

Leisure centres offering exercise referral

N=13

SDT-based intervention

N=6 centres

Standard provision

N=7 centres

SDT-based intervention

N=184 participants

Standard provision

N=163 participants

3-month follow-up

n=135 (73.4%)

PAR: 123 (66.8%)

Questionnaire: 88 (47.8%)

PAR + Questionnaire: 76 (41.3%)

3-month follow-up

n=127 (77.9%)

PAR: 116 (71.2%)

Questionnaire: 81 (49.7%)

PAR + Questionnaire: 69 (42.3%)

6-month follow-up

n=91 (49.5%)

PAR: 89 (48.4%)

Questionnaire: 84 (45.7%)

PAR + Questionnaire: 82 (44.6%)

6-month follow-up

n=102 (62.6%)

PAR: 100 (61.3%)

Questionnaire: 94 (57.7%)

PAR + Questionnaire: 92 (56.4%)