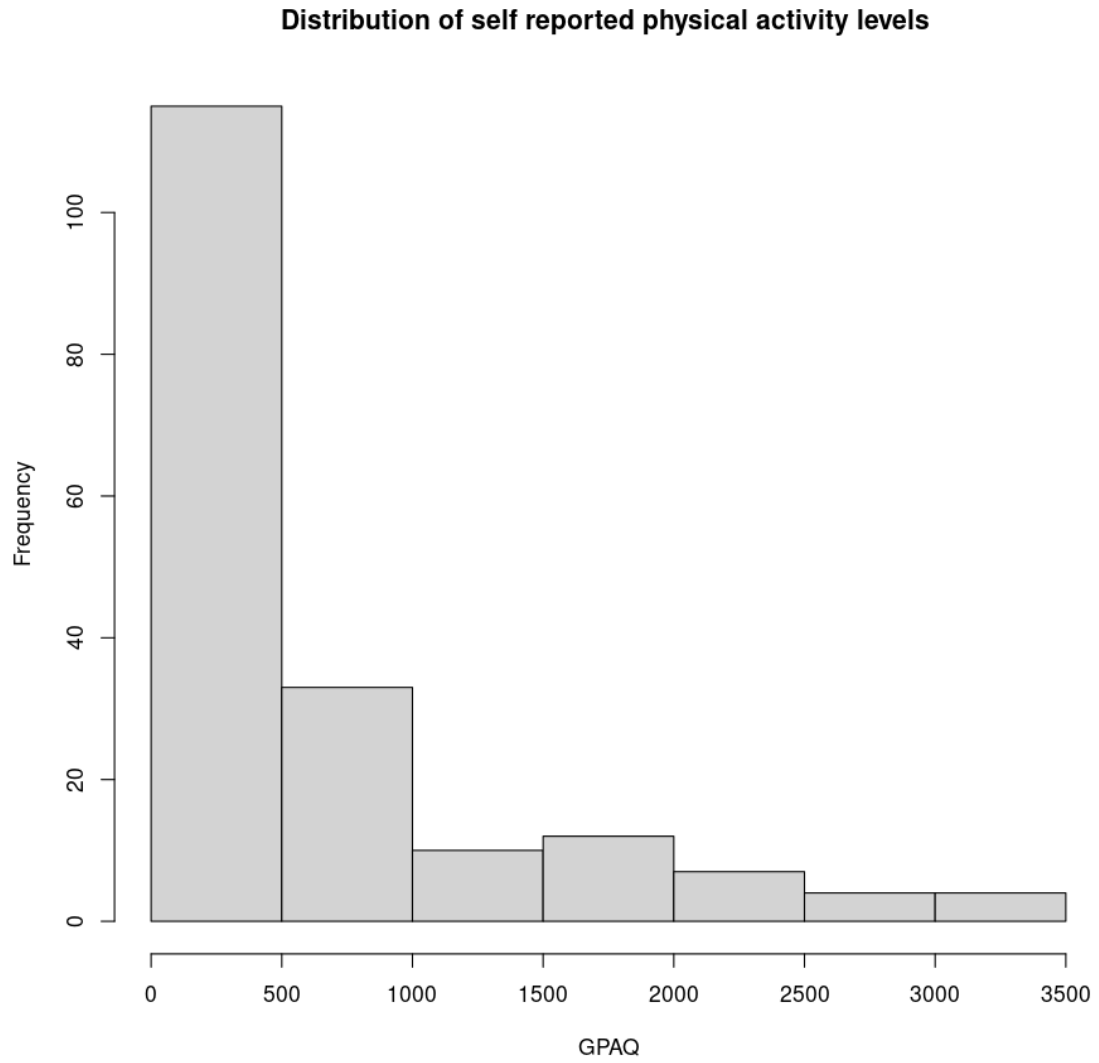


Supplementary material

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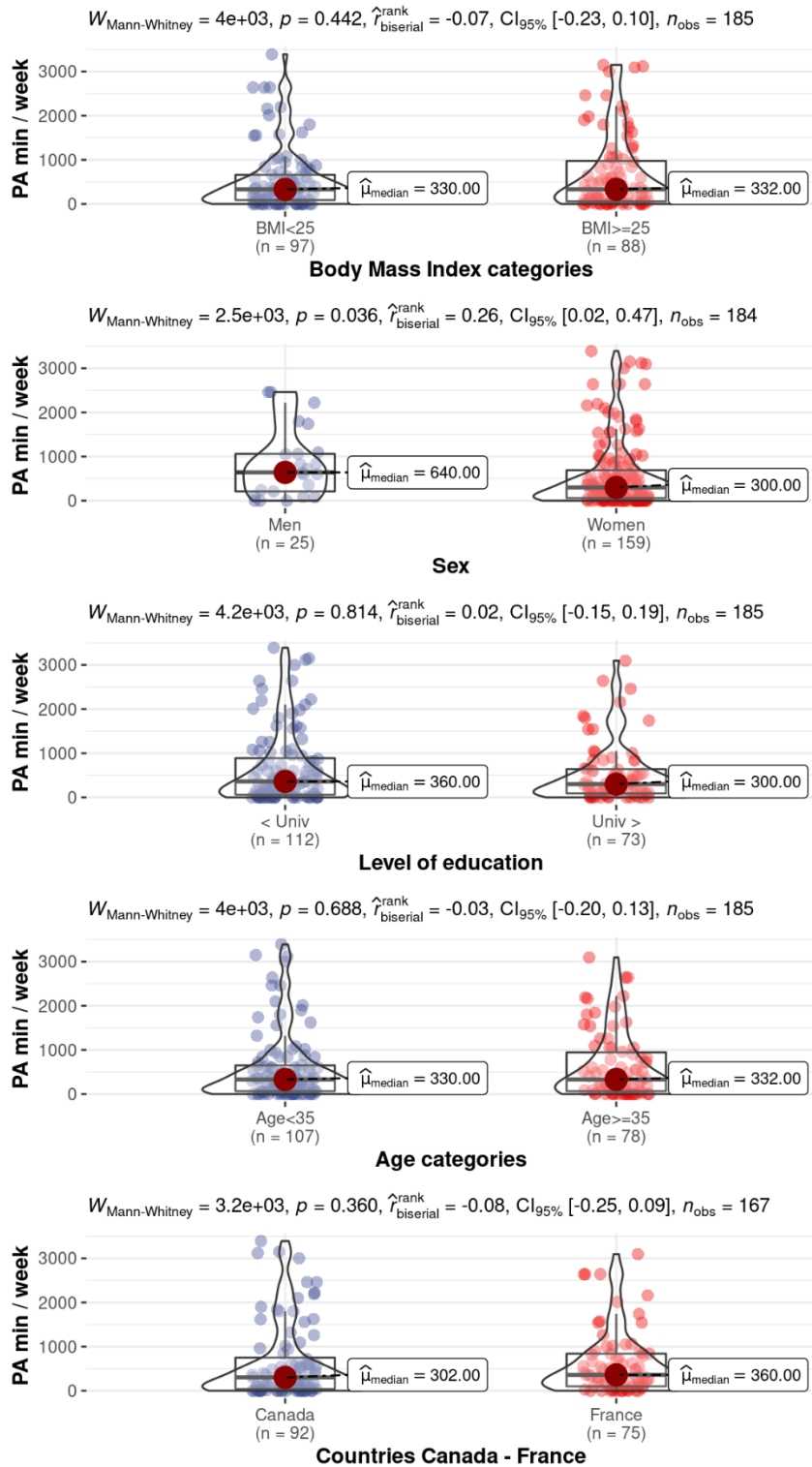
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Figure S1: Distribution of PA levels among participants.



