

Intrapersonal level

Psychological factors

- Affect and emotion
- Attitudes, beliefs, or perceived benefits
- Behaviour and self-regulation

Body function and structure*

(eg, pain, fatigue, secondary conditions, limited mobility, and mental functioning)

Activities and participation*

(eg, employment status and social and communication skills)

Interpersonal level

Social support*

- Family support*
- Friend support*
- Acquaintances, peers, colleagues, neighbours, community, and other sources of support

Attitudes*

(eg, others' negative attitudes and parental fears)

- Societal attitudes*

Social processes

(eg, role modelling and integration)

Institutional level

Knowledge of individuals within institutions or organisations

(eg, poor knowledge of physical activity and training)

- Disability-specific knowledge

(eg, how to exercise, benefits of physical activity, and how to adapt to programmes)

Rehabilitation process

(eg, counselling and preparing PLWD for physical activity)

Building design and construction*

(eg, accessibility and location)

Programme factors

(eg, availability, individualised instruction, activities, and reverse inclusion programmes)

Community level

Products and technology*

- Land development*
- Physical activity information
- Equipment

Climate*

Relationships among groups and organisations

(eg, support for parents and collaboration among disability organisations)

Policy level

Health policies*

(eg, funding)

Transportation services, systems, and policies*

Architecture and construction policies*

Association and organisational policies*

- Financial costs
- Need for training

Figure 2: Social-ecological model showing factors related to physical activity participation among PLWD

PLWD=people living with disabilities. *International Classification of Functioning, Disability, and Health terminology.