

Additional file 4: Quality rating of the reviews for developing the German Recommendations for PA Promotion.

Review	Level of quality (QC)	Level of quality (AGREE)	Quality rating
Beinart et al 2013	66%	78%	Good
Bossen et al 2014	72%	73%	Good
Conn et al 2008	71%	69%	Medium
Cox et al 2013	75%	95%	Good
Cramp et al 2013	56%	76%	Medium
Iversen et al 2012	65%	70%	Medium
Leidy et al 2014	50%	56%	Low
Mansi et al 2014	70%	73%	Good
Mastellos et al 2014	80%	82%	Good
McGrane et al 2015	70%	73%	Good
Morris et al 2014	72%	78%	Good
Munro et al 2013	72%	77%	Good
O'Halloran et al 2014	73%	95%	Good
Orrrow et al 2012	81%	86%	Good
Pavey et al 2011	56%	82%	Medium
Sargent et al 2012	53%	56%	Medium
Short et al 2013	66%	81%	Good
Ter Hoeve et al 2015	72%	78%	Good

References (Supplementary file 4)

Beinart, N. A.; Goodchild, C. E.; Weinman, J. A.; Ayis, S.; Godfrey, E. L. (2013): Individual and intervention-related factors associated with adherence to home exercise in chronic low back pain. A systematic review. In: *Spine J.* 13, S. 1940–1950. DOI: 10.1016/j.spinee.2013.08.027.

Bossen, D.; Veenhof, C.; Dekker, J.; Bakker, D. de (2014): The effectiveness of self-guided web-based physical activity interventions among patients with a chronic disease. A systematic review. In: *Journal of physical activity & health* 11, S. 665–677. DOI: 10.1123/jpah.2012-0152.

Conn, V. S.; Hafdahl, A. R.; Cooper, P. S.; Brown, L. M.; Lusk, S. L. (2009): Meta-analysis of workplace physical activity interventions. In: *American journal of preventive medicine* 37, S. 330–339. DOI: 10.1016/j.amepre.2009.06.008.

Cox, N. S.; Alison, J. A.; Holland, A. E. (2013): Interventions for promoting physical activity in people with cystic fibrosis. In: *The Cochrane database of systematic reviews* 12.

Cramp, F.; Berry, J.; Gardiner, M.; Smith, F.; Stephens, D. (2013): Health behaviour change interventions for the promotion of physical activity in rheumatoid arthritis. A systematic review. In: *Musculoskeletal care* 11, S. 238–247. DOI: 10.1002/msc.1049.

- Iversen, M. D.; Brawerman, M.; Iversen, C. N. (2012): Recommendations and the state of the evidence for physical activity interventions for adults with rheumatoid arthritis. 2007 to present. In: *Int. J. Clin. Rheumatol.* 7, S. 489–503. DOI: 10.2217/ijr.12.53.
- Leidy, N. K.; Kimel, M.; Ajagbe, L.; Kim, K.; Hamilton, A.; Becker, K. (2014): Designing trials of behavioral interventions to increase physical activity in patients with COPD. Insights from the chronic disease literature. In: *Respiratory Medicine* 108, S. 472–481. DOI: 10.1016/j.rmed.2013.11.011.
- Mansi, S.; Milosavljevic, S.; Baxter, G. D.; Tumilty, S.; Hendrick, P. (2014): A systematic review of studies using pedometers as an intervention for musculoskeletal diseases. In: *BMC Musculoskeletal Disorders* 15. DOI: 10.1186/1471-2474-15-231.
- Mastellos, N.; Gunn, L. H.; Felix, L. M.; Car, J.; Majeed, A. (2014): Transtheoretical model stages of change for dietary and physical exercise modification in weight loss management for overweight and obese adults. In: *The Cochrane database of systematic reviews* 2.
- McGrane, N.; Galvin, R.; Cusack, T.; Stokes, E. (2015): Addition of motivational interventions to exercise and traditional Physiotherapy: a review and meta-analysis. In: *Physiotherapy* 101 (1), S. 1–12. DOI: 10.1016/j.physio.2014.04.009.
- Morris, J. H.; Macgillivray, S.; McFarlane, S. (2014): Interventions to promote long-term participation in physical activity after stroke. A systematic review of the literature. In: *Archives of Physical Medicine and Rehabilitation* 95, S. 956–967. DOI: 10.1016/j.apmr.2013.12.016.
- Munro, J.; Angus, N.; Leslie, S. J. (2013): Patient focused internet-based approaches to cardiovascular rehabilitation - a systematic review. In: *Journal of Telemedicine and Telecare* 19, S. 347–353. DOI: 10.1177/1357633X13501763.
- O'Halloran, P. D.; Blackstock, F.; Shields, N.; Holland, A.; Iles, R.; Kingsley, M. et al. (2014): Motivational interviewing to increase physical activity in people with chronic health conditions. A systematic review and meta-analysis. In: *Clinical Rehabilitation* 28, S. 1159–1171. DOI: 10.1177/0269215514536210.
- Orron, G.; Kinmonth, A. L.; Sanderson, S.; Sutton, S. (2012): Effectiveness of physical activity promotion based in primary care. Systematic review and meta-analysis of randomised controlled trials. In: *BMJ (Clinical research ed.)* 344, S. 16. DOI: 10.1136/bmj.e1389.
- Pavey, T. G.; Anokye, N.; Taylor, A. H.; Trueman, P.; Moxham, T.; Fox, K. R. et al. (2011): The clinical effectiveness and cost-effectiveness of exercise referral schemes. A systematic review and economic evaluation. In: *Health technology assessment (Winchester, England)* 15. DOI: 10.3310/hta15440.
- Sargent, G. M.; Forrest, L. E.; Parker, R. M. (2012): Nurse delivered lifestyle interventions in primary health care to treat chronic disease risk factors associated with obesity. A systematic review. In: *Obes. Rev.* 13, S. 1148–1171. DOI: 10.1111/j.1467-789X.2012.01029.x.
- Short, C. E.; James, E. L.; Stacey, F.; Plotnikoff, R. C. (2013): A qualitative synthesis of trials promoting physical activity behaviour change among post-treatment breast cancer survivors. In: *Journal of Cancer Survivorship* 7, S. 570–581. DOI: 10.1007/s11764-013-0296-4.
- ter Hoeve, Nienke; Huisstede, Bionka M. A.; Stan, Henk J.; van Domburg, Ron T.; Sunamura, Madoka; van den Berg-Emons, Rita J. G. (2015): Does cardiac rehabilitation after an acute cardiac syndrome lead to changes in physical activity habits? Systematic review. In: *PHYS. THER.* 95, S. 167–179.