Figure 1: Flow of participants and follow-up in trial

Leisure centres offering exercise referral
N=13

SDT-based intervention
N=6 centres

SDT-based intervention
N=184 participants

3-month follow-up
n=135 (73.4%)
PAR: 123 (66.8%)
Questionnaire: 88 (47.8%)
PAR + Questionnaire: 76 (41.3%)

6-month follow-up
n=91 (49.5%)
PAR: 89 (48.4%)
Questionnaire: 84 (45.7%)
PAR + Questionnaire: 82 (44.6%)

Standard provision
N=7 centres

Standard provision
N=163 participants

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=102 (62.6%)
PAR: 100 (61.3%)
Questionnaire: 94 (57.7%)
PAR + Questionnaire: 92 (56.4%)