

## **Supplement 5. Studies that might appear to meet the inclusion criteria, but were excluded, as well as the reasons for exclusion.**

**Not physical activity but self-care behaviour (i.e., physical activity outcome could not be isolated from the other behaviours):**

Durante A, Paturzo M, Mottola A, Alvaro R, Vaughan Dickson V, Vellone E. Caregiver Contribution to Self-care in Patients With Heart Failure: A Qualitative Descriptive Study. *J Cardiovasc Nurs*. 2019;34(2):E28–35.

**Not physical activity but a performance at the six-minute walking test (i.e. meters walked in six minutes):**

Shen H, Zhao J, Zhou X, Li J, Wan Q, Huang J, et al. Impaired chronotropic response to physical activities in heart failure patients. *BMC Cardiovasc Disord*. 2017 May 25;17(1):136.

**The study included individuals with HF and comorbid depression only (i.e., multimorbidity). Only clinically depressed individuals were included in the study. Depression is a strong predictor of physical activity, therefore in this study poses a strong confounding effect in the association between physical activity and barriers and enablers in HF:**

Haedtke C, Smith M, VanBuren J, Klein D, Turvey C. The relationships among pain, depression, and physical activity in patients with heart failure. *J Cardiovasc Nurs*. 2017;32(5):E21–5.