.3
		Disagree	2	0.6					1	1.0	1	2.6
		Not stated	36	10.4	6	16.7	19	11.2	9	8.7	2	5.3

* χ^2 (3, N=308)=10.3, $p < 0.05$

** χ^2 (3, N=310)=11.9, $p < 0.05$

*** χ^2 (3, N=310)=18.6, $p < 0.001$