Suppl 1

Study Questionnaire

**Q1 CONSENT STATEMENT**   
  
**Project Title:** Identifying the barriers to exercise in patients with non-alcoholic fatty liver disease (NAFLD)   
  
**Principal investigator:** Kedar Deshpande   
 **What is the study about?**   
You are invited to participate in this study about identifying the barriers to exercise in patients with non-alcoholic fatty liver disease. This information sheet provides you with information about this study and what is involved to help you decide if you would like to take part or not.   
  
**Why are you asking me?**   
You are being asked to participate in this study because you have been diagnosed with NAFLD.  
  
**What will you ask me to do if I agree to be in the study?**   
You will be asked to complete a survey of 14 simple questions, which will be sent to you via email by a health employee at Fiona Stanley Hospital. The survey is expected to take about 10 minutes and can be completed on a computer or a smartphone. With your consent, we will also collect health and medical information about your conditions from your medical records, which will be used in the overall analysis.   
  
**What are the dangers to me?**   
We don’t anticipate any risks to participants as there will be no physical intervention, diagnosis or treatment involved   
  
**Are there any benefits to society as a result of me taking part in this research?**   
The outcomes of this study will help us to understand more about the barriers that patients face in engaging in exercise so that we can then explore strategies to help increase and maximise physical activity participation in patients with NAFLD. The proposed study will aim at collecting this information by a survey designed for people with NAFLD. The study will also help in designing future exercise intervention studies to determine the optimal type of exercise that is not only beneficial in the prevention and treatment of NAFLD but can also improve patient adherence to exercise.   
  
**Will I get paid for being in the study? Will it cost me anything?**   
There are no costs to you or payments made for participating in this study.   
  
**What if I want to leave the study?**   
Participation in this study is completely voluntary. If you decide not to participate there will not be any negative consequences. Please be aware that if you decide to participate, you may stop participating at any time and you may decide not to answer any specific question.

Q2 I agree to participate in the research study. I understand the purpose and nature of this study and I am participating voluntarily. I understand that I can withdraw from the study at any time, without any penalty or consequences.

* Yes (1)
* No (2)

Q3 I agree for the researchers to access my medical records to collect information about my condition for the purposes of this research study.

* Yes (1)
* No (2)

Q4 I agree to allow the researchers to use my data for future related research and understand that my data will be de-identified.

* Yes (1)
* No (2)

Q5 Please enter your full name

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Q6 How old are you?

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Q7 Please select your gender

* Male (1)
* Female (2)
* Non-binary / third gender (3)
* Prefer not to say (4)

Q8 Please select your ethnicity

* Indian (1)
* Caucasian (2)
* African (3)
* Asian (4)
* Aboriginal and Torres Strait Islanders (5)
* Other (6)

Q9 What is your weight in kilograms?

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Q10 What is your height (in cm or ft and inches)?

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Q11 Do you think NAFLD (fatty liver) is a serious health concern?

* Yes (1)
* No (2)
* Unsure (3)

Q12 Do you think non-alcoholic fatty liver disease (NAFLD) can be cured in its early stages with regular exercise?

* Yes (1)
* No (2)
* Unsure (3)

Q13 Have you consulted a liver specialist or gastroenterologist for NAFLD or non-alcoholic steatohepatitis (NASH)?

* Yes (1)
* No (2)

Q14 What type of exercise do you think is more effective in the treatment of NAFLD?

* Aerobic exercise (walking, running, swimming, jogging, etc) (1)
* Resistance exercise (lifting weights, body-weight exercises, etc) (2)
* Both are equally effective (3)
* Unsure (4)

Q15 Have you been performing ≥ 150 minutes of moderate intensity physical activity (easy jogging, brisk walking) or ≥ 75 minutes of vigorous intensity physical activity (running, sprinting) per week on average for the last 12 months?

* Yes (1)
* No (2)
* Unsure (3)

Q16 Have you achieved 10000 or more steps each day in the last 3 months? (if you have been monitoring on a device)

* Yes (1)
* No (2)
* Unsure (3)

Q17 Please check your average number of steps per day from your smart phone or smart watch and enter it below (if you have a tracking device)

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Q18 What are the barriers that stop you from exercising on a regular basis? You can choose as many of the following options as you can that relate to your own experience.

* Lack of time (1)
* Lack of enjoyment in exercising (2)
* Boredom or nothing innovative or new in it (3)
* Lack of support (from friends, family, and/or the society (4)
* Health issues (including any physical or mental injuries) (5)
* Lack of self-confidence to engage in exercising (6)
* Lack of knowledge about the best and most effective exercises and how to perform the exercises (7)
* Peer pressure (8)
* Lack of money (9)
* Energy requirement and fatigue caused during and after exercise (10)
* Discouragement or body-shaming from others (11)
* Safety, accessibility or traffic issues (12)
* Stress (mental or emotional) (13)
* Other (please specify) (14)