FIGURE 1: Flow diagram illustrating studies meeting inclusion criteria

Potentially relevant articles based on keyword searches in six databases (n=3944)

- Studies retrieved for evaluation of full text (n=135)

  - Removal of all duplicates and exclusion due to participants, design and topic from title and abstract (n=3809)

  - Studies excluded because accounts not based on own experiences of adolescence, barriers to physical activity not identified, results pooled or included participants with intellectual or physical impairments (n=121)

Potentially suitable articles for inclusion in review (n=14)

Potentially suitable articles for inclusion in review (n=17)

- Articles included in the review (n=15)

Potentially relevant articles from searches of the ‘grey’ literature (n=3)

- Studies excluded after quality assessment (n=2)