Date created	Code name	Definition
09/04/2019	**Accountability**	
01/05/2019	Accountability	Thinking or feeling that someone other than the participant is observing and cares whether the participant weighs themselves or not
11/04/2019	Nurses as form of accountability	Nurses described as a form of accountability - thinking or feeling that the nurse is observing and cares whether they weigh themselves or not
09/04/2019	**Areas for improvement**	
02/05/2019	Difficulty accessing website	Participant reports difficulty / ies in accessing the website
02/05/2019	Difficulty remembering password	Participant reports difficulty / ies in remembering password to access the website
30/04/2019	Imp - Change nothing	Participants report that they would change nothing about the intervention.
02/05/2019	Imp - Could discuss sooner	Participants report that the intervention could be discussed sooner e.g. during pregnancy
30/04/2019	Imp - Could start later	Participants report that the intervention could have started later.
30/04/2019	Imp - More paper	Participants report that they would have liked some printed information e.g. leaflets, printouts, something tangible
30/04/2019	Imp - More personal contact	Participants report that they would have liked more face-to-face contact, or to speak to a person over the telephone. (Or email.)
01/06/2019	Imp - More phone compatible	Participant reports than the website could be more compatible with phones i.e. more
30/04/2019	Imp - More reminders	Participants report that they would have liked more reminders to be sent through PIMMS, through any medium.
15/07/2019	Imp - Referral to weight loss or exercise class	Participants report that it would have been useful to have referrals to weight loss companies or exercise classes, and / or information about local ones (especially low-cost or free)
11/04/2019	Imp - Self-weigh less frequently	Participants report that the self-weighing component of the intervention could have been less frequent

09/04/2019	Imp - Website more tailored for postnatal	Participants report that specific postnatal issues are not always considered on the website e.g. common physical problems post-delivery, breastfeeding advice
30/04/2019	Would recommend trial	Participant reports that they would recommend the PIMMS trial to others.
09/04/2019	**Credibility of scales**	
09/04/2019	Question credibility of scales	Questioning the credibility of the scales, either temporarily ('teething' problems), or long-term, having less credibility than other ways to judge weight loss or gain
09/04/2019	Trust in scales	Credibility of scales, not being questioned, seen as 'objective' measure, or more credibility than other ways to judge weight loss or gain
26/06/2019	**Emotional issues**	
25/04/2019	Adherence - avoidance	Participants making statements reminiscent of the adherence-avoidance spectrum (Hartmann-Boyce et al 2018)
25/04/2019	Avoiding saying fat	Participants avoid using the term 'fat' to describe themselves
09/04/2019	Avoiding upset	Strategies to regulate emotions e.g. weighing regularly to reduce upset at small / occasional weight gain
09/04/2019	Bad or good food day week	Participants referring to food as 'good' or 'bad', 'sinful', 'naughty' etc, or a week or day as 'good' or 'bad'
09/04/2019	Body image	How participants feel about how their body looks, at their current weight
09/04/2019	Emotional struggle with weight loss	Emotions not linked to scales, but to struggles with losing weight
09/04/2019	Fall off the wagon	Participants report that they begin diligently with their new behaviours, exercise regimens, but 'fall out' of these over time.
25/04/2019	Informed new mother	Participants making statements positioning themself as an informed new mother, or weight loser, knowing what is true and being socially 'competent' (Ziebland, 2004)
09/04/2019	New mother problems	Participants describe problems of being a new mother unrelated to weight loss, or that it is a difficult time.