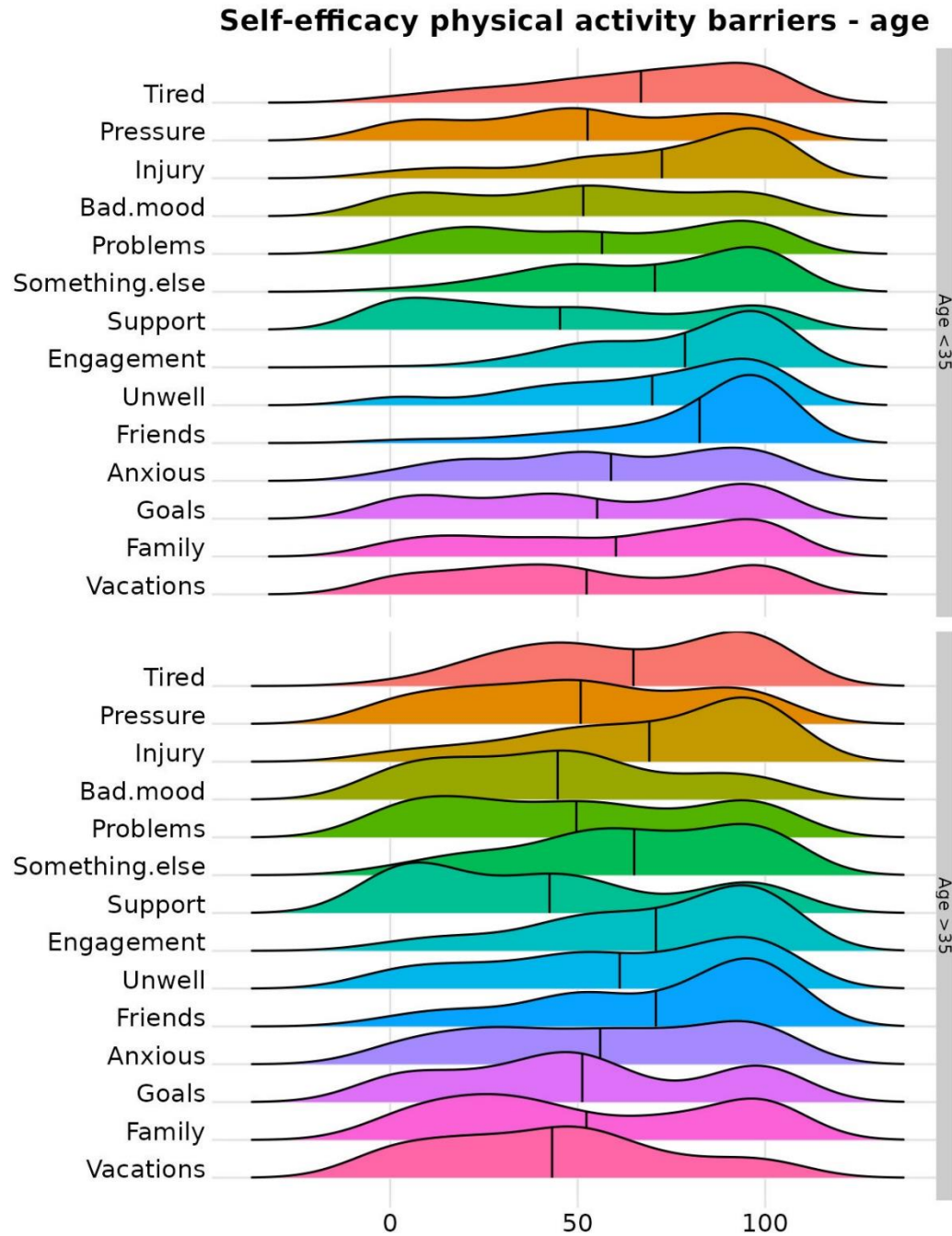
Note: GPAQ = Global Physical Activity Questionnaire. GPAQ's value are presented in minutes of total physical activity weekly.

Figure S2: physical activity level according to body mass index, sex, level of education, age, and country



