

**Table 1. Theoretical framework demonstrating the grounded theory characteristics of the axial coding paradigm and their application to the study**

<b>Aspects of the axial coding paradigm</b>	<b>Explanation</b>	<b>Theme in this research</b>	<b>Properties</b>
<b>Core Category</b>	Represents what is central to the research	<b>Need for an easier referral</b>	
<b>1) Causal Conditions</b>	Sets of events /happenings that influence the phenomena	<b>Health professionals views</b>	Patients' receptiveness of their obesity.  The need for physical activity
<b>2) Contextual Conditions</b>	Sets of conditions that intersect at a time and place which create a set of problems which people respond to through actions/interactions	<b>Gender perceptions</b>	Gender specific views
<b>3) Intervening Conditions</b>	Conditions that alter the impact of the causal conditions on the phenomena	<b>Direct approach</b> <b>Cautious approach</b>	Men  Women
<b>Actions/ interactions</b>	Purposeful acts that are undertaken to solve a problem and in doing so shape the phenomena	<b>Willingness to accept responsibility</b>	Patients' perspectives  HPs' perspectives
<b>Consequences</b>	Range of outcomes	<b>Barrier to referral</b>	Low male uptake