25/04/2019	Not HE not unhealthy	Participants position themselves, describe themselves not as healthy eaters, or doing healthy eating, but not unhealthy. Maybe less unhealthy?
25/04/2019	Sense of identity and loss	Participants making statements reminiscent of coping strategies (Bury, 1991) and biographical disruption - having an identity / body shape *before* motherhood, and either loss regarding that identity, regaining that identity, integrating past and present, or creating new identity
17/09/2019	Vulnerable time	Mother viewing motherhood, especially for the first time, as a massive change to a person's life and therefore overwhelming, traumatic, vulnerable or sensitive time, and the mother needing protection from any additional burden or stress
09/04/2019	**Experience of nurse in PIMMS**	
11/04/2019	Immunisation before weighing	Participant reports that nurse immunises the baby before weighing
02/05/2019	Nurse appraises	Participant reports that the nurse asks 'how they are', 'how they are doing' etc. Reminiscent of Gale et al.'s (2018) 'appraisal'
09/04/2019	Nurse asked if using website	Participant reports that nurse asked if they had been visiting the POWeR website
02/05/2019	Nurse asked if weighing	Participant reports that nurse asked if they had been weighing outside of the immunisation appointments
09/04/2019	Nurse asks if can weigh	Participant reports that nurse asks if they could weigh them prior to weighing
11/04/2019	Nurse does not hold baby	Participant reports that someone other than the nurse holds baby during weighing
29/04/2019	Nurse explains immunisations	Participant reports that nurse explains what the immunisations are for / why they're needed
09/04/2019	Nurse feedback on weight	Participant reports that nurse fed back on weight, or informed them of the weight
29/04/2019	Nurse forgot to weigh	Participant reports that they had to remind / prompt the nurse to weigh them
11/04/2019	Nurse holds baby	Participant reports that nurse holds baby during weighing
29/04/2019	Nurse recorded weight on card	Participant reports that nurse records their weight (on yellow card).

09/04/2019	Nurse signposts to website	Participant reports that nurse signposts, or recommends them to go to, the POWeR website
30/04/2019	Nurse supportive non-judgemental	Nurses are described as being supportive, or non-judgemental, towards weight loss
30/04/2019	Nurse weighs	Participant reports that nurse weighs them during immunisation appointments
09/04/2019	Nurses for encouragement	Nurses are described as being encouraging or motivating towards weight loss
11/04/2019	Weighing before immunisation	Participant reports that nurse weighs the participant before immunising the baby
09/04/2019	**Feelings knowing to be weighed**	
18/06/2019	Knowing to be weighed - feel excited	Participant refers to feeling excited from knowing that they were to be weighed by the nurse
09/04/2019	Knowing to be weighed - feel fear	Participant refers to feeling fear from knowing that they were to be weighed by the nurse
18/06/2019	Knowing to be weighed - feel good	Participant refers to feeling good from knowing that they were to be weighed by the nurse
20/08/2019	Knowing to be weighed - feel motivated	Participant refers to feeling motivated from knowing that they were to be weighed by the nurse
09/04/2019	Knowing to be weighed - feel nothing	Participant refers to feeling nothing, being unfazed or 'not bothered' about knowing that they were to be weighed by the nurse
14/06/2019	Knowing to be weighed - feel pride	Participant refers to feeling pride when knowing that they were to be weighed by the nurse
20/08/2019	Knowing to be weighed - feel worry	Participant refers to feeling worry from knowing that they were to be weighed by the nurse
09/04/2019	**Feelings when nurse weighs**	
20/08/2019	Nurse weighing - feel excited	Participant refers to feeling excited while the nurse weighs them
09/04/2019	Nurse weighing - feel fear	Participant refers to feeling fear while the nurse weighs them
30/04/2019	Nurse weighing - feel good	Participant refers to feeling good while the nurse weighs them
09/04/2019	Nurse weighing - feel motivated	Participant refers to feeling motivated while the nurse weighs them

01/06/2019	Nurse weighing - feel nothing	Participant refers to feeling nothing, being unfazed or 'not bothered', while the nurse weighs them
20/08/2019	Nurse weighing - feel worry	Participant refers to feeling worry while the nurse weighs them
09/04/2019	**How to lose weight**	
09/04/2019	Lose weight DE	When asked how pregnant women can lose weight, provide answer around restricting diet in some way, or increasing exercise
09/04/2019	Lose weight SS	When asked how pregnant women can lose weight, provide answer around social support e.g. family, friends, neighbours etc.
09/04/2019	Lose weight Other	When asked how pregnant women can lose weight, provide answer not around diet and exercise, or social support
09/04/2019	**Impact of PIMMS**	
30/04/2019	Change in perspective - awareness	Participants report that their perspective / attitudes / awareness about healthy eating has changed.
09/04/2019	Increased confidence in WM	Participant reports increased confidence / improved view of their ability to lose / manage their weight after PIMMS
09/04/2019	Little or no impact from PIMMS	Participants report little or no difference since undertaking PIMMS
30/04/2019	Not weighed since PIMMS	Participants report that they have not weighed themselves since finishing PIMMS.
09/04/2019	PIMMS setting good habits	Participants refer to PIMMS as setting 'good habits' i.e. behaviours conducive to weight loss
29/04/2019	Still trying to manage weight	Participants report that they are still trying to manage their weight since the end of the PIMMS trial
09/04/2019	Weighed since PIMMS	Participants report that they have weighed themselves since finishing PIMMS
09/04/2019	Weight reference point	Participants referring to PIMMS changing when / point in time / event that they compare their current weight to
09/04/2019	**Importance of numbers on scale**	
09/04/2019	Numbers important	Participants directly or indirectly state that the numbers on the scale are important

