

Supplementary material 1

Advertising the survey

Social media channels:

Dear colleague,

My name is XXX, I am a physiotherapist and a PhD candidate in the XXX program at the XXX. In collaboration with the Order of Physiotherapists of Bergamo, we are conducting a study on physiotherapists' experiences and perceptions regarding the cognitive and psychological aspects of patients, and we would like to invite you to participate by completing our questionnaire.

The questionnaire is anonymous and will take approximately 4 minutes to complete.

Link to the questionnaire: XXX

Thank you in advance for your time; your participation is essential for the development of this project.

Kind regards,

XXX

Official channels:

SURVEY - "INVESTIGATION OF PHYSIOTHERAPISTS' EXPERIENCE AND PERCEPTION IN MANAGING PATIENTS' MENTAL AND COGNITIVE HEALTH"

During rehabilitation, physiotherapists often encounter patients who experience psychological distress or disorders. Although there is extensive scientific evidence on the benefits of physical activity and exercise for psychological conditions—as also reported in the Italian guidelines—the scientific community highlights a lack of these aspects in physiotherapists' training.

[Read More](#)

Physiotherapists' Perspectives on Cognitive and Mental Health

This survey is divided into three sections. In the first section, professional data are briefly collected, the second addresses cognitive topics, and the third focuses on mental health aspects.

Section	Question	Options
Participants' characteristics	Age	[Open-ended]
	Sex	<input type="radio"/> Female <input type="radio"/> Male <input type="radio"/> Prefer not to answer
	Years of clinical experience	[Open-ended]
	In which region in Italy do you currently work?	[Open-ended]
	Main area(s) of professional activity (maximum 2)	<input type="checkbox"/> Neurological <input type="checkbox"/> Geriatric <input type="checkbox"/> Cardiorespiratory <input type="checkbox"/> Pediatric <input type="checkbox"/> Musculoskeletal <input type="checkbox"/> Sports <input type="checkbox"/> Pelvic floor <input type="checkbox"/> Intensive care <input type="checkbox"/> Oncological <input type="checkbox"/> Mental health

		<input type="checkbox"/> Teaching <input type="checkbox"/> Coordination/Management <input type="checkbox"/> Other: ____
	<p>In which setting do you currently carry out your professional practice?</p>	<input type="checkbox"/> Azienda Socio-Sanitaria Territoriale (Italian National Health Service; public healthcare provider) <input type="checkbox"/> Hospital/accredited care facility <input type="checkbox"/> Home-based care <input type="checkbox"/> Telerehabilitation <input type="checkbox"/> Residential care facility <input type="checkbox"/> Private practice <input type="checkbox"/> Cooperative <input type="checkbox"/> Other: ____
	<p>What are the main reference sources you use in your clinical practice?</p>	<input type="checkbox"/> Guidelines <input type="checkbox"/> Scientific articles <input type="checkbox"/> Practical experience <input type="checkbox"/> Other physiotherapists <input type="checkbox"/> Courses <input type="checkbox"/> Experts' social media profiles <input type="checkbox"/> Other: ____

Cognitive Health Aspects	During your educational training, were you taught whether physiotherapy plays a role in cognitive improvement? ^c	<input type="radio"/> Yes <input type="radio"/> No
	Do you believe you have the knowledge and skills necessary to manage these patients? ^a	<input type="radio"/> Yes <input type="radio"/> Currently attending courses on this topic <input type="radio"/> No
	In which conditions have you observed cognitive impairments in your professional practice?	<input type="checkbox"/> Neurodegenerative diseases <input type="checkbox"/> Stroke <input type="checkbox"/> Musculoskeletal diseases <input type="checkbox"/> Psychiatric disorders <input type="checkbox"/> Head trauma <input type="checkbox"/> Other: ____
	Has a doctor ever asked you to consider cognitive aspects in rehabilitation?	<input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> There were no referring doctors.
	Have you ever treated a patient referred to you solely for reasons related to	<input type="radio"/> Yes <input type="radio"/> No

	cognitive impairment or dementia? ^b	
	Do you believe that motor rehabilitation has cognitive effects?	<input type="radio"/> Yes <input type="radio"/> No
	Have you included specific activities in rehabilitation aimed at cognitive improvements for patients with cognitive impairments?	<input type="radio"/> Yes <input type="radio"/> No
Mental Health Aspects	Have you ever had work experience in a mental health setting?	<input type="radio"/> Yes (e.g., psychiatry/psychology unit, psychiatric rehab centers, mental health clinics) <input type="radio"/> No
	Even if you have not worked specifically in a mental health context, what types of mental health conditions have you already observed in your professional practice?	<input type="checkbox"/> Depression <input type="checkbox"/> Anxiety <input type="checkbox"/> Schizophrenia and other psychotic disorders <input type="checkbox"/> Bipolar disorder <input type="checkbox"/> Eating disorder <input type="checkbox"/> None <input type="checkbox"/> Other: ____

