

Appendix 2

Table 1. Examples of themes, meaning units, condensation of meaning units, codes and descriptions and concepts.

Interview and page	Themes	Meaning units	Condensed meaning unit	Code	Descriptions and concepts
2B3	Motivation	I wanted to continue because I know it's good for me. And I know deep inside that exercises will help me.	I know it will help me	Motivated by improvements	Other motivating factors
3c9	Flexibility	I had access 24/7. I could do it when it fitted me.	When it fitted me	Could do the exercises when it fitted the participant	Flexibility to choose when and where
10J4	Change in OA symptom	Yes, the pain was reduced and almost disappeared some days. I really improved so it was all positive	Reduced pain	The program reduced the OA symptoms	Perceived effects of the digital program over time