09/04/2019	Numbers allow comparison	Participants directly or indirectly state that the numbers on the scales are important as they allow comparisons of weight loss over time, and at different times
09/04/2019	Numbers not important	Participants directly or indirectly state that the numbers on the scale are not that important, or unimportant
11/04/2019	Self weighing providing new knowledge	Participant reports that self-monitoring in e.g. scales, pedometer makes them more aware of weight, changes and causes of change (Hartmann-Boyce *et al.* 2018)
09/04/2019	**NHS**	
09/04/2019	Experience of care	Participants reporting on their experience of postnatal care in general
09/04/2019	NHS - More guidance and support postnatal	Participant reports more guidance, and support, could be provided by NHS to postnatal women
11/04/2019	**Opt-Out**	Participants' thoughts on other womens' reactions if PIMMS was 'Opt-Out' i.e. PIMMS was standard / routine care, though women could choose not to have it. (Rather than having to consent to be in PIMMS)
11/04/2019	Opt-Out fine	Participants believe that no one would have a problem with the 'Opt Out'
11/04/2019	Opt-Out may have some objections	Participants believe that there may be / a few would have a problem with the 'Opt Out'
11/04/2019	Opt-Out to become routine care	Participants believe that PIMMS should become routine care, and extended to cover local facilities, England or UK
09/04/2019	**Past weight loss efforts**	
09/04/2019	Past weight loss efforts DE	Past weight loss efforts refer to restricting diet in some way, or increasing exercise
09/04/2019	Past weight loss efforts non-DE	Past weight loss efforts refer to ways other than restricting diet in some way, or increasing exercise. E.g. cider vinegar, weight loss pills

09/04/2019	**Positives of PIMMS**	
29/04/2019	Easy to remember to weigh	Participants report that it was easy to remember to weigh themselves each week
09/04/2019	Goal setting	Participants refer to the ability to set, modify and reach goals as means to lose weight, esp. in PIMMS intervention
09/04/2019	PIMMS as reminder	Being in PIMMS, or aspect of PIMMS, serves as a reminder for weight loss behaviour
30/04/2019	PIMMS convenient	Participant reports that PIMMS is convenient
01/06/2019	PIMMS easy	Participant reports that PIMMS is easy
02/05/2019	PIMMS effective	Participants refer to PIMMS being effective, or that they could see results quickly, or knew that it was working
09/04/2019	PIMMS for encouragement	Being in PIMMS, or aspect of PIMMS (excluding website), provides encouragement for weight loss behaviour
14/06/2019	PIMMS pledge	Participants refer to PIMMS as making them publicly set a goal, or make a pledge, to lose weight, which enhances their commitment
09/04/2019	PIMMS see the progress	Participant reports that PIMMS allows them to see their weight loss trajectory
02/05/2019	PIMMS setting boundaries	Participants refer to PIMMS providing means with which they set artificial boundaries which they do not cross
09/04/2019	**Reasons for weight gain**	
09/04/2019	New mother as challenge (perspective)	Participants suggest a perspective of time of being a new mother as 'barriers' to weight loss that need overcoming, suggests 'tethered' or 'working around' baby
09/04/2019	Acceptance	Acceptance and understanding that at some point further weight loss will not be possible e.g. changes with age, mobility issues
09/04/2019	Being weaker postnatal	Being weaker or less fit after childbirth, due to the pregnancy or restricted exercise towards end of pregnancy
09/04/2019	Breastfeeding as Barrier WL	Dieting and exercising restrictions due to breastfeeding and lack of facilities
09/04/2019	Family history as barrier WL	Participants refer to their 'family history', or genetic reasons, as a barrier to weight loss

