

# 1. FIRST STEPS FACILITATOR INTERVIEW TOPIC GUIDE

## Interview objectives

- To explore the staff experience of the adapted First Steps programme
- To explore how what the staff members consider to be the strengths and weaknesses of the adapted First Steps programme
- To explore their experiences of delivering the programme
- To explore their views on the adapted programme compared with the old programme
- To explore whether they feel that the key behaviour changes targeted through the intervention were positively received
- To gain insight into whether the delivery staff felt positive behaviour changes were made with the participants, whether they considered the changes to be sustainable, and whether they feel this was similar to, or different to changes they observed when they delivered the old programme.

## Before the interview begins

- Ensure the participant has read the information leaflet.
  - Ensure the participant feels able to ask any questions about the research including issues about confidentiality, the findings of the research and where the research will be disseminated before being asked to sign the consent form.
  - Explain that they don't have to answer all the questions just because they have consented to the interview, and that they can take a break or stop the interview at any time.
  - Explain that you are there to understand more about their experiences and that they will have some time at the end of the interview to talk about any other issues that are important to them that may not have been covered by the questions.
  - Check that they are happy to be audio-recorded and that they have signed for this on the consent form.
  - Start audio-recording and begin the interview.
1. Can you tell me about your role at First Steps and your career background
    - a. How long have you been involved in First Steps for?
  2. Please can you tell me about your experiences of delivering the adapted First Steps programme
  3. How do you think this compares to the old programme?
  4. What do you think are the main differences between the old course and the new one
    - a. Do you think these differences are positive or negative?

5. Thinking of comparing the two programmes, how do you think the adapted programme has been received by the participants?
  - a. Do you think this differs from the old programme?
  
6. Do you think the new programme design (compared with the old one) had an effect on
  - a. Course attendance
  - b. Family eating behaviours
  - c. Family physical activity behaviours
  - d. If you think there were changes, do you think any of these changes will be sustainable?
  
7. Referring to the specific changes we have made, how do you feel about:
  - a. Offering more Saturday courses to participants
    - i. Do you think this made a difference to attendance?
  
  - b. The adaption of some of the course materials to make them more culturally specific (e.g. incorporation of a range of foods, working around busy lifestyles to fit in PA)
    - i. Do you think this adaptation was a success?
  
  - c. Encouraging peer and social support from within the group
    - i. Do you think the group work activities were a success?
    - ii. Do you think there was an improved social dynamic in the new course compared with the old one?
  
  - d. There was goal setting in the old course, but we tried to encourage more participant discussion and motivation when setting the goals into the new course. Do you think this was a success?
  
8. Did you look at the course website?
  - a. What did you think of it?
  - b. Do you think the participants used it?
  
9. Do you prefer the adapted programme or the old programme, or perhaps aspects of both, can you talk me through this?

Finish the interview:

I've asked quite a few questions, are there any questions that I should be asking that I haven't yet? Is there anything else you would like to talk about?

## **2. PARENT/CARER INTERVIEW TOPIC GUIDE** **(adjustments for non-completers in *italics*)**

### **Interview objectives**

- To explore the participant's experience of the First Steps programme
- To explore the strengths and weaknesses of the First Steps programme for the participant
- To explore whether key behaviour change messages targeted through the intervention were positively received
- To gain insight into whether parents felt positive behaviour changes were made with their family, and if so, whether they considered the changes to be sustainable.

### **Before the interview begins**

- Ensure the participant has read the information leaflet, or read the leaflet to the participant in their preferred language and dialect.
  - Ensure the participant feels able to ask any questions about the research including issues about confidentiality, the findings of the research and where the research will be disseminated before being asked to sign the consent form.
  - Explain that you would like to have a few details about themselves and their child before talking to them about their experiences of the First Steps programme.
  - Explain that they don't have to answer all the questions just because they have consented to the interview, and that they can take a break or stop the interview at any time.
  - Explain that you are there to understand more about their experiences and that they will have some time at the end of the interview to talk about any other issues that are important to them that may not have been covered by the questions.
  - Check that they are happy to be audio-recorded and that they have signed for this on the consent form.
  - Start audio-recording and begin the interview.
1. Please can you tell me about your experiences of the First Steps programme, from when you first heard about it to attending the course.
    - a. How did you hear about the First Steps course?
  2. Can you talk me through what happened when the programme staff first contacted you?

3. How did you feel about being invited to attend the programme?
  - a. What are your thoughts on invitation letter to First Steps that you received through the post?
  - b. Tell me about when someone from First Steps telephoned you initially
4. Did you attend all the sessions?
  - a. What were your first impressions of the programme?
5. *Are there any ways in which you think the programme could be improved to encourage families to complete all of the sessions?*
6. Can you talk me through your experiences of the course *for the sessions you did attend*
7. Can you talk me through what aspects of the course you found most useful?
  - a. Was the content of the course relevant to you and your family?
8. Was there anything you didn't enjoy or think needs to be changed?
9. Have you and your family made any lifestyle changes since the course? Can you tell me about these?
  - a. Healthy eating behaviours
  - b. Physical activity behaviours
  - c. Ways in which you deal with your child generally (parenting)
  - d. Do you think you will be able to continue with these changes?
10. Did you use the course website?
  - a. What did you think of it?
11. Would you recommend the programme to other families?
  - a. Explore why/why not
12. Have you seen other attendees from the course since it finished?

