

FFIT Follow up telephone interview topic guide

Introduction

- Aim of interview: we want to find out how you have been getting on with the lifestyle changes that the FFIT programme encouraged you to make since we saw you at the end of the first research study in 2012
- Please do feel you can be completely honest about your experiences, including any difficulties and problems you may have faced.
- I will audio-tape the interview, and the recordings will be kept for 10 years after the project finishes, but everything you say will be in strictest confidence. Is that OK with you?
- Do you have any questions?

General

- 1) Could you just start by reminding me when you first did the FFIT programme (Prompt: in 2011 or 2012, or not at all*)? Have you done it again since? (If yes, can you remember when?)

*If “not at all”, then ask the following questions in relation to participation in the FFIT study, rather than the programme (as participation in the study itself may have prompted them to make changes.

- 2) Thinking about your day-to-day life since you took part in FFIT, do you do anything differently as a result of taking part in the programme? [If they answer with one word, silence to let them say more. Expand to ask: If so, how? What changes have you made to your routine?] If not covered, follow up with: Has it affected your health in any way? If so, how?
- 3) Has your involvement in FFIT affected your family life in any way? [If they answer with one word, silence to let them say more. Expand to ask: If so, how?] Follow up with: What about your work or social life?
- 4) Since the programme ended, have you continued to see or have contact with any of the guys you did the FFIT programme with? [If they answer with one word, silence to let them say more. Expand to ask: If yes, what have you been doing?] Follow up with: What about the coaches who delivered FFIT?

Practices and techniques

- 5) What would you say were the main changes, if any, that you made to your daily life while on the FFIT programme at [Club Name]? (*Prompt: for example, did you change your diet, do more physical activity?*)

- 6) To what extent would you say you have managed to keep these changes going? (*Prompt: or have you gone back to your old habits?*) Ask this question for each of the changes identified by the participant, if necessary.
- 7) What, if anything, would you say:
 - a. has helped you to keep these changes going?
 - b. has prevented you from keeping changes going?
- 8) If not covered above, then ask:
 - a. Have you tried to use the things you learnt about how to change what you eat during FFIT in the last 3 years? If so, have there been any things in particular that were helpful or unhelpful?
 - b. Have you tried to use the things you learnt about how to increase your physical activity during FFIT in the last 3 years? If so, have there been any things that were particularly helpful or unhelpful?
 - c. Have you continued to try to control your weight over the last 3 years, since you finished the FFIT programme? If so, were there any things that were particularly helpful or unhelpful?

Experiences of change

- 9) Some people have said that they thought of themselves differently after they had done FFIT – did you find that at all? In what ways? What is it that you think has influenced this?
- 10) How have the changes you have made/not made, made you feel? How has this changed over time?
- 11) What about your family? How have they responded to any of the changes you have made? How has this affected you, if at all?
- 12) What about work colleagues/friends/men who took part in FFIT with you? How have they responded? How has this affected you, if at all? [Make sure you cover all 3 groups]

Experience of Follow-up Measurements

- 13) How did you find coming back to [club name] to be measured again?
(If man had a home visit: How did you find the arrangements we made to collect data at your home, rather than at the stadium?)

Ending

At the end of the interview, ask the men if there is anything else they would like to add.

Additional questions for men in FFIT-FU-C who achieved $\geq 5\%$ weight loss before taking part in FFIT

- 14) You managed to lose some weight between the time when you came along for the first measures at the stadium in 2011 and when you started the FFIT programme in 2012. When did you lose the weight? (*Prompt: soon after you were first measured? Just before 12 month follow up?*)
- 15) What motivated you to lose weight before doing FFIT?
- 16) How did you manage to achieve that weight loss?
- 17) Did the FFIT programme help you to lose more weight? If so, how? If not, why not?

