# Supplementary Material File 10 School contact interview guide

**Background/Ice Breaker**

1. What is your role within the school? How did you come to be involved in the PLAN-A study?
2. What is your understanding of the PLAN-A project?

Use this paragraph if the contact needs reminding of the project:

*To give a brief overview of the aims of the PLAN-A project and what it involved… PLAN-A was a project aiming to increase the physical activity levels of girls in Year 9. All Year 9 girls in your school were invited to be involved. The girls did a nomination activity where they nominated other girls in their year who they looked up to and respected. 15% of the girls with the most nominations attended training to become a peer supporter. Peer supporters then held informal conversations with their peers to diffuse messages about physical activity over the course of 10 weeks. Peer supporters went on a two-day training course outside of school to help fulfil their role as a peer supporter. They also attended a mid-point training day which provided further support and information about their role.*

1. What was your role in facilitating the study within the school?
   1. Were you prepared to be involved in this way?
   2. Did you have the information you needed?
2. What was it that interested you or your school in participating in the PLAN-A project?
   1. Where did the project fit in terms of your school priorities?
   2. What do you feel about the money given to you for taking part - was this an incentive?
3. What was your schools’ attitude towards the project?
   1. Can you expand on any barriers you faced?
   2. If positive, expand on context (who, how etc)

**Impact**

1. Now that PLAN-A has finished, what things do you feel worked well with the project?
   1. How do you think it was received by the girls?
2. What impact do you think PLAN-A has had on the peer supporters?
3. How do you think they responded to taking on this role?
4. What do you think has been the impact on other girls in year 9 who were not peer supporters (social, physical, self-esteem, confidence)?
5. Please can you give me an example?
6. Have there been any negative impacts?
7. What is your impression of how much the peer supporters embraced their role (for example: having conversations about being active?)
8. Do you think the girls who were not peer supporters accepted this or did they resist?
9. Were you aware of any issues or problems throughout the course of the programme?
10. Did the peer supporters experience any challenges in starting/holding conversations?
11. Did you hear about any concerns regarding bullying in PLAN-A?
12. What could we do to resolve these problems?
13. Are these problems expected/unexpected?
14. Do you think the project has had a wider impact on the school other than just those who were directly involved in the project, i.e. pupils in other year groups and other staff members?
15. Were there any negative effects on your school by taking part?

*In order to look at whether the programme might work better in rural/urban settings…*

1. Where do pupils mostly travel in from to attend school, and do you think this would affect how PLAN-A worked in your school?
2. Please expand.

**Training**

Did you attend the training the peer supporters received, if so:

1. What did you think of the training?
   1. Was the training pitched at the right level?
   2. What do you think the girls learnt from the training?
   3. Was it relevant to the aims of the project?
   4. What did you think of the activities?
2. What did you think of the instructors?
3. Was the amount of training appropriate?
4. Was the training in a convenient location?

*If training held on site*:

1. What were the barriers to going offsite?
2. Do you think there would have been advantages to going off site?
3. How do you think the training went on site?

*If held offsite:*

1. How easy was it to travel to from your school?
2. What did you think of the facilities?
3. Did you think the top-up session was helpful for the peer supporters?
   1. Why? What do you think we could incorporate into the top-up session to make it more effective?

**Communication/support**

1. Do you think the peer supporters had enough support/feedback from the study team/trainers in order for them to start conversations about being active?
   1. How is the best, most effective way to do this/what could we improve on?

**Logistics**

1. What were your experiences of the data collection process?
2. Can you think of anything that may improve this process?
3. The PLAN-A study team were responsible for booking venues, catering and travel and liaised with trainers.
   1. Did this work for your school?
   2. Would you change anything about how this worked?
4. Could we make any improvements that would make working with us any easier?

**Sustainability**

1. Do you think the school would be interested to engage in PLAN-A again?
   1. If not, can you think of why?
   2. Would you change anything about the way the intervention is implemented in schools?
      1. Would these changes impact the decision to run PLAN-A again or not?
2. How could we best entice schools to run PLAN-A if it was rolled out by local authorities?
   1. What would give it the best chance of success?
3. What information/support could we provide to maintain the impact of the PLAN-A in the girls who took part this time?

**CLOSING**

* That’s all the questions I have for you today. You have helped us a lot and we will use your input develop our project further.
* Is there anything else that you think is important that we should know about of the things that we have discussed today?
* Do you have any questions for me?
* Thank you very much for your time and attention. We appreciate you sharing your thoughts and opinions with us!