Finish the interview:

We've talked about a number of issues and I've asked quite a few questions, are there any questions that I should be asking that I haven't yet? Is there anything else you would like to talk about?

### 3. CHILD INTERVIEW TOPIC GUIDE

#### Interview objectives

- To explore the child's experience of the First Steps programme
- To explore the strengths and weaknesses of the First Steps programme for the child
- To explore whether key behaviour change messages targeted through the intervention were positively received by the child
- To gain insight into whether the child feels that they made positive behaviour changes.

#### Before the interview begins

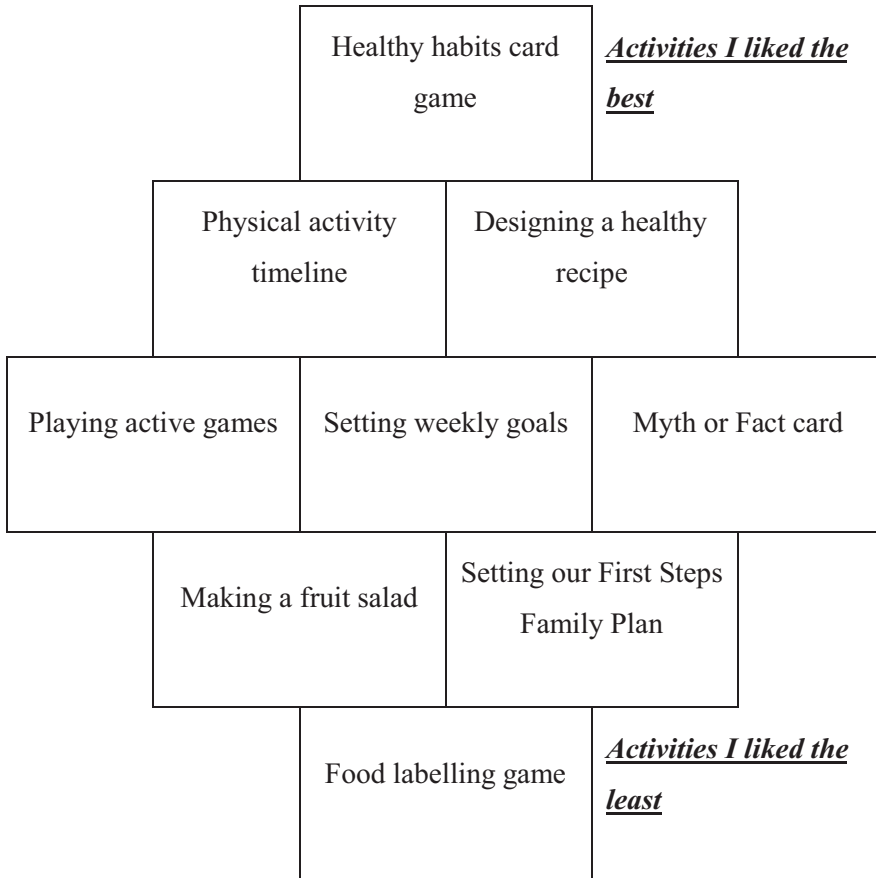
- Make sure a parent/another researcher is with you throughout the interview (child protection).
- Ensure the parent and child participant has read the information leaflet, or read the leaflet to the participant in their preferred language and dialect.
- Ensure the child and parent feels able to ask any questions about the research including issues about confidentiality, the findings of the research and where the research will be disseminated before being asked to sign the consent form (assent for children).
- Explain that you would like to have a few details about themselves and their child before talking to them about their experiences of the First Steps programme.
- Explain that they don't have to answer all the questions just because they have consented to the interview and that they can take a break or stop the interview at any time.
- Check that they are happy to be audio-recorded and that they have signed for this on the consent form.
- Start audio-recording and begin the interview.

1. Tell me about First Steps course.
2. Can you tell me what you did as part of the course?
3. What were your top 3 favourite things about the course?
4. What was your least favourite parts of the course?

**'Love/hate/change' activity:** Children write down three post-it's with things they loved about the course, three with things they didn't like and three things they would change if they were to do the course again. Add these to the Love/Hate/Change A4 cards as appropriate. Ask the child to explain why they chose to put each of the things in each category.

5. Did you try out the challenges each week?
  - a. Which did you like best?
  - b. Which did you not like?

**Diamond ranking activity:** Take individual cards with each of the activities on. Ask the child to place the cards on the diamond shape with the ‘best’ activities at the top and the ‘worst’ activities at the bottom. Ask the child to feedback about their placement of the cards. Example:



6. Did you learn anything new?
7. Have you made any changes since the course?
  - a. To what you eat
  - b. To how much activity you do?
8. Did you like the leader of the course?
9. Did you use the website?
10. Would you recommend the course to your friends?