

## SUPPLEMENTARY DATA

**TABLE S1. Factors associated with identifying poor health as a barrier to physical activity.**

		Health Barrier (Yes)	
		OR (95% CI)	P value
<b>Age (yrs)</b>		1.02 (1.00 – 1.04)	0.11
<b>Gender</b>	Female	1.14 (0.59 – 2.20)	0.69
	Male	1.00 (reference)	
<b>BMI</b>		1.10 (1.03– 1.17)	0.01*
<b># barriers</b>		2.12 (1.67 – 2.70)	<0.001*
<b>NYHA<sup>l</sup></b>	>1	6.14 (3.00 – 12.59)	<0.001*
	= 1	1.00 (reference)	
<b>Comorbid.</b>	Yes	2.46 (1.18 – 5.13)	0.02*
<b>ICD</b>	Yes	1.11 (0.58 – 2.11)	0.76
<b>Beta blocker</b>	Yes	3.66 (1.82 – 7.35)	<0.001*
<b>FHx SCD</b>	Yes	0.89 (0.39 – 2.05)	0.79
<b>Education</b>	Tertiary	0.39 (0.18 – 0.85)	0.02*
	Not tertiary	1.00 (reference)	
<b>SEIFA</b>	>= 8	0.42 (0.22 – 0.81)	0.01*
	< 8	1.00 (reference)	
<b>PCSAT</b>		0.88 (0.85 – 0.92)	<0.001*
<b>MCSAT</b>		0.94 (0.92 – 0.97)	<0.001*

Abbreviations: BMI – body mass index; FHx SCD – family history of sudden cardiac death; ICD – implantable cardioverter defibrillator; MCSAT – mental component, weighted T score, NYHA - New York Heart Association functional classification; PCSAT – physical component, weighted T score; SEIFA – socioeconomic indexes for areas (ranked 1-10, higher score indicates higher socioeconomic status).

## **APPENDIX 1**

### **Barriers to exercise**

I haven't got time  
My health is not good enough  
There's no one to do it with  
I can't afford it  
I'm too old  
I have an injury or disability that stops me  
I'm too shy or embarrassed  
I'm not the sporty type  
There are no suitable facilities nearby  
I need to rest and relax in my spare time  
I've got young children to look after  
I'm too lazy/unmotivated/can't get started  
I might get injured or damage my health  
I don't enjoy physical activity  
I haven't got the right clothes or equipment  
I'd never keep it up  
I'm too fat  
I haven't got the energy  
Pain interferes with my exercise  
I have been advised not to exercise  
I feel unsafe when active outdoors  
I don't know why I should exercise  
I don't know how or what to do  
Other