

Qualitative interview topic guides at three and six months follow-up

THREE MONTH INTERVIEW GUIDE FOR FAMILIES

NB: This is the starting topic guide. The overarching objectives will remain the same, but questions and prompts may be developed as interviews are undertaken to incorporate any important themes emerging from the interviews. Some participants may prefer to talk at length and will cover a range of issues covered in this guide without being asked, others may prefer to respond directly to shorter questions.

Interview objectives

- To understand the experience of attending the Healthy Dads Healthy Kids (HDHK) programme from the perspective of the father, mother, and eldest child attending
- To explore participant views about the design, content and delivery of the programme and how suitable it was to their existing weight-related needs
- To identify behavioural lifestyle changes made by different members of the family

Before the interview begins

- Ensure the participant has read the information leaflet, or read the leaflet to the participant in their preferred language and dialect.
- Ensure the participant feels able to ask any questions about the research including issues about confidentiality, the findings of the research and where the research will be disseminated before being asked to sign the consent form.
- Explain that they don't have to answer all the questions just because they have consented to the interview, and that they can take a break or stop the interview at any time.
- Explain that you are there to understand more about their experiences and that they will have some time at the end of the interview to talk about any other issues that are important to them that may not have been covered by the questions.
- Check that they are happy to be audio-recorded and that they have signed for this on the consent form.
- Start audio-recording and begin the interview.

THEMES TO BE COVERED IN THE INTERVIEW – HDHK GROUP

Thank you for taking part in the study and taking the time to complete an interview. Can you tell me about how you first found out about the HDHK programme?

- 1: When you were signed up for HDHK what did you think it would be like?
- 2: Were there any specific aims/goals you wanted to achieve by attending the programme?
- 3: Thinking back to the sessions you attended – what activities do you best remember?
- 4: How did you feel about attending a group-based programme – with other dads, and other kids? (PROMPT: were you comfortable with that?)

Content and Delivery

- 5: Remembering the PowerPoint sessions. What did you think of the sessions?

- What did you think was done well?
- What do you think could have been done differently?
- Were there any of the sessions which you found particularly useful?
- Were there any sessions you did not find useful?

- 6: What did you think of the facilitator who delivered the sessions?

What was their style? (Prompts if needed: Encouraging? Discouraging?)

Did they join in themselves?

- 7: How would you describe the relationship you had, if any, with the facilitator/health trainer?

- 8: What did you think of the ppt information sessions?

How useful did you find them?

- 9: What did you think of the physical activity sessions?

How useful did you find them?

- 10: What aspects of the programme did you enjoy most?

- 11: What aspects of the programme do you think your child(ren) enjoyed the most?

- 12: What aspects of the programme did you enjoy least?

13: What aspects of the programme do you think your child(ren) enjoyed the least?

14: Can you describe any times during the programme when you felt the information being given out or the activities you were asked to join in, were unsuitable in any way?

15: Do you think the location and timing of the programme was suitable?

Would you have preferred another location or a different time?

16: Thinking about the content and style of the programme – a mix of activities and information-giving: what would have made it a better experience for you? What would have made it a better experience for your child(ren)?

OR

Would you recommend any changes to the programme?

16.1 Additional question – only if relevant: You attended the programme at two different sites – how did these compare?

17: Did you or your family make any changes since attending HDHK?

18. How difficult or easy was it to make this change (name changes individually if appropriate)?

19: Have you managed to sustain the changes?

20: How do you feel about managing your own weight/lifestyle since taking part in the HDHK programme?

21: Would you recommend this programme to other families?

22: Our experience has been that most of the dads and kids enjoy the programme – but that getting families to sign up is pretty tough. Do you have any suggestions to help get more families interested in the programme?

23: Do you have any experience of other weight management services? Commercial programmes- which ones? If yes – how did HDHK compare?

24: Can you think of any follow up events/contact you would have welcomed following the end of the course?

26: Any other feedback / comments?

THEMES TO BE COVERED IN THE INTERVIEW – CONTROL GROUP

1. Can you tell me why you decided to take part in the study?
(intention to lose weight, becoming more active, helping family to become more active and healthier?)
2. What were your expectations of the study when you were invited?
(as intended, personalised support or weight-related support, spend more time with children)
3. As part of the study you received a voucher to attend a local leisure centre? Did you use the voucher?
(What activities did they partake in? Did the family go on more than one occasion/frequently, do they plan to continue to attend?)
4. What other lifestyle services are you currently or plan to use?
(Are they physical or emotional well-being related, weight related; child orientated?)
5. Since beginning the study has you or any members of your family made lifestyle changes?
(food intake, increased physical activity, increased time with partner and children, decreased screen (TV/electronic device) viewing time)

SIX MONTH INTERVIEW GUIDE FOR FAMILIES

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Interview objectives

- To understand the views of family members of maintaining lifestyle changes since the completion of the HDHK programme

Before the interview begins

- Ensure the participant has read the information leaflet, or read the leaflet to the participant in their preferred language and dialect.
- Ensure the participant feels able to ask any questions about the research including issues about confidentiality, the findings of the research and where the research will be disseminated before being asked to sign the consent form.
- Explain that they don't have to answer all the questions just because they have consented to the interview, and that they can take a break or stop the interview at any time.
- Explain that you are there to understand more about their experiences and that they will have some time at the end of the interview to talk about any other issues that are important to them that may not have been covered by the questions.
- Check that they are happy to be audio-recorded and that they have signed for this on the consent form.
- Start audio-recording and begin the interview.

THEMES TO BE COVERED IN THE INTERVIEW – HDHK GROUP – 6 MONTHS

Application of behavioural changes

1. Can you remind me about some of the changes you've made since completing the HDHK programme?

(Describe the changes, duration since the changes have been made, whose idea was it to implement the changes- father, mother, child, combination? Are these dietary changes? Are these exercise changes? What was the decision making process behind making these lifestyle changes?)

2. Can you each give me an example of one lifestyle change that you regularly practice?

(Was one person role model which other family members copied?)

3. What positive effects have you experienced since making these changes?

(family members experiencing weight loss? Improvement in perceived levels of fitness? Better emotional well-being- feeling happier? Better meal planning?)

4. What difficulties have you experienced trying to maintain the lifestyle changes you have made?

(Describe any relapses that family members have experienced since making changes; different environments- work, school, with friends; financial implications of making changes; time/effort of making such changes?)

5. Could you tell me whether the nature of relationships within your family have changed since taking part in the HDHK programme and since making lifestyle changes?

(Better communication and more time spent between fathers and partners; fathers and children? (The nature of relationships with other family members resident within and outside of the nuclear home?)

6. Have you remained in contact with other members who attended the programme?

7. Have you made any further lifestyle changes since the last interview or plan to make any further changes?

(What changes? Why have you decided to make these changes? What benefits are you expecting after making these changes? Are these changes specific to their family structure, ethnic, cultural or religious commitments)