

Supplementary Material

Table S1. Themes presented and source of those themes

Support Sessions themes	Data Source
<ul style="list-style-type: none">You're Not AloneSharing Experiences and Addressing WorriesGaining New PerspectivesHope for ProgressionPeer Support and Bonding	Participant and practitioner interviews
<ul style="list-style-type: none">Integration of facilitation skillsModified activity pacing and goal settingGiving participant's structure	Practitioner interviews
Exercise Sessions themes	
<ul style="list-style-type: none">Monitoring and Modification of Online exerciseCatering for differing abilitiesFeeling safe and confident to exerciseProgression of FitnessOptimal timing in the recovery trajectoryGroup Effect	Participant and practitioner interviews
<ul style="list-style-type: none">Initial apprehension about exercise groupGauging Exercise CapabilitiesTranslating Exercises into lifeOn Demand supplementary videos	Participant interviews
1: 1s Intervention and Control	
<ul style="list-style-type: none">Traumatic stories needing to be told: General and ControlPractitioner SupportRecovery TrajectoryUsing the Your Covid Recovery resource	Practitioner interviews
<ul style="list-style-type: none">Trial processes and preference of allocation	Participant interviews

<ul style="list-style-type: none">• Experiences• Did Regain make a difference?• Your Covid Recovery Resource	
Contextual Issues	
<ul style="list-style-type: none">• Multiple IT issues• Participants’ experiences within a pandemic• Stigma of societal attitudes towards people’s recovery	Participant and practitioner interviews
Practitioner Training	
<ul style="list-style-type: none">• Preparation• Group Facilitation• Ongoing Support	Practitioner interviews

