

HelpMeDoIt! interview schedule for helpers.

Thank you for agreeing to speak to me today about your experience as a helper. Is it okay with you if I record the interview? In this interview I would like to discuss your views on being someone's helper and what impact it had on you.

The interview should take about 40 minutes, 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 of the consent form? Are you happy to proceed with the interview?

Study

1. Tell me about your experiences of being a helper in this study.
2. What are your overall views of the study intervention?
 - a. In particular what was helpful/good
 - b. What was unhelpful/less good
 - c. What were the best and worse things about the intervention?
3. What did you think of the helper nomination process?
4. Do you think there was enough guidance on being a helper? Why or why not? What other help did you need?
5. Is there anything that we could do to support and encourage helpers, either through the website or app or by phone/email etc?
6. Tell me about your views on the different aspects of the programme:
 - a. Website
 - b. App
 - c. Goal setting
 - d. Monitoring processes
 - e. Helper (social support) element

App/Website

7. 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 'never used', skip to question 8]

How long did you use the app/website for?

- a. If you stopped, can you tell me why? (Prompt: barriers to use)
8. What ideas do you have about encouraging people to keep using the app/website?
9. What improvements could be made to the app or website?
10. We want to find out more about the different ways you might have supported your friend/the participant with their weight loss goals.
 - a. The website
 - b. The app
 - c. SMS
 - d. Telephone call
 - e. Face to face - was face to face better than using technology?
11. Which of these did you like best? Least? Which were most useful?
12. Do you think the website/app helped you to support your friend? Is there a better way to try to get friends and family to support people trying to lose weight?

Helpers/Social support

13. We are interested in the type of help you might have given your friend.
 - a. Did you give actual help like going to the gym together, babysitting while they went running, etc?
 - b. Did you give emotional support, encouragement, etc?
 - c. Did you give informational help like offer advice or guidance?
 - d. Would you have given support to your friend's healthy lifestyle changes without taking part in the study and using the app or website?
 14. How could you have improved the support you gave?
 15. What was good about being a helper?
 - a. Did you have any negative experiences from being a helper?
 - b. **Was being a helper a burden to you in any way?**
 16. Do you think your help led to healthy behaviour changes in your friend?
 17. Do you still have contact with your friend (person who nominated you)? If no, when did that end?
 18. What is your relationship to your friend (the participant)?
 19. Did being a helper have any impact on you in terms of your own lifestyle? Did it encourage you to change in any way? Did it have any impact on your wider social network of family and friends?
- Did you get a helper for yourself?**
20. We're about to finish up. Now is your opportunity to share any other feedback or thoughts about the study.