

HelpMeDoIt! interview schedule for participants.

Thank you for agreeing to speak to me today about your experience in the study. Is it okay with you if I record the interview? In this interview I would like to discuss your views of the HelpMeDoIt! study which you have been taking part in, how you found the programme and what impact it had on you.

The interview should take about 1 hour, but if you want to take a break or stop at any time just tell me and we can stop immediately. You don't have to answer any question you don't want to, so if that is the case, just say so and we can move on to something else. There are no right or wrong answers.

I'd like to reassure you, again, of confidentiality. Any information you give us will be used anonymously- your name will not be attached to the transcripts of this interview or included in any reports of our findings from these interviews.

Please feel free to add anything that you think is important but which I may not ask you about. It is only by talking to people in this way, can we develop a programme and app that is really useful to you and other people who are in a similar situation to you in the future.

I'd like to make sure you have had an opportunity to read the information sheet which we sent out to you in the post. Do you have any question about the information sheet? Have you read the consent form and do you have questions about it? Do you consent to each of the statements on the first page in Part 1? Do you consent to each of the statements on the second page in Part 2? In particular, are you happy that your anonymous data can be stored and shared with other genuine researchers (this is not necessary for interview to take place)? Are you happy to proceed with the interview?

Context

1. What led you to signing up for the study? (Prompt: weight loss history, previous weight loss methods, specific trigger/life event, intrinsic/extrinsic motivations)
2. What are your personal barriers to losing weight or adopting healthy lifestyle behaviours?
3. Can you tell me about any changes you've made to your lifestyle over the last 6 months? (lost/gained/maintained weight)

Study

4. We are interested in hearing about your views of the questionnaires, measurements, food diary, and activity monitor. How was this process for you? (Prompt: barriers)
5. Are you still involved with/participating in the HelpMeDoIt study? If not, why?
6. Have there been any negative effects of taking part in the study?
7. What did you think about the following HelpMeDoIt stuff?
 - a. Newsletter
 - b. App reminders
 - c. Praise and encouragement
 - d. Vouchers
 - e. Other?

8. What was the best and the worst thing about the intervention or taking part in the study?

App/Website

9. If you used the website or app, could you tell me more about when and how often? If you never use the website or app, why not?

[if No, skip to question 12]

- a. How long did you use it for?
- b. If you stopped, why? What prevented you from using the app?
- c. What ideas do you have for encouraging people to keep using it?

10. Tell me about your experience using the website.

- a. Was the information helpful?
- b. Was the layout usable?
- c. What would you like to have seen?
- d. What were your patterns of use?
- e. Were there issues with the design?

11. Tell me about your experience using the app.

- a. How easy was it to use?
- b. What did you think of goal setting? (how often did you use this?)
- c. Monitoring progress? (how often did you use this?)
- d. Nominating helpers?
- e. Updating weight?
- f. Graphs?
- g. Reminders/push notifications?
- h. Feedback from helpers, what they liked/disliked, etc
- i. Were there any design issues
- j. What was particularly good/helpful or less good/unhelpful

12. If we were to design this app again, what could we do differently to make it better/more usable?

13. Aside from this app, can you tell us about anything else you've used or done to help make healthy lifestyle changes or to lose weight?

Helpers/Social support

14. The app lets you nominate helpers from your social circle. Did you try nominating someone using the app?

[if yes, skip to question 16]

15. If you didn't formally nominate a helper, did you informally ask someone you knew to help you? If no, why not? What prevented you?

[if No, skip to question 22]

16. Did the helpers use the app? If not do you know why? Did they still provide support in other ways?

17. What kind of support did the helpers give you? (Prompt: app, phone, text, in person)

18. Which method (and what type) of giving support was most helpful and why?
 - a. Did they give you practical help like going to the gym together, babysitting while they went running, etc?
 - b. Did they give you emotional support, encouragement, etc?
 - c. Did they give you informational help like offer advice or guidance?
19. What was the most helpful thing your helper(s) did for you? Why was that particularly helpful?
20. Can you tell me about any negative interactions you had with your helper(s)? (Prompt: did you denominate a helper)
21. Are you still getting support from your helpers? Is this via the app or another way, for example, face to face?
22. Referring to the sociogram at interview if they have more than 1 helper: Was one of your helpers better at supporting you lose weight or achieve your goals than others? If so why was that? What did they do differently?
23. Looking at your sociogram (someone labelled with 'H'), you had an idea of who you might ask to help you. What stopped you from asking this person?
24. Was there anyone in your social circle, either in the sociogram or not, that helped you achieve your goals? Why was this? What did they do?
25. Was there anyone in your social circle that was unhelpful? What did they do/not do?
26. **Discuss sociogram by asking questions about the red or green, minus or plus signs, etc. For example: I see you've marked many people as being unhealthy (red) or negative influence (minus sign)– do you feel like this has affected your ability to change your own behaviour. Have your changes affected anyone in your social circle?**
27. **Do you know whether your helper(s) got a helper themselves?**
28. Did your social circle change at all since you made this drawing 6 months ago?
29. Before this study, can you tell me about the kind of support that friends and family gave you with regards to healthy lifestyle or weight loss?
30. Going forward from here, have you made any changes that you intend to carry forward? Have you made any changes that you can sustain in the long run do you think?
31. **Would it be possible for us to speak to your helper(s) and get their take on the study? I can send you an email of invitation to forward along to your helper(s).**

Interviewer note

Do participants that don't engage with the app, still use the idea of helpers to achieve goals?

32. We're about to finish up. Now is your opportunity to share any other feedback or thoughts you have about the study.

If consent form has not yet been received, ask participant if they can take a photo of both sides, initialled and signed, and email to us, emphasizing that we need the whole document in the pic (so we can see version number)

Thank you for your time today. We will post your vouchers out to you, you'll receive a newsletter, and your fieldworker will be in touch in a few months to arrange a follow-up visit. You are welcome to continue using the app.