Figure 2 PhISICAL Study flowchart/data collection for commissioners, providers and referrers of the FaME programme

24 week FaME classes commence

Researchers approach commissioner/referrer/provider in person or using email or telephone methods and identified using snowball sampling

Participant information sheet and consent form given out and researchers answer questions

Researchers obtain informed consent and undertake first in-depth interviews early in the implementation phase

Researchers re-contact participants (except referrers) for their second interview towards the end of FaME delivery and if happy to proceed undertake second in-depth interviews

24 week FaME class delivery completed

Withdrawal from PhISICAL