17/06/2019	Hard to leave house	Participants report that since having new-born, it is more difficult to make healthier choices e.g. be able to access gym
09/04/2019	Issues with childcare	Issue with accessing / arranging / affording childcare to allow exercise
17/06/2019	Lack of sleep	Participants report lack of sleep since having new-born, so make unhealthier choices in diet and exercise
11/04/2019	Lack of time	Participants report lack of time since having new-born, so make unhealthier choices in diet and exercise e.g. fast food
30/04/2019	Negotiating around baby	Participant reports having to negotiate around their baby, or baby's schedule, to lose weight.
09/04/2019	New mother as barrier WL	Participants refer to specific ways that being a new mother, or having a new baby, as a barrier/s to weight loss
09/04/2019	Physical restrictions post-pregnancy	Being restricted from exercise post-pregnancy due to e.g. C-section, or pregnancy complications
14/06/2019	Stress as faciiltator WG	Participants report stress results in them making unhealthier choices in diet and exercise
09/04/2019	**Reasons for starting PIMMS**	
17/10/2019	Risk	Participants refer to 'risk', or likelihoods of diseases, conditions or their severity, linked to their BMI, ethnicity and other factors
09/04/2019	Specific hopes for PIMMS	Specific hopes from joining PIMMS e.g. lose ten pounds, fit in my bikini for summer.
09/04/2019	Non-specific hopes for PIMMS	Non-specific or vague hopes from joining PIMMS e.g. lose some weight, feel better about myself
09/04/2019	**Reasons for weight loss**	
09/04/2019	New mother as freeing (perspective)	Participants suggest a perspective of time of being a new mother as 'release' from restrictions of pregnancy and opportunity to work on weight loss
09/04/2019	Breastfeeding as Facilitator WL	Participant reports losing weight due to breastfeeding
09/04/2019	Exercising together	Participant reports that new-born enjoys exercise with them

09/04/2019	Modelling health behaviour	Participant reports modelling healthy behaviour for their new-born
09/04/2019	New mother as facilitator WL	Participants refer to specific ways that being a new mother, or having a new baby, is a facilitator to weight loss. (Not including breastfeeding)
09/04/2019	**Self-weighing feelings**	
09/04/2019	Self-weighing makes you feel bad	Participant refers to feeling 'bad' after weighing and seeing number on scales
09/04/2019	Self-weighing makes you feel excited	Participant refers to feeling excitement after weighing themself and seeing number on scales
09/04/2019	Self-weighing makes you feel fear	Participant refers to feeling fear after weighing themselves and seeing number on scales
09/04/2019	Self-weighing makes you feel good	Participant refers to feeling good or happy after weighing themself and seeing number on scales
09/04/2019	Self-weighing makes you feel in control	Participant refers to feeling more in control after weighing themself and seeing number on scales, esp. of managing their weight loss
25/09/2019	Self-weighing makes you feel motivated	Participant refers to feeling motivated after weighing themselves
09/04/2019	Self-weighing makes you feel nothing	Participant refers to feeling nothing, being unfazed or 'not bothered' after weighing themselves
09/04/2019	Self-weighing makes you feel pride	Participant refers to feeling pride after weighing themself and seeing number on scales, typically when weight has gone down
09/04/2019	Self-weighing makes you feel upset	Participant refers to feeling upset, sad or depressed after weighing themself and seeing number on scales, esp. of managing their weight loss
09/04/2019	Self-weighing makes you feel worry	Participant refers to feeling worry after weighing themselves and seeing number on scales
29/04/2019	Weighed each week	Participants report that it was easy to weigh themselves each week, and usually or always did
09/04/2019	**Strategies for weight loss or healthier eating**	
30/04/2019	Avoid eating leftovers	Participants refer to not eating others' leftovers, or their own plate when no longer hungry, to lose weight.
09/04/2019	Batch cooking	Participants refer to cooking large batch meals to spend less time producing meals

