Data extraction form mixed method review

NB: Data extraction completed in Microsoft Excel, table details extraction fields & definitions

Heading		*Description*
Study Information	**Author**	*Last name et al.*
	Year	*Year published*
	Country	*Country of origin of research – one of the 62 countries ranked very high on HDI*
	Study design	*Study design described – extraction includes variations of RCT, quasi-RCT, case-control studies, cross sectional studies, case reports, case series, cohort studies and qualitative research*
	Checklist	*Drop-down options:* • *Checklist for RCT;* • *Checklist for Quasi-RCT;* • *Checklist for case-control studies;* • *Checklist for cross sectional studies;* • *Checklist for case reports;* • *Checklist for case series;* • *Checklist for cohort studies;* • *Checklist for qualitative research*
	Tendinopathy	*Tendinopathy described – extraction includes Achilles, Patellar, Gluteal, Greater Trochanteric Pain Syndrome, Hamstring, variations of labelling for Lateral epicondylitis, Iliopsoas Syndrome, Rotator cuff, Subacromial pain syndrome*
	Aim	*Summary of study aim*
	Participants	*Total number of participants, number of men/women, mean age (SD), duration of symptoms, sports participation*
	Setting	*Setting described – extraction includes variations on clinic locations and type (unsupervised, supervised) and home exercise programmes*
	Intervention	*Type and duration of intervention(s)delivered – reported per group where applicable*
Findings	**Feasibility type**	*Drop-down options:* • *Adherence;* • *Attendance;* • *Fidelity*
	Number of participants in exercise arms (used to calculate proportions)	*Total number of participants that were prescribed an exercise intervention i.e., if there were any intervention arms included in the study where participants were not prescribed any exercise, these participants would be removed from the calculation*
	Feasibility type 2	*Drop-down options:* • *Good Adherence;* • *Proportion Adherence;* • *Proportion Attendance;* • *Fidelity*
	Feasibility measures	*Describe tool/method used to measure feasibility (e.g., exercise log)*
	Feasibility finding	*Report key results (descriptive and/or inferential statistics where reported) per feasibility type*
	Feasibility data	*Adherence: mean proportion of training sessions completed by participants; Attendance: mean proportion of supervised exercise sessions attended; Fidelity: assessment by study authors of extent to which exercise intervention conducted as intended. New row for each feasibility type.*

	Good adherence threshold	*Mean proportion of training sessions completed beyond a "high" percentage threshold set by authors Required to be at least 70% to increase consistency*	
	Feasibility data notes	*Any additional information on data e.g., if values are reported as median rather than mean, report here*	
	Acceptability type	*Drop-down options:* • *Tolerability;* • *Willingness;* • *Helpfulness*	
	Acceptability measures	*Describe tool/method used to measure feasibility (e.g., Telephone interview prompts)*	
	Acceptability findings	*Report key results (descriptive statistics) per acceptability type*	
	Notes	*Extractor notes, highlighting observations*	

Key: HDI = Human Development Index; RCT = Randomised Controlled Trial; SD = Standard Deviation