Asthma

Control

Exercise

Facilitators

Health Benefits (n=6)
‘So if asthmatics got fitter then maybe it would help a lot more’ G3

Breaks (n=10)
‘... I have break, so I don’t get a tight chest’ B15

Perseverance (n=3)
‘... I just try to cope with it’ B4

Adaptation (n=6)
‘Take things slow’ G3

Medication (n=23)
‘Take my pump’ G2

Breathing (n=9)
‘Slow down your breathing’ B4

No Fear (n=14)
‘not really affected by it’ B10

Perseverance (n=3)
‘... I just try to cope with it’ B4

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Fear (n=8)
‘I’m scared all the time’ B5

Excuse (n=3)
‘You use it as an excuse’ G4

Extra-Curricular (n=1)
‘I have to go to church’ B8

Attitude (n=1)
‘there’s no point then’ B2

Worry (n=2)
‘... they would be sitting in the house struggling to breathe’ B10

Knowledge (n=4)
‘Only some people understand’ (G10)

Lack of Understanding (n=22)
‘They think it might just be like an excuse not to do something’ B3

Social

Friends

Laughing (n=5)
‘I can’t laugh a lot’ G1

Isolated (n=3)
‘then I have to sit out or go home’ G9

Limiting (n=14)
‘I have to slow down a bit or stop’ B4

Sitting Out (n=12)
‘I’ve sat out once because of asthma’ B5

Restricts (n=15)
‘stop for a bit and have a breather...’ B13

School

Extra-Curricular (n=1)
‘I have to go to church’ B8

Attendance (n=2)
‘you can’t go into school’ G10

Lack of Sleep (n=6)
‘then you’re going to be tired’ B3

Competitive Motivation (n=4)
‘asthma has made me more competitive’ B2

Perseverance (n=3)
‘... I just try to cope with it’ B4

Breaks (n=10)
‘... I have break, so I don’t get a tight chest’ B15

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