17/04/2019	Cheating the system'	Participants using strategies to 'fool' the scales, or appear to have lost more weight, in some way.
25/04/2019	Cutting alcohol	Reducing or removing alcohol to lose weight
09/04/2019	Cutting 'carbs'	Reducing or removing carbohydrates from diet to lose weight e.g. bread, noodles, pasta to lose weight
30/04/2019	Cutting eating out	Reducing or removing 'eating out' i.e. eating at restaurants (or possibly takeaway) to lose weight
09/04/2019	Cutting fast food	Reducing or removing 'fast food' to lose weight e.g. quickly cooked meals typically of high fat and calories - pizza, chips, burgers, pies, nuggets, hot dogs, or ready-to-eat desserts etc
30/04/2019	Cutting fatty food and drink	Reducing or removing oil, food with a lot of fat, or cooked in a lot of oil to lose weight.
09/04/2019	Cutting processed foods	Reducing or removing 'ready-made' meals that are highly 'processed' i.e. high levels of salt and preservatives to lose weight
09/04/2019	Cutting snacking	Reducing or removing 'snacks' to lose weight i.e. quick to access foods, requiring no cooking. E.g. crisps, chocolate bars etc. outside of meals
09/04/2019	Cutting sugary foods and drinks	Reducing or removing foods and drinks high in sugar e.g. cakes, biscuits, chocolate, ice-cream, Coke etc. to lose weight
09/04/2019	Cutting takeaways	Reducing or stopping having delivered meals to lose weight e.g. curries, Chinese, pizza etc to lose weight
09/04/2019	Healthy eating	Participants refer to 'healthy eating' or 'healthy' food and drink
09/04/2019	Home-cooked food	Participants refer to cooking their own meals to produce e.g. low calorie, low-carb meals
09/04/2019	More fruit and veg	Participants refer to eating more fruit and vegetables
09/04/2019	More water	Participants refer to drinking more fluids to be healthier (not including alcohol)
01/06/2019	Planning meals	Participants refer to planning meals to lose weight by avoiding takeaway or processed food

09/04/2019	Reducing portion size	Reducing the portion sizes of foods / drinks / meals to lose weight
30/04/2019	Restructuring environment	Participant reports changing their environment to support their weight loss intention e.g. throw away biscuits, trainers by door, certain foods not allowed in home
30/04/2019	Shortcuts to WL	Participants describe their experience of medication, and other 'shortcuts', to lose weight e.g. metabolism boosters, 'fatburners', cider vinegar etc
09/04/2019	Swapping for healthier	Participants refer to substituting unhealthy food and drink for healthier ones e.g. swapping crisps for fruit and veg to lose weight
11/04/2019	Using other apps	Participants refer to using other apps to lose weight
02/05/2019	Water loading	Drinking more water before, during or shortly after, a meal, to feel fuller and lose weight.
11/04/2019	**Website content**	
30/04/2019	Choosing calorie-controlled diet	Participant reports that they chose the calorie controlled, in addition to, or instead of the low carbohydrates diet
30/04/2019	Choosing low carb diet	Participant reports that they chose the low carbohydrates, in addition to, or instead of the calorie-controlled diet
30/04/2019	Website modules	Participant reports on the modules that they look at
09/04/2019	**Website positives**	
09/04/2019	Website as non-judgemental	Website as offering a 'non-judgemental', less personally hurtful, way to impart weight loss information to participants
09/04/2019	Website as structured	Website offering a structured way to learn info and techniques
09/04/2019	Website can be accessed more frequently	Website accessible to participants any hour of the day and around baby, compared to e.g. nurse
09/04/2019	Website can personalise info	Website allowing participants to select information that is personally relevant / interesting to them

09/04/2019	Website easier to access	Website accessible to participants more easily than e.g. ringing nurse
30/04/2019	Website easy to access	Website as easy to access
09/04/2019	Website easy to use	Website as easy to navigate and use
30/04/2019	Website for encouragement	Website provides encouragement for weight loss behaviour
30/04/2019	Website for self-motivated	Participant describes that self-motivation / will power / dedication is needed to get most from website
09/04/2019	Website free to use	Website as free to use, no charges on access or sign up, and no advertising
09/04/2019	Website goal setting	Website as allowing participant to set goals to aid weight loss, as being helpful
30/04/2019	Website more convenient	Participant reports that the website is more convenient than e.g. ringing a nurse
09/04/2019	Website provides 'bite size' info	Website providing guidance in short blocks, making it quicker and easier to access with a new-born
09/04/2019	Website provides guidance	Website providing guidance, and high quality information
11/04/2019	Website quick to use	Website can be logged on for a few minutes. Quick to access
09/04/2019	Website trusted info	Website providing information from a trusted source
09/04/2019	**Others**	
09/04/2019	Diet	Participants reporting diet, or dieting, (restriction of some food or drink) to lose weight
29/04/2019	Exercise	Participant reports exercise to lose weight
09/04/2019	Imperial weight	Participants refer to imperial weight measurement despite PIMMS being metric e.g. lose a few pounds, dropped a stone
01/06/2019	Suitable space	Participant reports that baby's immunisation appointment is a suitable space / occasion to discuss mother's weight loss or have weight loss intervention

