



Commissioners/delivery partners

Introduction

- Welcome and thank you for participating.
- Brief reprise of aims and objectives of the research and about the confidentiality of the content of the discussion
- What the interviewees can expect to hear from us as the research progresses
- Any queries re the research or consenting process
- Consents
- **Clarify that we are independent of MEND**

Opening queries

- **Your role in relation to MEND and your part in the organisation**
- **Your** experience of commissioning/delivering child weight management schemes in general
- **How the funding for these schemes flows (eg is it a flat amount/vary by no of sessions/depend on completion)**
- **Your** experiences of commissioning/delivering MEND in particular

Barriers and levers to participation

- What has worked well in commissioning/delivering MEND
- What has worked less well
- What informs commissioning decisions/**the way you deliver** for weight management programmes including MEND?
- How will knowledge be passed on in the future in light of the changes to the NHS?**How do you think the ways in which proposed changes to NHS may make a difference?**

Local context

- How long have you been in post?
- Obesity profile and health inequalities for the PCT locality (**probe re ethnicity/deprivation**)
- PCT budget and allocation of resources/**delivering to budget**
- Examples if any, of ways in which the programme **has informed changes locally in the things which make or keep people overweight**
- Factors affecting implementation
- Re-commissioning/**delivering** of MEND, why or why not?
- **Support once participants have left the programme**

Closing

- Anything else they would like to tell us
- Thanks

Family topic guide

Please note that these are guides and not questionnaires. The guides will also be informed by the direction taken by participants, and early findings from the quantitative studies.

Family group

Introduction

- Welcome and thank you for participating.
- Brief reprise of aims and objectives of the research and about the confidentiality of the content of the discussion
- Would the interviewees like to hear more as the research progresses? (If yes ensure you have contact details)
- Any queries re the research or consenting process
- Consents

Opening query

- Ask participants to introduce themselves
- Did you [index child] participate in MEND?
- Did any other children in the family attend, and why (also referred to MEND or came along because of lack of childcare?)
- Do you recall how many sessions you went to? (NB working definition of completer as those attending final session) – is that what you remember (check with others)
- If yes, can remember how you found out about MEND, who told you about it, recommended it to you?
- For those who attended any sessions, can you tell me a bit about the sessions.
 - Ask child what they remember most about sessions
 - How the various people in the room were involved, and for those who attended what their most memorable thing was

Barriers and levers

- Why did you want to take part or not take part?
- Why did you take part / not take part? (practical factors, social factors, factors related to the programme)
 - For those that dropped out only, why did you stop taking part (practical factors, social factors, factors related to the programme)
- Did you [child] like going to MEND sessions? Did adults like going to MEND sessions? Can you tell me about that?
- Did anything change for you [child] as a result of taking part of in MEND?

- What did you find most useful/ like best?
- Did MEND [leader / facilitator/?] tell you about any local activities/clubs/services you didn't know about before? Did you go to them? Tell me about that?
- What was the most difficult thing you were asked to do? Why was that so difficult? Did you manage to achieve it?
- What would you change about MEND?
- Were there any problems? (probe if necessary needing parent/carer; transport ; dislike of any particular features such as homework etc)
- What would you tell a friend who might be thinking of going along?

Types of costs

- How much time does MEND take up? How did you find that?
- When you were still going to the MEND classes, did you change [costs or savings] any of the things you spend time/money on as a result of attending MEND. (Probe food expenditure/transport/ sports costs eg swimming pool/sports; bike ownership). Can you tell me about these? Did you change other things you [child] or family do because of taking part in MEND? (stopped or started) Why was that?
- Thinking of the time since you finished with MEND – have any of these changes carried on? Have you made any changes to what you do or what you spend your time/money on? (Probe food expenditure/transport/ sports costs eg swimming pool/sports; bike ownership).

After MEND

- Have you (index child) been able to maintain any changes that you started as part of MEND? What do others think?
- Since you stopped going to the MEND classes, do you think you are more fit, less fit, or about the same as before? In what ways? Is this what others think?
- What has helped/hindered in maintaining behavioural or weight changes??

Close

Is there anything else you would like to tell us about your experience of MEND?

Mention recruitment to individual interviews and request contact with early any families they know who didn't manage to attend any or only a few sessions.

Give out the vouchers