## Facilitators and barriers to engagement in Active RMT.

|                               |   |                           | Original articles 2014-2017 |                |                           |                        |  |             |                |   |   |   |  |   |             |   |               |                          |
|-------------------------------|---|---------------------------|-----------------------------|----------------|---------------------------|------------------------|--|-------------|----------------|---|---|---|--|---|-------------|---|---------------|--------------------------|
|                               |   | Reported by service users |                             |                |                           |                        |  |             |                |   |   |   |  |   |             |   |               |                          |
|                               | Factors   |                           |                             |                | Dicianno et al (2016)     | Engelhard et al (2017) | <br> <br> <br> <br> <br> <br> <br> <br> <br> |             |                |   |   |   |  |   |             |   |               | Westergaard et al (2017) |
| Health status                 | Exacerbations in condition, eg, requiring hospitalization |                           |                             |                |                           | <br> <br> <br> <br>    | <br> <br> <br> <br>                          | <br>        |                | - |   |   |  |   |             |   |               |                          |
| status                        | Difficulties with vision                                  |                           |                             | <u> </u>       | <u> </u><br>              | <u> </u><br> <br>      | <u> </u><br> <br>                            |             |                |   |   |   |  |   |             | i | i             |                          |
|                               | Clear, simple, and informative                            |                           | +                           | <br> <br> <br> |                           | <br> <br> <br>         | <br> <br> <br>                               | <br>        |                |   |   |   |  |   |             |   |               |                          |
|                               | Short battery life  |                           |                             | i<br>I         |                           | <u> </u>               |  |             | Ì              | - |   |   |  |   |             | İ |               |                          |
|                               | Technical<br>malfunctions                                 |                           |                             | İ              |                           |                        | <br> <br>  <b>-</b>                          | <br>   <br> |                | - | - | - |  |   | <br>   <br> |   | -             |                          |
| Usability                     | Speed of system   |                           |                             | l<br>I         |                           |                        |  | <br>        | 1              |   |   |   |  |   |             |   |               |                          |
| ity                           | Size of screen or device                                  |                           |                             | l<br>I         |                           | <br> <br>              | <br> <br>                                    |             | +              |   |   |   |  |   |             |   |               |                          |
|                               | Lost or damaged devices                                   |                           | -                           | -              |                           | <br> <br> <br>         | <br> <br> <br>                               |             |                |   |   |   |  |   |             |   |               |                          |
|                               | Changes to service plans                                  |                           |                             | <br> <br> <br> |                           | <br> <br>              | <br> <br>                                    |             |                |   |   |   |  |   |             |   | -  <br> -<br> |                          |
| Conv                          | Passive data collection                                   |                           |                             | i<br>I<br>I    | İ<br>İ                    | Î<br>I                 | <br> <br>                                    | <br>   <br> |                |   |   |   |  |   |             |   |               |                          |
| Convenience and accessibility | Forgetfulness of the user                                 |                           |                             | İ              | <br> <br> <br>            | <br> <br>              | <br> <br> <br>                               | <br>   <br> | <br> <br> <br> | - |   |   |  |   |             |   |               |                          |
|                               | Presence and timing of notifications                      |                           |                             |                | +/                        | <br> <br> <br>         | <br> <br> <br>                               |             |                |   |   |   |  | + | +           |   |               |                          |
|                               | Familiarity and knowledge                                 |                           |                             |                | <b>+</b><br><b>+</b><br>│ | <br> <br> <br> <br>    | <br> <br> <br>                               |             |                |   |   |   |  |   |             |   |               | +                        |

|                                       | Fits with routine                                  |   |           |                     | ļ                   |   | ļ                   | <br>                |   |   |   |  |   |  |   |                |
|---------------------------------------|--|---|-----------|---------------------|---------------------|---|---------------------|---------------------|---|---|---|--|---|--|---|----------------|
|                                       | Limited/inconvenient placement                     | - | <br> <br> | <br> <br> <br>      | <br> <br> <br>      |   | <br> <br> <br>      | <br> <br> <br>      |   |   |   |  |   |  |   |                |
|                                       | Access to internet connection                      |   |           | <br> <br> <br>      | <br> <br> <br>      | + | <br> <br>           | <br> <br>           |   |   | + |  |   |  |   | <br> <br>      |
|                                       | Poor phone network coverage                        |   |           | <br> <br> <br>      | <br> <br> <br>      |   | <br> <br>           | <br> <br> <br>      |   |   |   |  |   |  | - |                |
|                                       | Tailored or personalized                           |   |           | <br> <br>           | <br> <br> <br>      |   | +                   | <br> <br> <br>      |   |   |   |  |   |  |   |                |
|                                       | Available training or support                      |   |           | <br> <br> <br>      | <br> <br> <br>      |   | +                   |                     |   | + |   |  |   |  |   | <br> <br>      |
| Pero<br>& va                          | Feedback   |   |           | <br> <br>           | +                   |   |                     | <br> <br>           |   |   |   |  |   |  |   |                |
| Perceived utility<br>& value: rewards | Incentives or social comparison                    |   |           | <br> <br> <br> <br> | <br> <br> <br> <br> |   | <br> <br> <br> <br> | <br> <br> <br> <br> | + |   |   |  |   |  |   |                |
| Pero                                  | Financial costs                                    |   |           | <br> <br>           | <br> <br>           |   | l                   | <br> <br>           | - |   |   |  |   |  |   | <br> <br>      |
| Perceived utility & value: costs      | Impact on privacy or security                      |   |           | <br> <br>           | <br> <br> <br>      |   |                     | <br> <br>           |   |   |   |  |   |  |   | <br> <br>      |
| ity &                                 | Poor data reliability                              |   | <br> <br> | <br> <br>           | <br> <br>           |   | <br>                | <br> <br>           |   |   |   |  |   |  |   | <br> <br>      |
| Motivation                            | Lack of intrinsic<br>motivation to learn<br>or use |   |           | <br> <br> <br> <br> |                     |   | <br> <br> <br> <br> | <br> <br> <br>      |   |   |   |  |   |  |   | <br> <br> <br> |
|                                       | Influence of clinicians/extrinsic motivation       |   |           | <br> <br> <br> <br> | <br> <br> <br> <br> |   | <br> <br> <br> <br> |                     |   |   |   |  | + |  |   | <br> <br> <br> |