Category

Comments
9/04/19 - First coder NT
01/05/19 - First coder NT
11/04/19 - Comments from during, shortly after meeting between all coders
9/04/19 - First coder NT
02/05/19 - First coder NT
02/05/19 - First coder NT
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30/04/19 - First coder NT
30/04/19 - First coder NT
30/04/19 - First coder NT
01/06/19 - First coder NT
30/04/19 - First coder NT
15/07/19 - First coder NT
14/06/19 - Changed from 'Preferred - frequency of weighing' - Participants express a preference for frequency of weighing e.g. once a day, in the morning, once a week' 11/04/19 - Comments from during, shortly after meeting between all coders

9/04/19 - First coder NT. 30/04/19 Added 'Imp -' to title to clarify category
30/04/19 - First coder NT
9/04/19 - First coder NT
9/04/19 - First coder NT
9/04/19 - First coder NT
26/06/19 - First coder NT
25/04/19 - First coder NT
25/04/19 - First coder NT
9/04/19 - First coder NT
~~18/06/19 - Changed from 'Bad or good food' and added 'of a~~ week or day as 'good' or 'bad' to more accurately reflect what I was coding, and to group similar content together. 9/04/19 -
9/04/19 - First coder NT
9/04/19 - First coder NT
9/04/19 - First coder NT 02/05/19 - Changed from 'Fall out good habits' to use participant's phrase, as more powerful.
25/04/19 - First coder NT
24/09/19 NT MOVED FROM 'Others' category. 9/04/19 - First coder NT

25/04/19 - First coder NT
25/04/19 - First coder NT
17/09/19 - First coder NT
9/04/19 - First coder NT
11/04/19 - Comments from during, shortly after meeting between all coders
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9/04/19 - First coder NT
02/05/19 - First coder NT
9/04/19 - First coder NT
11/04/19 - Comments from during, shortly after meeting between all coders
29/04/19 - First coder NT
18/09/19 Removed 'positively' from after 'fed back on weight' since too close to encouraging. This is about informing.
29/04/19 - First coder NT
11/04/19 - Comments from during, shortly after meeting between all coders
29/04/19 - First coder NT

9/04/19 - First coder NT
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9/04/19 - First coder NT
14/06/19 - First coder NT
20/08/19 - First coder NT
9/04/19 - First coder NT
20/08/19 - First coder NT
9/04/19 - First coder NT 30/04/19 Changed from 'Nurse weighing makes you feel fear' as unclear.
30/04/19 - First coder NT
20/08/19 - First coder NT

1/06/19 - First coder NT
20/08/19 - First coder NT
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9/04/19 - First coder NT
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9/04/19 - First coder NT
30/04/19 - First coder NT
9/04/19 - First coder NT
29/04/19 - First coder NT
9/04/19 - First coder NT 01/05/19 Changed from 'Participants report that they are continuing to weigh themselves' and 'Continues to self-weigh after PIMMS' to include all that have weighed, no matter how often.
9/04/19 - First coder NT
11/04/19 - Comments from during, shortly after meeting between all coders
9/04/19 - First coder NT

9/04/19 - First coder NT
9/04/19 - First coder NT
17/09/19 Added ', changes, and causes of change (Hartmann-Boyce *et al.* 2018)' to more accurately reflect when I meant. NT 15/06/19 Changed from 'Self-monitoring providing new knowledge' to more accurately reflect content. 11/04/19 - Comments from during, shortly after meeting between all coders
9/04/19 - First coder NT
9/04/19 - First coder NT
17/06/19 - renamed from 'More weight guidance postnatal'. Added 'and support' to description. Merged with 'NHS more attention for new mothers since similar content. 9/04/19 - First coder NT 02/05/19 'and support' to be more inclusive.
11/04/19 - Comments from during, shortly after meeting between all coders
11/04/19 - Comments from during, shortly after meeting between all coders
11/04/19 - Comments from during, shortly after meeting between all coders
11/04/19 - Comments from during, shortly after meeting between all coders
9/04/19 - First coder NT
9/04/19 - First coder NT
9/04/19 - First coder NT

