

# Supplementary Files

## Supplementary file Table S1

### A: Distributions of PTs who ask patients about their confidence to change a habit

Do you ask your patients about their confidence to change or improve their habits in the following areas?				
	Never	Sometimes	Usually,	Always
Alcohol intake	17%(n=29)	27%(n=45)	26%(n=44)	30%(n=51)
Physical activity	9%(n=16)	22%(n=38)	32%(n=54)	37%(n=63)
Diet	14%(n=24)	23%(n=39)	36%(n=62)	27%(n=47)
Weight	16%(n=27)	23%(n=40)	28%(n=49)	33%(n=56)
Sleep	20%(n=34)	35%(n=61)	26%(n=44)	19%(n=33)
Stress management	16%(n=27)	32%(n=54)	22%(n=37)	31%(n=52)

### B: Distribution of PTs who discuss challenges patients may face in changes habits

Do you discuss challenges patients may face while trying to improve in any of the following areas?				
	Never	Sometimes	Usually	Always
Physical activity	7%(n=12)	33%(n=56)	28%(n=48)	33%(n=56)
Diet	11%(n=19)	31%(n=51)	32%(n=53)	26%(n=44)
Weight	13% (n=22)	28%(n=48)	26%(n=44)	33%(n=56)
Sleep	24%(n=40)	31%(n=52)	26%(n=44)	20%(n=34)
Stress management	18%(n=31)	30%(n=51)	21%(n=36)	30%(n=51)
Alcohol	21%(n=35)	17%(n=45)	24%(n=41)	28%(n=48)

### C: Distributions of PTs who may educate patients on optimal/reference values for specific components of health promotion

Do you assist your patient to know the optimal recommended values for?				
	Never	Sometimes	Usually	Always

Physical activity	11%(n=18)	46%(n=79)	23% (n=40)	20%(n=34)
Diet/nutrition	18%(n=31)	42%(n=72)	23%(n=39)	17%(n=29)
Weight	15%(n=25)	34%(n=58)	28%(n=47)	24%(n=4)
Sleep	22%(n=37)	42%(n=70)	23%(n=39)	13%(n=22)
Stress management	22%(n=38)	36%(n=61)	21%(n=36)	21%(n=35)
Alcohol intake	19%(n=32)	35%(n=59)	23%(n=39)	23%(n=39)

**What is most (highest) common type of problems your see on daily basis? -  
Selected Choice**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Orthopedic	70	38.7	38.7	38.7
	Neurological	76	42.0	42.0	80.7
	Cardiovascular and respiratory	1	.6	.6	81.2
	Pediatric (< 15 years)	4	2.2	2.2	83.4
	Geriatric (>65 years)	11	6.1	6.1	89.5
	Sport	5	2.8	2.8	92.3
	Others please, specify	14	7.7	7.7	100.0
	Total	181	100.0	100.0	