	<p>During your educational training, was the role of physiotherapy in the physical and mental health of patients with mental health distress introduced?^c</p>	<p><input type="checkbox"/> Yes, in their physical health</p> <p><input type="checkbox"/> Yes, in their mental health</p> <p><input type="checkbox"/> No</p>
	<p>Do you feel you have the knowledge and skills to manage these patients?^a</p>	<p><input type="radio"/> Yes</p> <p><input type="radio"/> Currently attending courses on this topic</p> <p><input type="radio"/> No</p>
	<p>Have you ever had a patient referred to you solely for reasons related to the aforementioned diagnoses?^b</p>	<p><input type="radio"/> Yes</p> <p><input type="radio"/> No</p>
	<p>What physical conditions have you observed in these patients?</p>	<p><input type="checkbox"/> Chronic pain</p> <p><input type="checkbox"/> Musculoskeletal (e.g., back/neck pain, muscle contracture, arthritis)</p> <p><input type="checkbox"/> Cardiopulmonary</p> <p><input type="checkbox"/> Obesity</p> <p><input type="checkbox"/> I have not had contact with these patients.</p> <p><input type="checkbox"/> Other: ____</p>

checkboxes (multiple answers); multiple choice (single answer)

Note. ^a Questions used as outcomes in the regression models for self-perceived competence; ^b Questions used as outcomes in the regression models for patient referrals; ^c Questions used as outcomes in the regression models for introduction to the role of physiotherapy during educational training.

Supplementary material 2

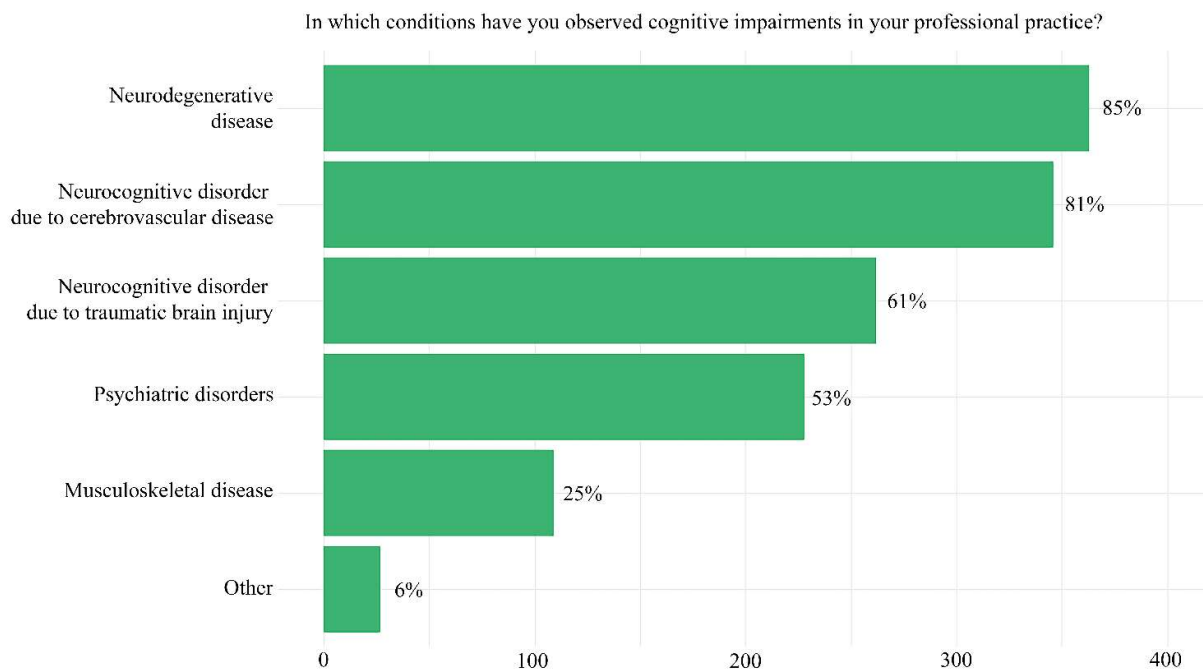


FIGURE S1 -. Conditions in which physiotherapists observed cognitive deficits. Percentages represent the proportion of respondents selecting each option (n/N). Multiple responses were allowed. All respondents answered this question (N = 423).