9/04/19 - First coder NT. Was 'Website' - realised had misnamed

29/04/19 - First coder NT

9/04/19 - First coder NT

9/04/19 - First coder NT

30/04/19 - First coder NT

01/06/19 - First coder NT

02/05/19 - First coder NT

9/04/19 - First coder NT 1/5/19 Added '(excluding website') to review website for encouragement separately.

30/04/19 - First coder NT

9/04/19 - First coder NT

02/05/19 - First coder NT

9/04/19 - First coder NT

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accurately represent codes. 9/04/19 - First coder NT
17/10/19 - First coder NT
9/04/19 - First coder NT
9/04/19 - First coder NT
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9/04/19 - First coder NT

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9/04/19 - First coder NT
9/04/19 - First coder NT
18/06/19 - Changed 'scales make' to 'Self-weighing makes' since I distinguished between self-weighing and being weighed by nurse 9/04/19 - First coder NT
since I distinguished between self-weighing and being weighed by nurse 9/04/19 - First coder NT
into 2 separate codes to match 'Feelings knowing to be weighed' and 'Feelings when nurse weighs'. 18/06/19 -
since I distinguished between self-weighing and being weighed by nurse 9/04/19 - First coder NT
since I distinguished between self-weighing and being weighed by nurse 9/04/19 - First coder NT
25/09/19 - First coder NT
since I distinguished between self-weighing and being weighed by nurse 9/04/19 - First coder NT
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into 2 separate codes to match 'Feelings knowing to be weighed' and 'Feelings when nurse weighs'. 18/06/19 -
29/04/19 - First coder NT
9/04/19 - First coder NT
30/04/19 - First coder NT
9/04/19 - First coder NT

17/04/19 - First coder NT
25/04/19 - First coder NT
9/04/19 - First coder NT
30/04/19 - First coder NT
9/04/19 - First coder NT
30/04/19 - First coder NT
removing' at start and 'to lose weight' at end of description. Better fit.
9/04/19 - First coder NT
9/04/19 - First coder NT. 25/04/19 - Adding 'Reducing or removing' at start and 'to lose weight' at end of description. Better fit.
9/04/19 - First coder NT
9/04/19 - First coder NT
9/04/19 - First coder NT
9/04/19 - First coder NT
9/04/19 - First coder NT 02/05/19 - Added 'to be healthier' to clarify difference between drinking more water to be healthier, and 'water loading'.
1/06/19 - First coder NT

9/04/19 - First coder NT
30/04/19 - First coder NT
30/04/19 - First coder NT 02/05/19 Added 'and other 'shortcuts'' and 'cider vinegar' to be more inclusive.
9/04/19 - First coder NT 02/05/19 - Changed from 'Healthier snacks' and replaced 'snacking on' with 'swapping' to be wider and more inclusive.
11/04/19 - Comments from during, shortly after meeting between all coders
02/05/19 - First coder NT
11/04/19 - Comments from during, shortly after meeting between all coders
30/04/19 - First coder NT
30/04/19 - First coder NT
30/04/19 - First coder NT
9/04/19 - First coder NT
9/04/19 - First coder NT
9/04/19 - First coder NT 1/5/19 Merged with 'Website as facilitator' as similar content.
9/04/19 - First coder NT. 11/04/19 - added 'and around baby' following meeting
9/04/19 - First coder NT

9/04/19 - First coder NT
9/04/19 - First coder NT
9/04/19 - First coder NT
9/04/19 - First coder NT
30/04/19 - First coder NT
9/04/19 - First coder NT
9/04/19 - First coder NT
30/04/19 - First coder NT
9/04/19 - First coder NT. 11/04/19 - Modified to include 'quicker and' following meeting.
9/04/19 - First coder NT
11/04/19 - Comments from during, shortly after meeting between all coders
9/04/19 - First coder NT
9/04/19 - First coder NT
9/04/19 - First coder NT
29/04/19 - First coder NT
9/04/19 - First coder NT
1/06/19 - First coder NT