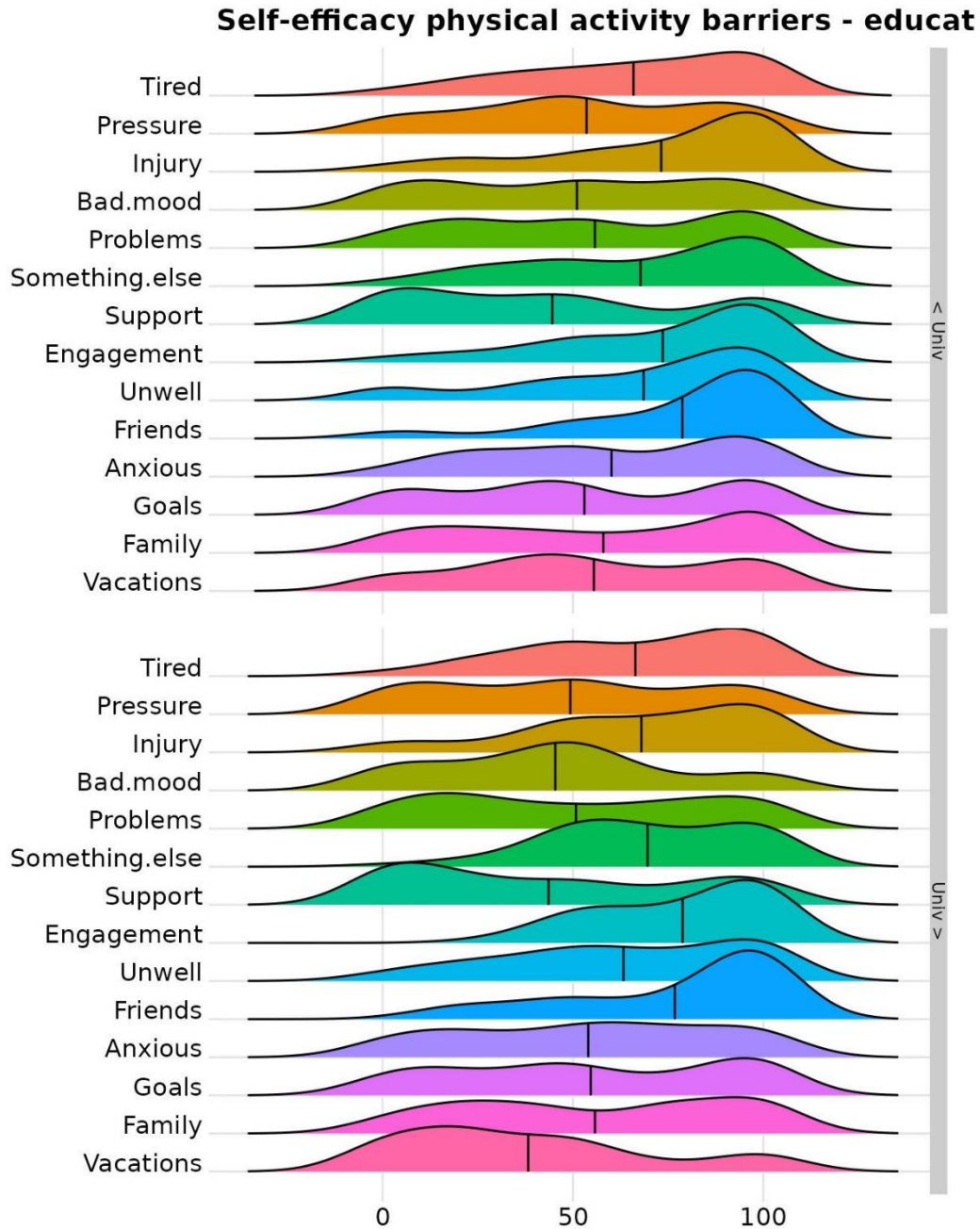
Note : PA = Physical activity.

Figure S3: Self-efficacy to do physical activity when encountering barrier according to age



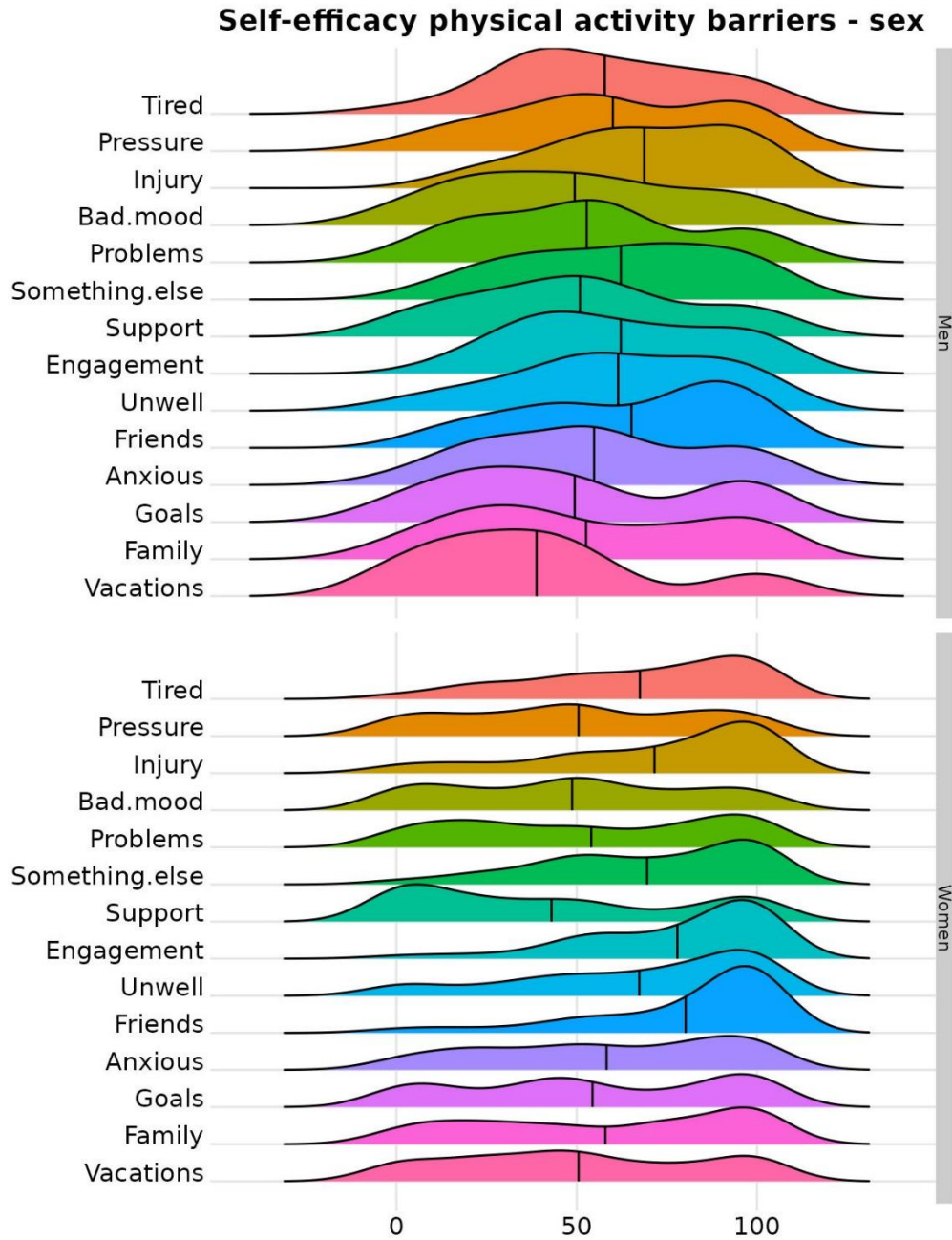
Note: The higher the mean indicator (vertical black line), the greater the barrier. The barriers in order from the top are: “Being tired”, “Feeling pressure at work”, “Recovering from an injury”, “Being in a bad mood”, “Having personal problems”, “Having more interesting things to do”, “Without the support of friends or family”, “Having other engagement”, “Feeling unwell”, “Having friends at home”, “Feeling anxious”, “Not reaching previously fixed training goals”, “Having family problems”, “During vacations”.