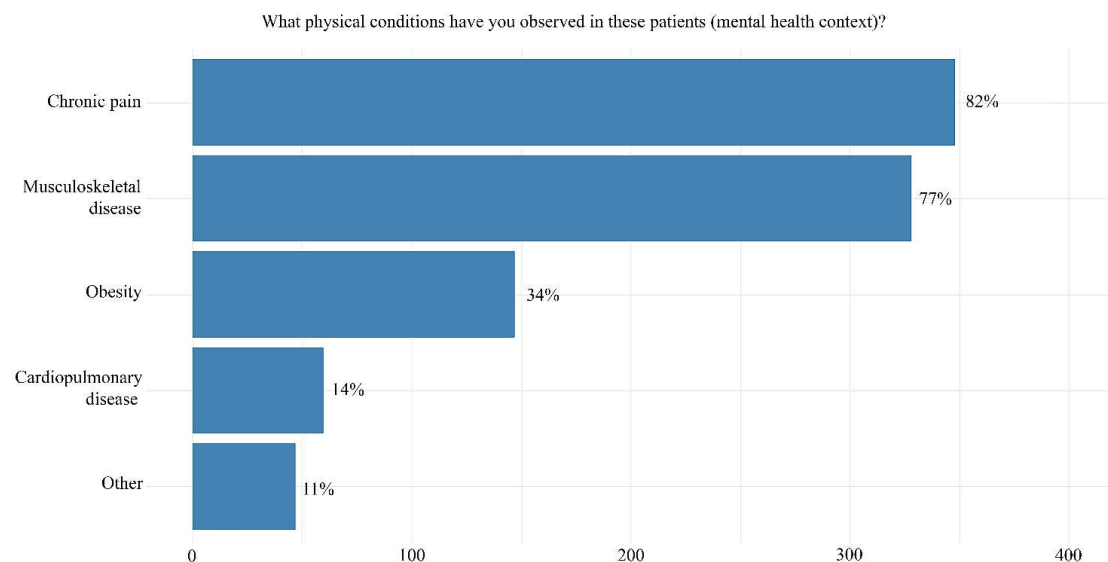


FIGURE S2 -. Main physical disorders observed in patients with mental health conditions. Percentages represent the proportion of respondents selecting each option (n/N). Multiple responses were allowed. All respondents answered this question (N = 423).

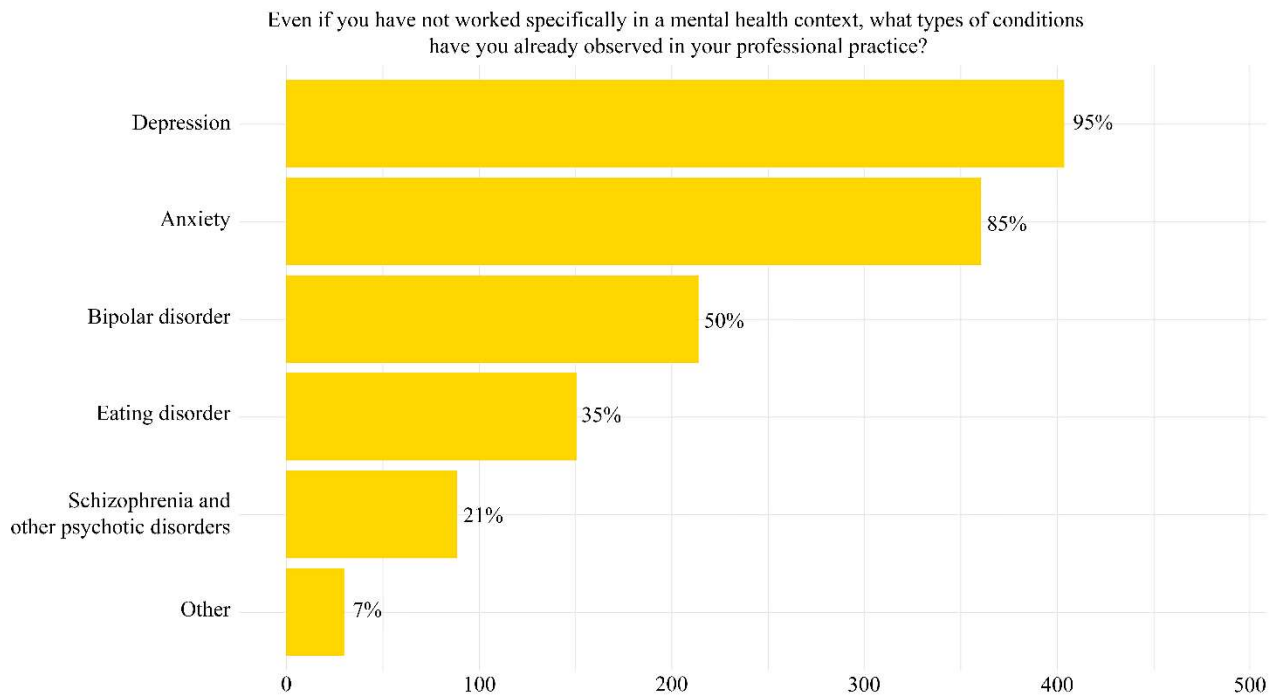


FIGURE S3 -. Mental health conditions encountered by physiotherapists in clinical practice. Percentages represent the proportion of respondents selecting each option (n/N). Multiple responses were allowed. All respondents answered this question (N = 423).