

S1: Survey questions and objectives

Objective	Survey questions	Answer type
<p><b>A. Demographics</b></p>	<p><b>What is your age?</b>  <b>What is your gender?</b>  <b>How would you describe your ethnic group?</b>  <b>What is the highest education qualification you have achieved?</b>  <b>How long ago were you diagnosed with Parkinson's?</b>  <b>Have you been diagnosed with any other physical or mental health condition?</b></p> <p><b>Which of the following statements describe best how Parkinson's affects your daily activities?</b></p> <ul style="list-style-type: none"> <li>- No difference in my day-to-day activities.</li> <li>- Some difficulty in day-to-day activities. I have noticed although I am independent, I am slower in my movement.</li> <li>- Moderate levels of difficulty with day-to-day activities. I am mostly independent but require assistance for demanding activities.</li> <li>- High levels of difficulty with day-to-day activities. I require assistance with most activities of daily living.</li> <li>- Extreme difficulty with daily activities. I am fully dependent for all daily activities.</li> <li>- Other, please specify.</li> </ul> <p><b>In the last week, how many minutes, did you spend doing moderate to vigorous physical activities? (activities that cause increase in breathing, for example brisk walking, pushing a lawnmower or cycling uphill)</b></p> <p><b>0-200</b></p>	<p>Free text or multiple choice (one answer possible)</p>

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<p><b>B. To explore the practice around education/information provision for PwP in the UK</b></p>	<p><b>Around the time of diagnosis:</b></p> <ol style="list-style-type: none"> <li>1. I received a satisfactory amount of information about the benefits of exercise in Parkinson's.</li> <li>2. I was given a satisfactory amount of information about available classes and activity groups near me.</li> <li>3. I was given an exercise programme specific to my needs and symptoms.</li> <li>4. I understood the exercise information I was given.</li> <li>5. I knew which exercises to complete in order to manage my symptoms.</li> <li>6. I knew what outcomes to expect from the exercises I was given.</li> <li>7. I was confident I had a good level of knowledge about the role of exercise in Parkinson's.</li> <li>8. I wanted to know more about the role of exercise and physical activity in Parkinson's.</li> </ol> <p><b>If you want to find out information about exercise and PA where do you look?</b></p>	<p>Strongly Disagree Somewhat disagree Neither agree or disagree Somewhat agree Strongly agree</p>
	<ol style="list-style-type: none"> <li>1. When first diagnosed, people with Parkinson's are 30% less active than the general population of same age.</li> <li>2. Regular aerobic exercise may improve abilities such as thinking and reasoning.</li> <li>3. Reduced levels of physical activity are associated with a reduction in social interactions over time in people with Parkinson's.</li> </ol>	<p>Agree Not Sure Disagree</p>

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<p><b>C. To identify the gaps in the knowledge level of PwP around exercise and PA.</b></p>	<p>4. Loss of arm swing is connected to the shuffling walking type that is common in Parkinson's.</p> <p>5. Half of people with Parkinson's can experience depression and anxiety.</p> <p>6. Muscle strength is not reduced in the early stages of Parkinson's.</p> <p>7. Moderate to high intensity exercise are not recommended as they can negatively impact Parkinson's.</p> <p>8. Walking the dog and gardening are a form of exercise.</p> <p>9. People with Parkinson's fall as much as the general population of the same age.</p>	
<p><b>D. To identify the needs and preferences of PwP on exercise and PA education provision around the time of diagnosis.</b></p>	<p><b>At the present moment, how much do you agree or disagree with the following statements:</b></p> <p>1. I am knowledgeable about the role of exercise in Parkinson's.</p> <p>2. As Parkinson's progresses, the type of information around the exercises I need, change.</p> <p>3. Knowing which specific exercises to do is important to me.</p> <p>4. Parkinson's is a progressive disorder and that is why exercise, although useful, cannot slow down the course of Parkinson's.</p> <p>5. Providing too much information about Parkinson's can be unhelpful.</p> <p>6. People with Parkinson's can have a good quality of life.</p> <p>7. Exercise is only effective if it is started at the early stages of Parkinson's.</p> <p>8. I feel the same whether I exercise or not.</p>	<p>Strongly Disagree Somewhat disagree Neither agree or disagree Somewhat agree Strongly agree</p>

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	<p>9. If an education programme focusing on why and how to exercise was available, I would participate.</p>	
<p><b>D. To identify the needs and preferences of PwP on exercise and PA education provision around the time of diagnosis.</b></p>	<p><b>How do you prefer information or education programmes about exercise and physical activity to be delivered to you?</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> In person one to one session with clinician (please state which clinician)</li> <li><input type="radio"/> Online session one to one with clinician (please state which clinician)</li> <li><input type="radio"/> Online videos</li> <li><input type="radio"/> Online reading materials</li> <li><input type="radio"/> Online group sessions</li> <li><input type="radio"/> Other (please specify</li> </ul> <p><b>Which of the following topics would you include in an education programme that aims to provide information about exercise and physical activity for a person newly diagnosed with Parkinson's?</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Current evidence on why exercise is important in Parkinson's.</li> <li><input type="radio"/> How exercise impacts on motor symptoms (stiffness, posture) and non-motor symptoms (sleep, depression).</li> <li><input type="radio"/> The best exercises for my symptoms.</li> <li><input type="radio"/> What is classed as exercise and what as physical activity?</li> <li><input type="radio"/> Evidence of the role of other activities such as dancing, tai-chi and Nordic walking on Parkinson's.</li> <li><input type="radio"/> Setting meaningful goals for me.</li> <li><input type="radio"/> How to progress my exercise programme.</li> <li><input type="radio"/> What I can do, if I am not interested in exercise.</li> </ul>	<p>Multiple choice (up to 2 options)</p> <p>Multiple choice (up to 7 options)</p>

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	<ul style="list-style-type: none"><li>○ Falls risks in Parkinson's and how to manage them.</li><li>○ When I would I see the benefits of exercising.</li><li>○ Exploring common barriers to exercise and how to overcome these.</li><li>○ Information about support groups and activities near me.</li><li>○ Pain, stiffness, balance: what is normal part of ageing, and what is Parkinson's.</li><li>○ How to work collaboratively with the healthcare professionals to help achieve my goals.</li><li>○ Ways to motivate myself to exercise more.</li><li>○ Other (please specify)</li></ul>	
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