

Appendix S2. Consolidated criteria for reporting qualitative studies (COREQ): 32-item checklist

No	Item	Guide questions/description	
Domain 1: Research team and reflexivity			
Personal Characteristics			
1.	Interviewer/facilitator	Which author/s conducted the interview or focus group?	None, but one author (MF) supervised closely the work of the professionals conducting the interviews
2.	Credentials	What were the researcher's credentials? <i>E.g. PhD, MD</i>	MF : MD, MSc, CMFC(F) MCC : RN, PhD BBD : PhD TB : MSc
3.	Occupation	What was their occupation at the time of the study?	MF : Researcher MCC : Researcher BBD : Research assistant TB : Research coordinator
4.	Gender	Was the researcher male or female?	MF : Male MCC : Female

No	Item	Guide questions/description	
5.	Experience and training	What experience or training did the researcher have?	MF : Family physician, MSC, senior researcher MCC : Registered nurse, PhD and senior researcher
Relationship with participants			
6.	Relationship established	Was a relationship established prior to study commencement?	No
7.	Participant knowledge of the interviewer	What did the participants know about the researcher? e.g. <i>personal goals, reasons for doing the research</i>	The study was presented to all participants before enrollment. All participants signed a consent form. The goal of the interview was explained to all participants before the interviews (page 5).
8.	Interviewer characteristics	What characteristics were reported about the interviewer/facilitator? e.g. <i>Bias, assumptions, reasons and interests in the research topic</i>	Interviews were conducted by a research coordinator (TB), a PhD student (MS), a research assistant (BBD) trained in conducting qualitative interviews, and two senior researchers (MCC, MF). All of them worked with the research team since the beginning of the study. (page 5)
Domain 2: study design			
Theoretical framework			
9.	Methodological orientation and Theory	What methodological orientation was stated to underpin the study? e.g. <i>grounded theory,</i>	Descriptive qualitative approach (close to Content analysis) embedded in a randomized trial (page 4)

No	Item	Guide questions/description	
		<i>discourse analysis, ethnography, phenomenology, content analysis</i>	
Participant selection			
10.	Sampling	How were participants selected? <i>e.g. purposive, convenience, consecutive, snowball</i>	Maximum variability was targeted based on age, gender, socio-economic status, practices (page 4).
11.	Method of approach	How were participants approached? <i>e.g. face-to-face, telephone, mail, email</i>	The managers and healthcare professionals were contacted by phone at their working place (page 4).
12.	Sample size	How many participants were in the study?	29 accepted to participate (page 5). - 10 managers including two family physicians - 19 healthcare professionals
13.	Non-participation	How many people refused to participate or dropped out? Reasons?	- All (29) participants contacted accepted to participate (page 6). - No participant dropped out
Setting			
14.	Setting of data collection	Where was the data collected? <i>e.g. home, clinic, workplace</i>	Primary health care practices (page 4)

No	Item	Guide questions/description	
15.	Presence of non-participants	Was anyone else present besides the participants and researchers?	No
16.	Description of sample	What are the important characteristics of the sample? <i>e.g. demographic data, date</i>	Managers including family physicians and healthcare professionals, nurses, kinesiologists, nutritionists and a respiratory therapist actively participated in the program or its implementation (page 4).
Data collection			
17.	Interview guide	Were questions, prompts, guides provided by the authors? Was it pilot tested?	The interview guides included open questions relating the perceived factors influencing the implementation of intervention developed by the research team based on theoretical framework. Interviews were in French. It was pretested and adjusted accordingly (page 4, Appendix S3).
18.	Repeat interviews	Were repeat interviews carried out? If yes, how many?	Not with this design
19.	Audio/visual recording	Did the research use audio or visual recording to collect the data?	All interviews were audio-recorded (page 5)
20.	Field notes	Were field notes made during and/or after the interview or focus group?	The interviewers took notes during and after the interviews (page 6).
21.	Duration	What was the duration of the interviews or focus group?	Average 47 minutes (page5)

No	Item	Guide questions/description	
22.	Data saturation	Was data saturation discussed?	Yes
23.	Transcripts returned	Were transcripts returned to participants for comment and/or correction?	No
Domain 3: analysis and findings			
Data analysis			
24.	Number of data coders	How many data coders coded the data?	Two coders (PN and CF) with regular validation with one of the authors (MF). The two coders are also co-author (page 5).
25.	Description of the coding tree	Did authors provide a description of the coding tree?	No
26.	Derivation of themes	Were themes identified in advance or derived from the data?	The first codes were based on interview guide. Many other codes derived from the theoretical framework data following a mixed coding approach (inductive and deductive). (Page 5)
27.	Software	What software, if applicable, was used to manage the data?	NVivo 11 (page 5)

No	Item	Guide questions/description	
28.	Participant checking	Did participants provide feedback on the findings?	Not indicated (ref. Braun, V., & Clarke, V. Using thematic analysis in psychology. <i>Qualitative Research in Psychology</i> 2016, 3: 77–101.)
Reporting			
29.	Quotations presented	Were participant quotations presented to illustrate the themes / findings? Was each quotation identified? e.g. <i>participant number</i>	Yes. All quotes have been translated to English by a Professional Translator
30.	Data and findings consistent	Was there consistency between the data presented and the findings?	All findings are based on the collected and analyzed data. Major findings are consistent with the quantitative results (triangulation).
31.	Clarity of major themes	Were major themes clearly presented in the findings?	Major themes are described in the manuscript according to the theoretical framework (page 6 to 11, and appendix S4).
32.	Clarity of minor themes	Is there a description of diverse cases or discussion of minor themes?	All themes are derived from the theoretical framework and described in the manuscript (page 6 to 11, and appendix S4).