Figure S4: Self-efficacy to do physical activity when encountering barrier according to education level



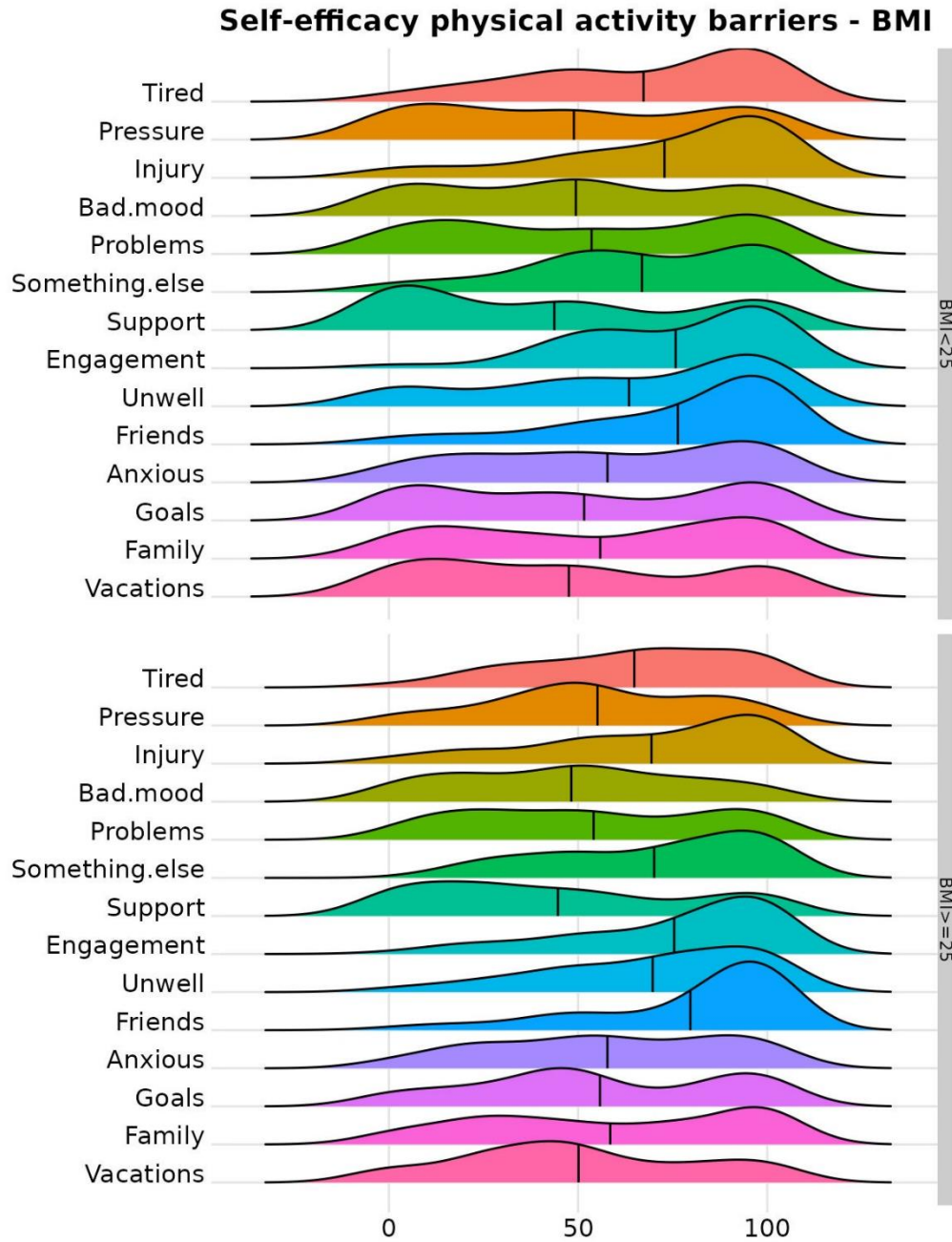
Note: The higher the mean indicator (vertical black line), the greater the barrier. The barriers in order from the top are: “Being tired”, “Feeling pressure at work”, “Recovering from an injury”, “Being in a bad mood”, “Having personal problems”, “Having more interesting things to do”, “Without the support of friends or family”, “Having other engagement”, “Feeling unwell”, “Having friends at home”, “Feeling anxious”, “Not reaching previously fixed training goals”, “Having family problems”, “During vacations”.

Figure S5: Self-efficacy to do physical activity when encountering barrier according to sex



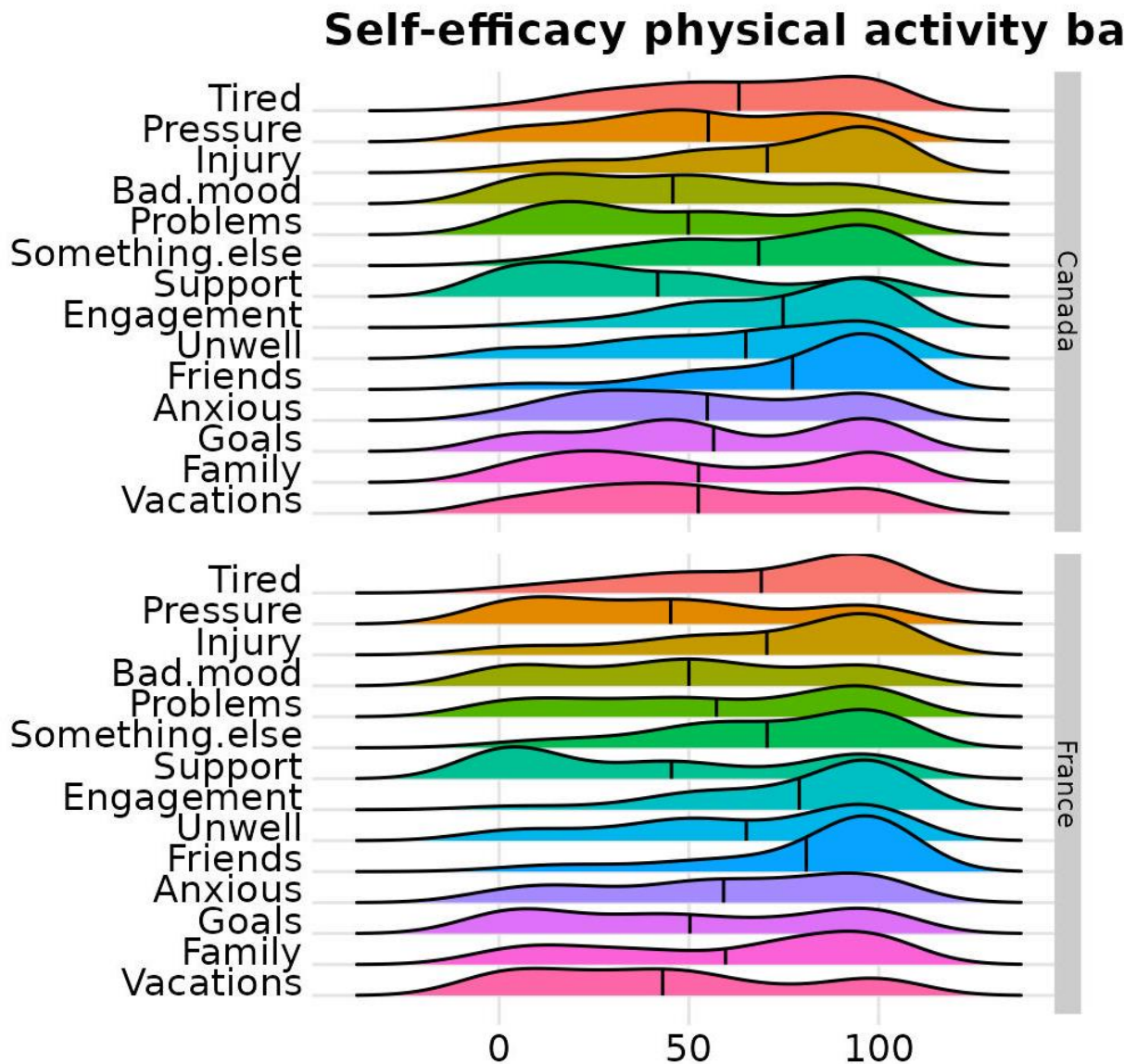
Note: The higher the mean indicator (vertical black line), the greater the barrier. The barriers in order from the top are: “Being tired”, “Feeling pressure at work”, “Recovering from an injury”, “Being in a bad mood”, “Having personal problems”, “Having more interesting things to do”, “Without the support of friends or family”, “Having other engagement”, “Feeling unwell”, “Having friends at home”, “Feeling anxious”, “Not reaching previously fixed training goals”, “Having family problems”, “During vacations”.

