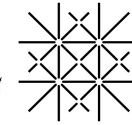


Response to Intervention - Methods



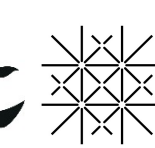
- PACINPAT promoting physical activity among patients with depression



- Physical activity counseling intervention
- Nested qualitative study to explore the lived experiences of the intervention

Trial sample	N = 174
Purposively recruited subsample	n = 12
Demographics	58% women, aged 18 – 65 (M = 50 years)
ICD-diagnosed depression	BDI \geq 17 (M = 27, SD = 8.26)
Physical inactivity	IPAQ < 150 min/week (M = 32.5 min/week, SD = 44.02 min)
Data collection	Semi-structured interviews, ~ 1 year after recruitment
Data analysis	Six steps of reflexive thematic analysis (Braun & Clarke)

Response to Intervention - Results



Lived experience of depression: balancing pressure

Before

Intervention

After

Resolute mindset towards lifestyle changes, reflection on living with depression

Intervention is one part of a systemic change, coach as support in this process

Expansive: Increasing well-being with maintained PA

Positive mindset towards PA, opportune moment in cyclical depression

Intervention is a trigger for change starting with PA, coach needed as driving force

Adoptive: Fragile well-being with relationship-dependent PA

Ambivalent mindset towards PA, struggle with chronic illness

Intervention is a last resort to cope with depression, coach as support and source of pressure

Stagnant: Declining well-being with shift away from PA

Fixed mindset towards PA, clear idea of lifestyle management

Intervention is repurposed, no or limited interaction with coach

Confirmatory: Unchanged well-being with unaffected PA