Multimedia Appendix 2

Key adherence factors identified.

Author	Key adherence factors
Essery et al. [38]	Motivation Perception of therapy Self-Efficacy Perceptions of illness, condition, or injury Formal support (healthcare professional) Natural social support (family and friends) Feedback
Collado-Mateo et al. [39]	Motivation Perception of therapy Self-Efficacy Initial exploration Exercise history Formal support (healthcare professional) Natural social support (family and friends) Social support by the community Personalized exercise program The use of technology Feedback Available Progress Information and Monitoring
Farrance et al. [40]	Motivation Perception of therapy Initial exploration Instructor behaviours (support by healthcare professional) Social connectedness (Social support by the community) Feedback Accessibility
Rodrigues et al. [41]	Motivation Perception of therapy Formal support (healthcare professional) Opportunity for social interactions Flexible program time and modification to exercise plan Feedback Accessibility (Location in a secure, pleasant, or natural environment)
Room et al. [42]	Motivation Self-Efficacy Motivation and intention Social support Feedback
Jordan et al. [43]	Motivation

	Self-Efficacy Social support Personalized exercise program Measure of exercise performance Feedback Accessibility
Picorelli et al. [44]	Motivation Perception of therapy Self-Efficacy Social support Personalized exercise program Feedback Accessibility
Deka et al. [45]	Motivation Self-Efficacy Formal support (healthcare professional) Group support Supervision of exercise Feedback Accessibility Exercise equipment
Vseteckova et al. [46]	Motivation Perception of therapy Self-Efficacy Initial exploration Social support Feedback Accessibility
Dobson et al. [47]	Motivation Perception of therapy Self-Efficacy Exercise history Social support Feedback Environmental Context and Resources
Holt et al. [48]	Motivation Perception of therapy Initial exploration Exercise history Formal support (healthcare professional) Natural social support (family and friends) Social support by the community Personalized exercise program Feedback Accessibility

	Physical environment Program details Diary keeping Reinforcement
Walker et al. [49]	Motivation Perception of therapy Self-Efficacy Initial exploration Exercise history Formal support (healthcare professional) Natural social support (family and friends) Social support by the community Personalized exercise program Assessment of progress Feedback Exercise equipment Progress changeability Acceptance Comfort and convenience
Rodrigues et al. [50]	Motivation Formal support (healthcare professional) Feedback
de Lacy-Vawdon et al. [51]	Motivation Self-Efficacy Social support Personalized exercise program Feedback Progress changeability
Nicolson et al. [52]	Motivation Perception of therapy Self-Efficacy Formal support (healthcare professional) Personalized exercise program Feedback