Figure S6: Self-efficacy to do physical activity when encountering barrier according to body mass index



Note: BMI = Body mass index. The higher the mean indicator (vertical black line), the greater the barrier. The barriers in order from the top are: “Being tired”, “Feeling pressure at work”, “Recovering from an injury”, “Being in a bad mood”, “Having personal problems”, “Having more interesting things to do”, “Without the support of friends or family”, “Having other engagement”, “Feeling unwell”, “Having friends at home”, “Feeling anxious”, “Not reaching previously fixed training goals”, “Having family problems”, “During vacations”.

Figure S7: Self-efficacy to do physical activity when encountering barrier according to country



Note: The higher the mean indicator (vertical black line), the greater the barrier. The barriers in order from the top are: “Being tired”, “Feeling pressure at work”, “Recovering from an injury”, “Being in a bad mood”, “Having personal problems”, “Having more interesting things to do”, “Without the support of friends or family”, “Having other engagement”, “Feeling unwell”, “Having friends at home”, “Feeling anxious”, “Not reaching previously fixed training goals”, “Having family problems”, “During vacations”.

Figure S8: Physical activity preferences according to body mass index

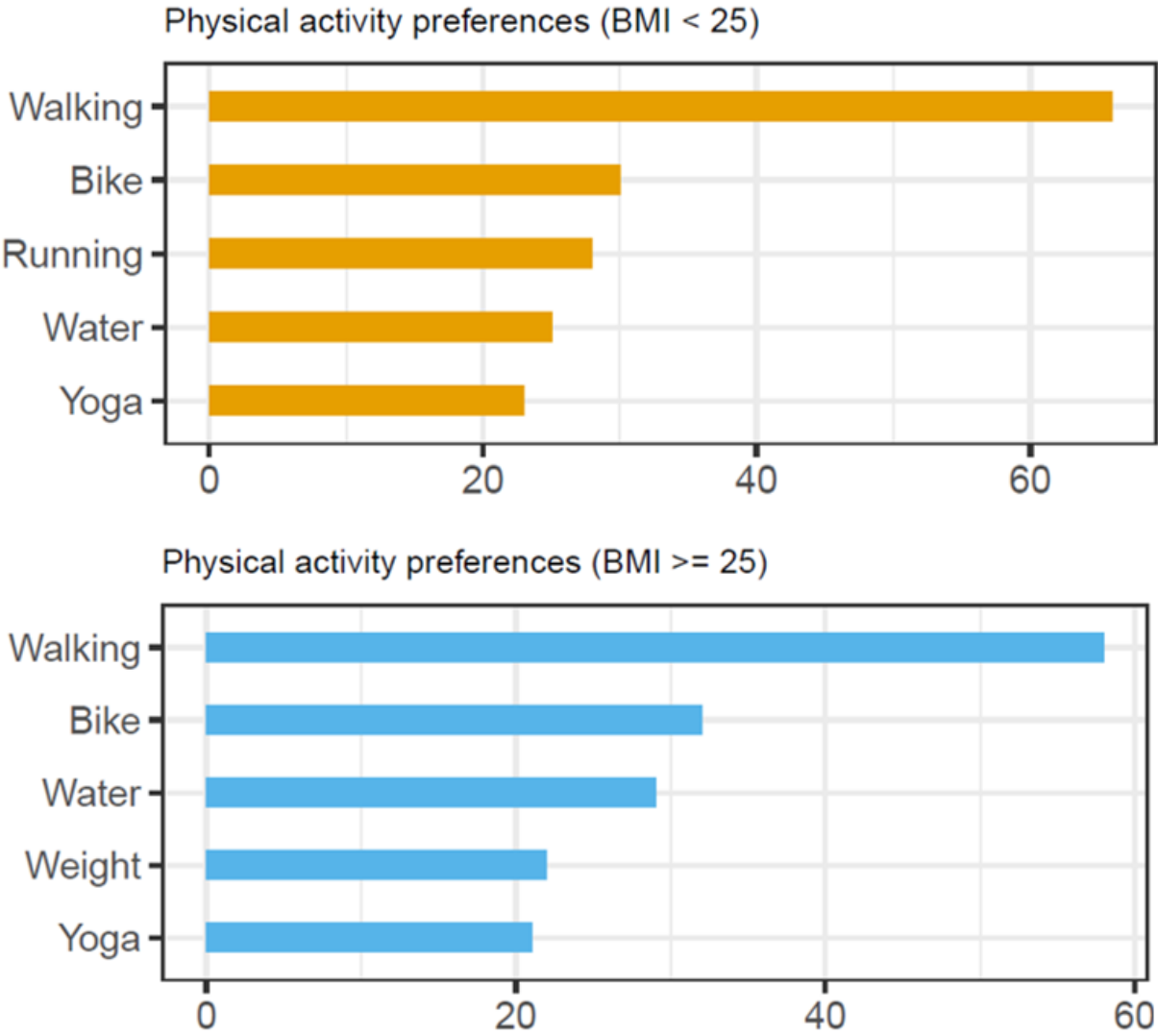


Figure S9: Physical activity preferences according to sex

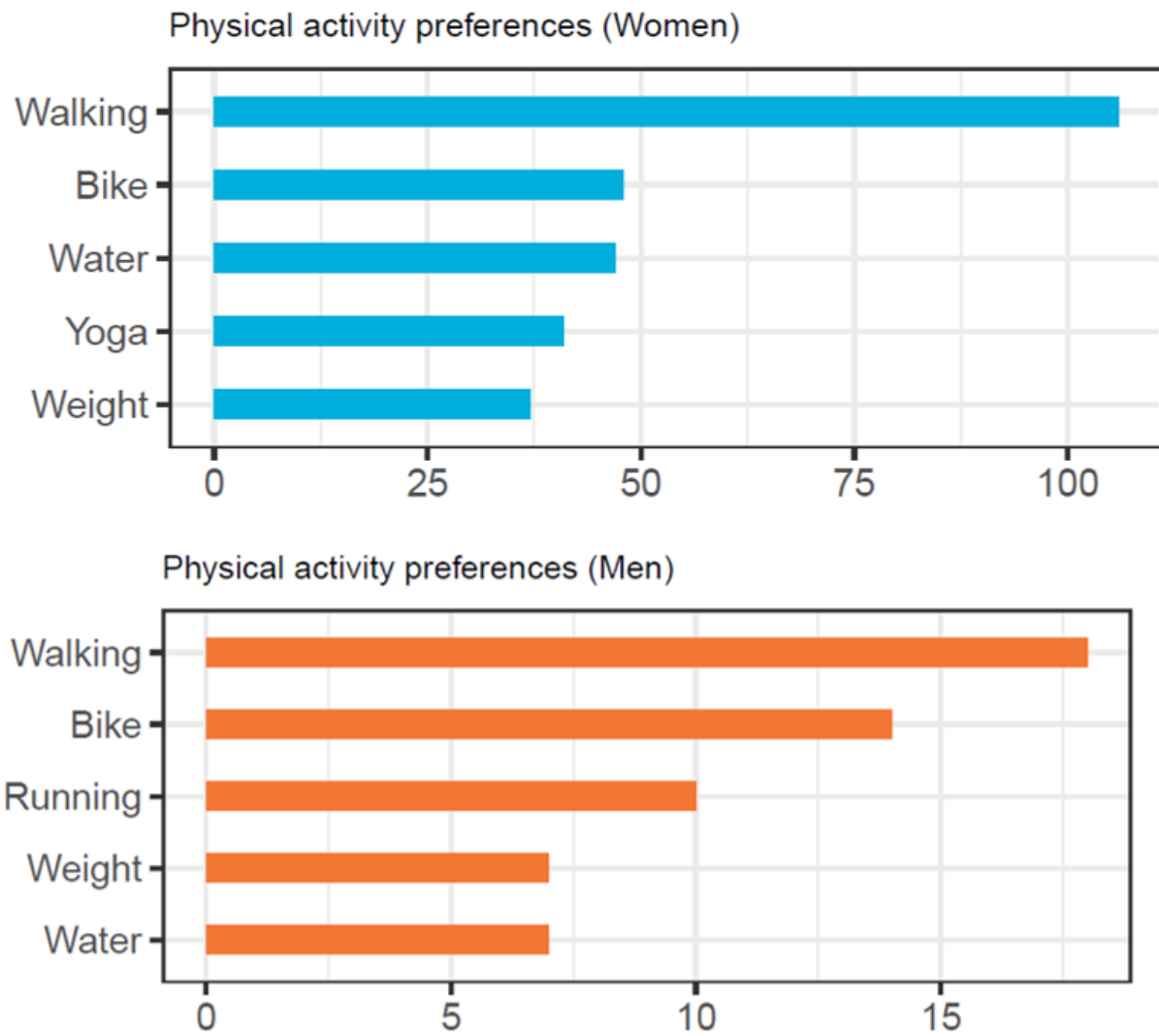
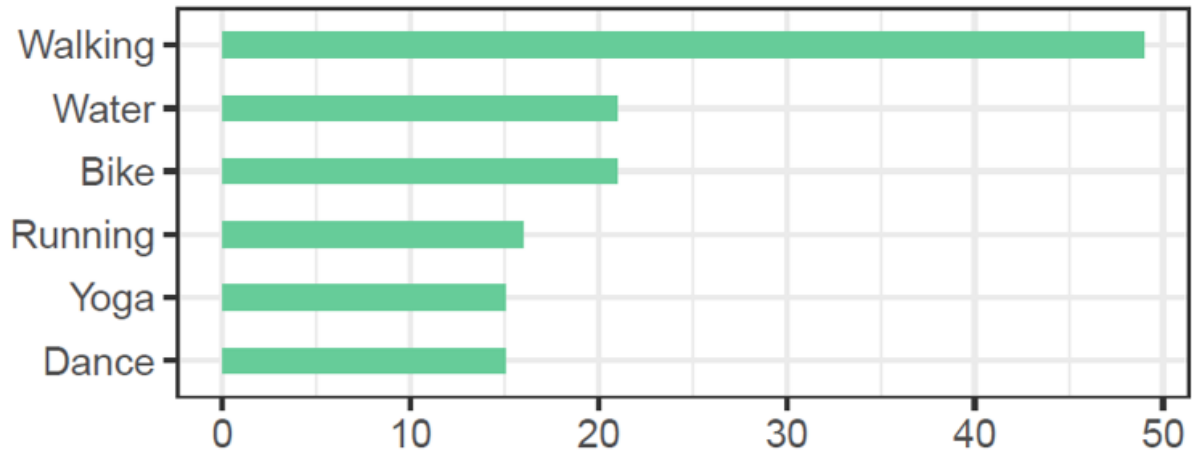


Figure S10: Physical activity preferences according to country

Physical activity preferences (France)



Physical activity preferences (Canada)

