

Supplementary Material

Table S1. COREQ (Consolidated criteria for Reporting Qualitative research) checklist

No. Item	Guide questions/description	Reported on Page #
Domain 1: Research team and reflexivity		
<i>Personal Characteristics</i>		
1. Interviewer/facilitator	Which author/s conducted the interview or focus group?	4
2. Credentials	What were the researcher's credentials? E.g. PhD, MD	4
3. Occupation	What was their occupation at the time of the study?	4
4. Gender	Was the researcher male or female?	4
5. Experience and training	What experience or training did the researcher have?	4
<i>Relationship with participants</i>		
6. Relationship established	Was a relationship established prior to study commencement?	N/A
7. Participant knowledge of the interviewer	What did the participants know about the researcher? e.g. personal goals, reasons for doing the research	4
8. Interviewer characteristics	What characteristics were reported about the interviewer/facilitator? e.g. Bias, assumptions, reasons and interests in the research topic	4
Domain 2: study design		
<i>Theoretical framework</i>		
9. Methodological orientation and Theory	What methodological orientation was stated to underpin the study? e.g. grounded theory, discourse analysis, ethnography, phenomenology, content analysis	4
<i>Participant selection</i>		
10. Sampling	How were participants selected? e.g. purposive, convenience, consecutive, snowball	3
11. Method of approach	How were participants approached? e.g. face-to-face, telephone, mail, email	
12. Sample size	How many participants were in the study?	3
13. Non-participation	How many people refused to participate or dropped out? Reasons?	4
<i>Setting</i>		
14. Setting of data collection	Where was the data collected? e.g. home, clinic, workplace	4
15. Presence of non-participants	Was anyone else present besides the participants and researchers?	
16. Description of sample	What are the important characteristics of the sample? e.g. demographic data, date	3
<i>Data collection</i>		
17. Interview guide	Were questions, prompts, guides provided by the authors? Was it pilot tested?	19
18. Repeat interviews	Were repeat inter views carried out? If yes, how many?	N/A
19. Audio/visual recording	Did the research use audio or visual recording to collect the data?	4
20. Field notes	Were field notes made during and/or after the interview or focus group?	N/A
21. Duration	What was the duration of the inter views or focus group?	5
22. Data saturation	Was data saturation discussed?	N/A
23. Transcripts returned	Were transcripts returned to participants for comment and/or correction?	N/A
Domain 3: analysis and findings		
<i>Data analysis</i>		
24. Number of data coders	How many data coders coded the data?	4
25. Description of the coding tree	Did authors provide a description of the coding tree?	4
26. Derivation of themes	Were themes identified in advance or derived from the data?	4
27. Software	What software, if applicable, was used to manage the data?	4
28. Participant checking	Did participants provide feedback on the findings?	N/A

<i>Reporting</i>		
29. Quotations presented	Were participant quotations presented to illustrate the themes/findings? Was each quotation identified? e.g. participant number	7
30. Data and findings consistent	Was there consistency between the data presented and the findings?	7
31. Clarity of major themes	Were major themes clearly presented in the findings?	6-10
32. Clarity of minor themes	Is there a description of diverse cases or discussion of minor themes?	6-10

S2. Semi-structured interview guide – questions & probe examples

1. Can you tell me what physical activity means to you?
2. When you chose to take part in this study you identified as being physically active or physically inactive. Could you tell me some more about this?
 - *What is it that encourages you or stops you from taking part?*
 - *What is it that you enjoy/ don't enjoy?*
3. Why do you think girls of your age tend to shy away from sport and exercise?
 - *Has your activity level remained the same or changed in any way over the last number of years? If so, how?*
4. What do you think are the benefits of regular exercise, sport & PA?
5. How do you think we could help more adolescent girls be active/engage with exercise?
 - *What activities are available to you?*
 - *What types of support do you think you would need?*
6. Do you have any other thoughts that you would like to share that we didn't discuss today?