

Supplementary material 11. Joint display of quantitative and qualitative results, with an overall assessment of mixed-methods inferences.

| | Progression criteria | Feasibility trial | Qualitative results | Mixed-methods inferences |
|---------------------|--|--|--|---|
| Eligibility | STOP <20% GO >50% eligible. | 31% patients eligible | No discussion. Patients not involved in screening process | Silence |
| Recruitment | STOP <25% GO >50% recruited. | 52% eligible patients recruited. | <ul style="list-style-type: none"> - Frailer and female participants less likely to be approached despite eligibility and have more concerns about their suitability - Perception that risks outweigh the potential benefits - Recruitment processes could be improved | Complementary |
| Retention | STOP >40% GO <20% lost to follow-up. | 12% loss to follow-up. Reasons predominantly unavoidable (death, ill-health). | Loss to follow-up attributed to: <ul style="list-style-type: none"> - Illness; - Length of trial; - Study not meeting expectations. | Complementary |
| Intervention | STOP <30% GO >70% adherence over six-months. | 74% adherence rate across the six-month exercise duration. | <ul style="list-style-type: none"> - IDC good use of time but limited in scope. - Participants felt safe and felt well supported. - Participants described a range of other important exercise components (see Figure 2) | Complementary |
| Outcome | STOP <70% GO >80% outcome measure completion. | Up to 89% of secondary outcome measure data missing Collection of falls data challenging. | <ul style="list-style-type: none"> - Number of outcomes measured viewed as excessive. - Outcome testing during HD or at home preferred. - 52% agreed to complete a falls diary, falls not prioritised by participants. - STS60, ESWT and ISWT unsuitable - Researcher support and family involvement may increase outcome measure completion - Outcomes measuring ADLs and participation in social roles prioritised | Complementary Silence for PA monitoring. |

Results from the feasibility trial are colour coded to depict whether they met the 'stop' (red), 'go' (green) or 'change (orange) progression criteria.

Abbreviations: ADLs, activities of daily living; ESWT, Endurance Shuttle Walk Test; IDC, intradialytic exercise; ISWT, Incremental Shuttle Walk Test; PA, physical activity; STS60, sit to stand in sixty seconds.