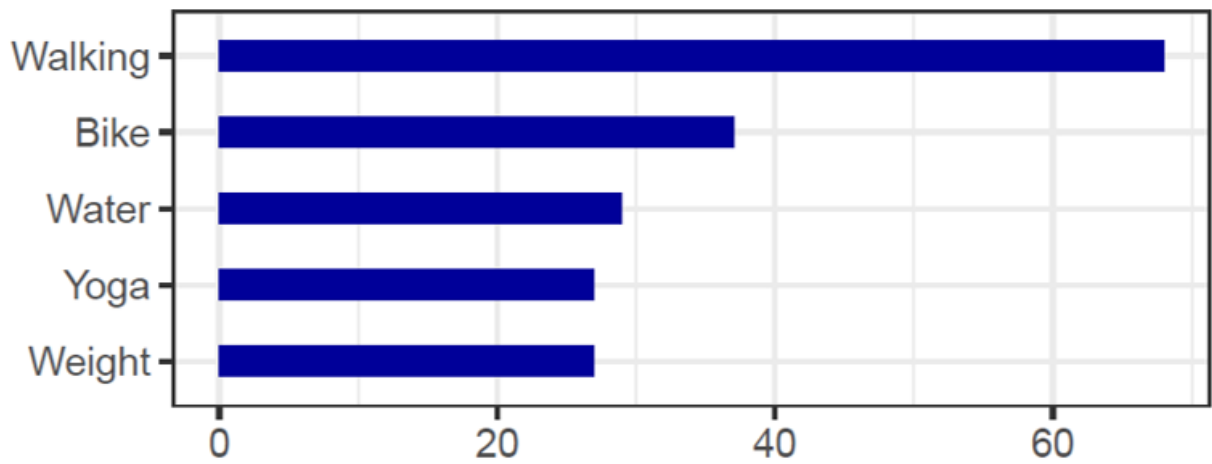


Figure S11: Physical activity preferences according to education level

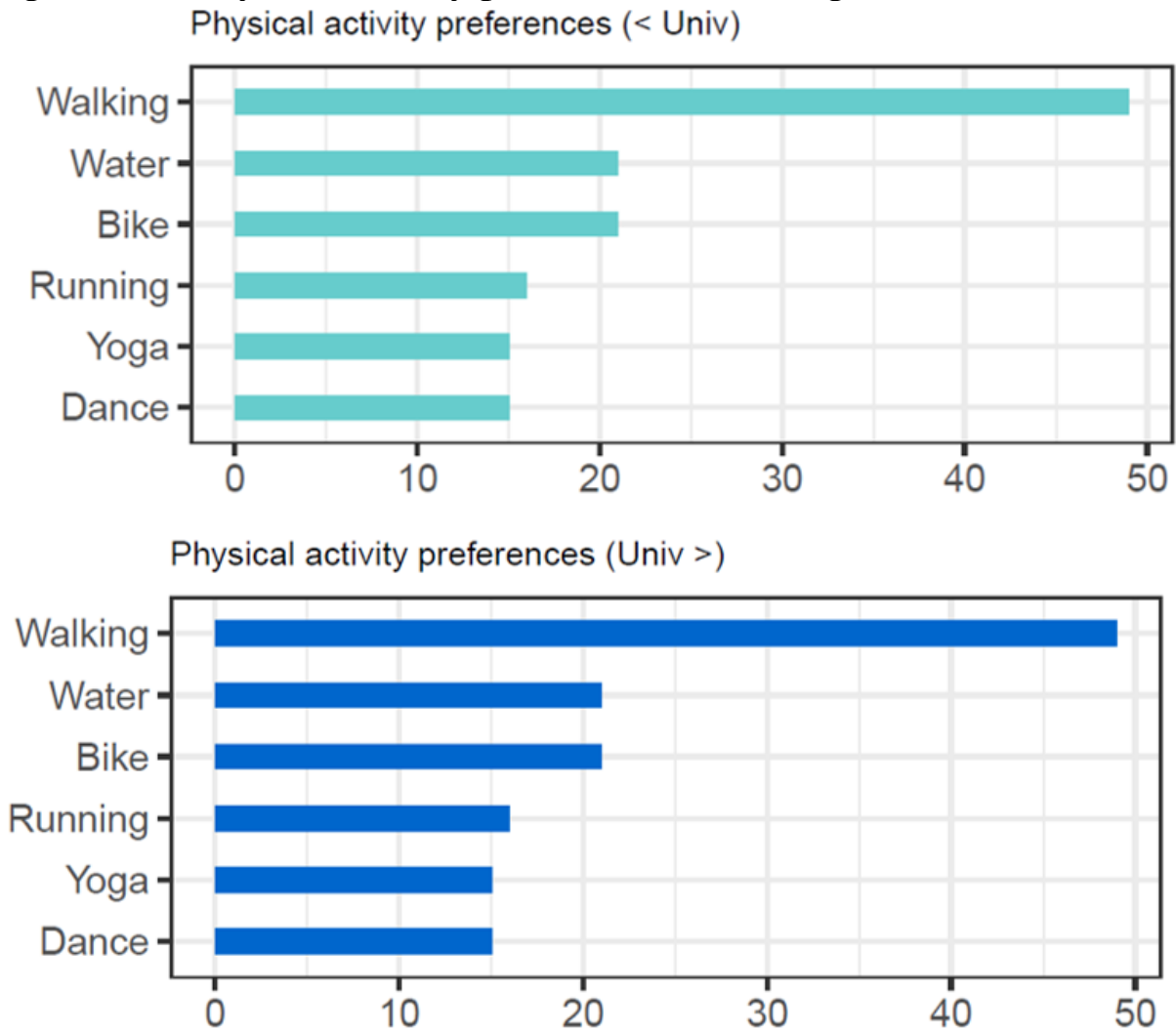


Figure S12: Physical activity preferences according to age

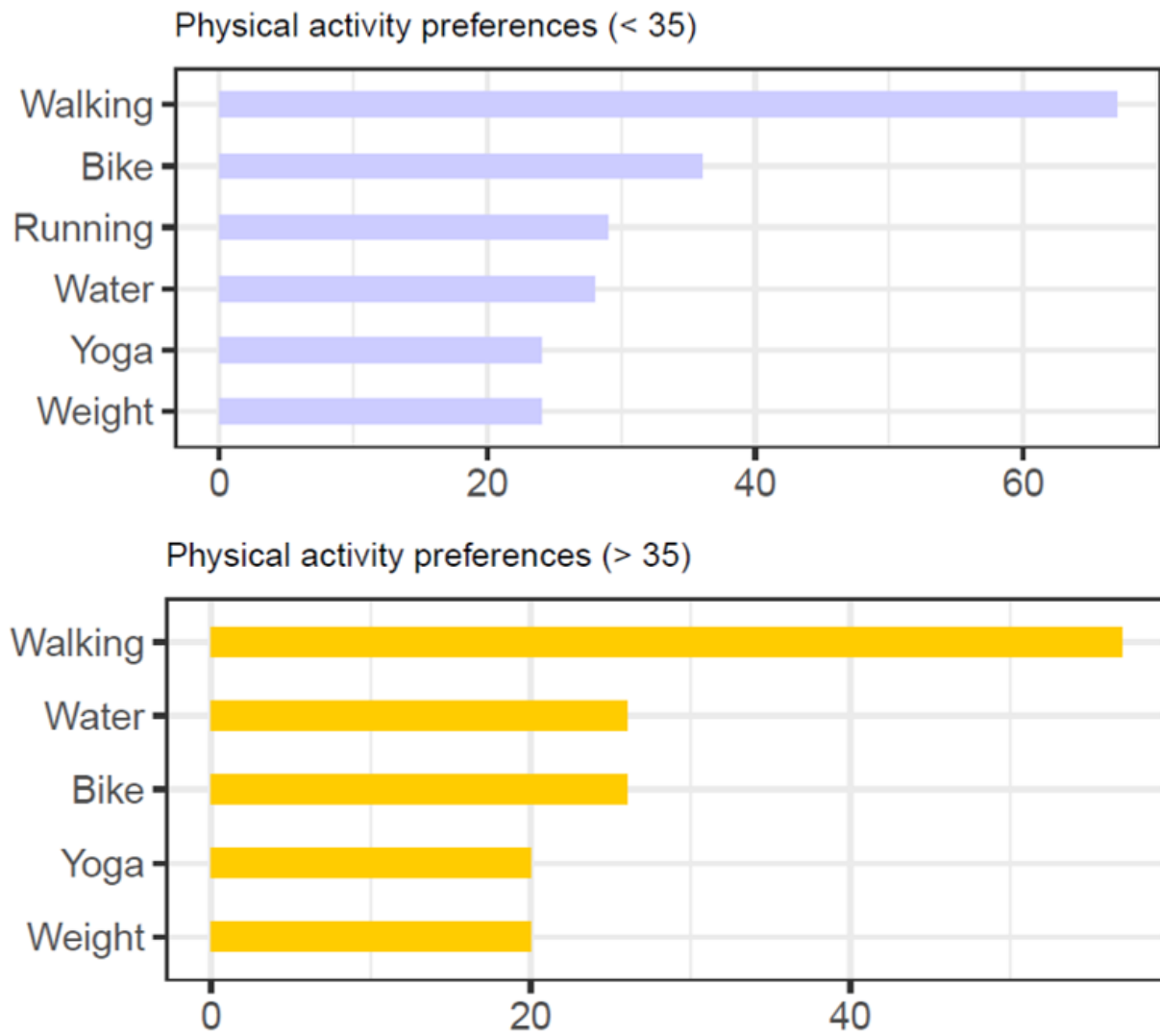
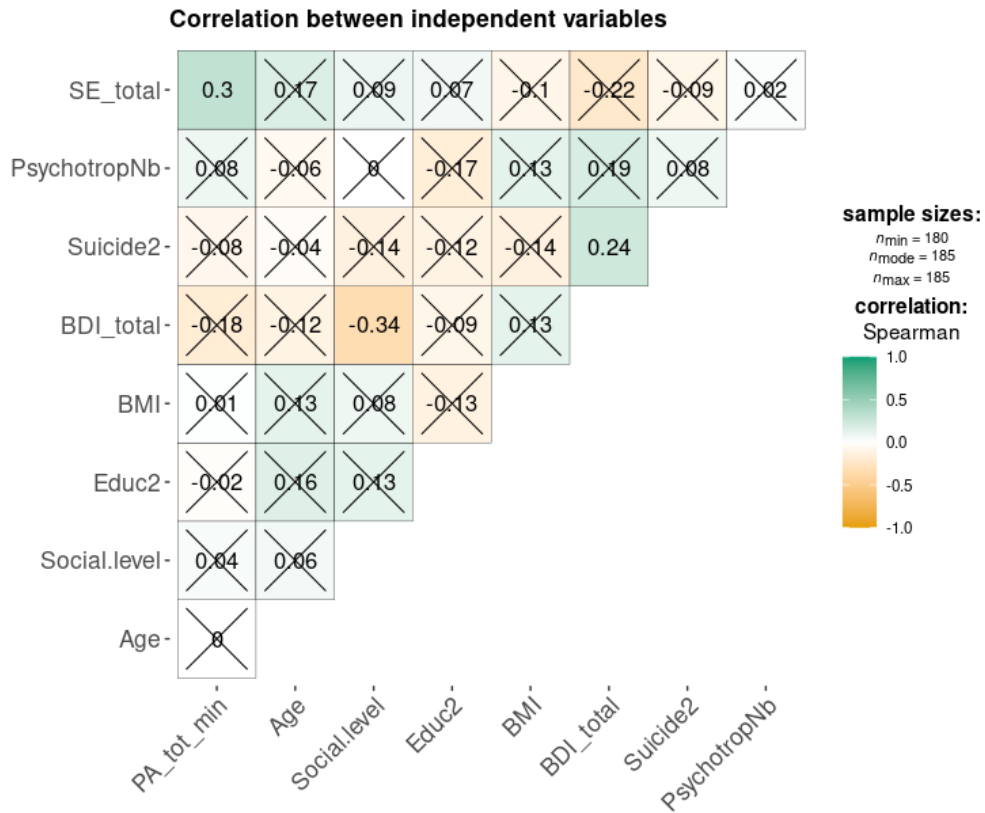


Figure S13: Bivariate correlations between variables included in the model



X = non-significant at $p < 0.05$ (Adjustment: Holm)

Note: SE = Self-Efficacy total score; PsychotropNB = total number of psychotrop used; Suicide2 = past suicide attempts; BDI_total = total score for the Beck Depression Inventory; BMI = Body-mass Index; Educ2 = education level over high school; Social.level = Social level according to the MacArthur Scale; PA_tot_min = Total physical activity time in minutes weekly.

Table S1 Physical activity choices suggested for preferences in the survey

PREFERENCES	ANSWERS
What are your 5 favorite leisure physical activity?	Bicycle (street, mountain forest)
	Bicycle (stationnairy, spinning)
	Weight training
	Running (jogging, long distance, sprint)
	Walking (trekking, in the city, closed circuit)
	Ice skating
	Skateboard, roller skating
