Supplemental File 3. Interview Guide

1. To start off, tell me about the role exercise and sports activities played in your life prior to your diagnosis?
   If subject doesn’t understand, clarify with:
   - Can you tell me about how important sports were in your life?
   - Can you tell me about what sorts of sports and exercise activities you participated in before your diagnosis?
   - Can you tell me about what sports and exercise meant to you prior to your diagnosis?

2. It sounds like it was a huge part of your life. What was it like for you when your doctor originally recommended changing your activities?
   If subject doesn’t bring up these domains, probe about them specifically:
   - Upon initial diagnosis
   - In the surrounding days/weeks/months

3. And after some time had passed, what were those recommendations like for you?

4. People often tell us the recommended changes to their exercise activities are difficult to deal with and this is an area that we really want to understand better. Can you tell me all the different ways that these recommendations were difficult for you to deal with?
   If subject doesn’t bring up these domains, probe about them specifically:
   - Emotionally
   - Physically
   - Socially

5. Thank you for sharing that with me. Can you tell me about what you did to help yourself deal with these recommendations?
   What things worked for you and what things did not?
   Is what you do now different from what you initially did to deal with these recommendations?

6. What things did others do that helped?
   If subject doesn’t bring up these domains, probe about them specifically:
   - Health care providers
   - Friends, family
   - Coaches, teammates (if relevant to their sports activities)

7. As you know, hindsight is often 20/20. When looking back at their experience, often people identify things they could have found helpful during the time. Based on your experience, what do you think would have been helpful to you when dealing with these recommendations?
   If subject doesn’t bring up these domains, probe about them specifically:
   - You
   - Health care providers
8. How do you think your experiences and your background with this condition shaped your coping process?

9. Now that it has been awhile since these recommendations, what would you say the role of exercise and sports is in your life now?

10. Can you think of any positive changes in your life that resulted from your diagnosis and exercise restriction?

11. Thank you so much for sharing your story with me. Is there anything else you would like to tell me about your experience?

12. Lastly, do you have any questions for me about this interview or the research process as a whole?