	Yoga/ Tai chi / pilates
	Aquatic activities (swimming, water-polo, aerobic)
	Dance (ballet, aerobic, in couple, in group)
	Rock climbing (indoor, outdour)
	Bowling
	Volleyball
	Baseball/softball
	American/australian Footbal/rugby
	Frisbee
	Racket sport (badminton, tennis, etc.)
	Ice hockey
	Basketball
	Cosom hockey
	Soccer
	Alpine sports (skiing, snowboarding, etc.)
Combat sports (boxe, martial arts)	
Other	

Table S2 Sensitivity analysis – Multivariate regression of factors associated with leisure time physical activity

	Factors associated with leisure time self-reported PA
	β (SD)
Age	-0.01*** (0.001)
Perceived social status	0.04*** (0.004)
University education	0.10*** (0.01)
Income >40,000	0.34*** (0.02)
BMI	-0.02*** (0.001)
BPD symptoms	0.23*** (0.01)
Tobacco SUD	0.37*** (0.02)
Alcohol SUD	-0.63*** (0.02)
Depression	-0.05*** (0.002)
Suicide attempt	-0.17*** (0.02)
Psychotropic medication	0.13*** (0.006)
Self-efficacy	0.02*** (0.0003)
Observations	180
Log Likelihood	-21,361.38
<i>Akaike information criterion</i>	42,748.77

Note: BMI = body mass index; BPD = borderline personality disorder; SUD = substance use disorder.

*** $p < 0,01$