

## **Supplementary Material 1: Interview Schedule for Intervention Development Interviews**

General Introduction:

Hello my name is...

We would like to thank you for taking part in the Walk with Me Study. Your participation is helpful to us because it will give us information about what may help other people increase their physical activity (PA).

Today, we want to hear your thoughts about a number of methods/ways/strategies used to help people take more PA. We will demonstrate a number of these and would like to discuss what you like and what you do not like about each one.

There are no right or wrong answers. I want you to feel comfortable and free to express your opinions about each method. Does that sound okay?

The session is being tape-recorded so that we don't miss anything you say.

Be assured that you that anything that you say during the interview will be treated in confidence. If you would like to take a break at any stage during the interview that is fine.

Are there any questions about any of what I have just said before we get started?

## Section 1: Warm up Questions

Topic	Prompt
Can you describe your typical day so I can get an idea of what kind of things you do? At what points of the day would you consider yourself to be physically active?	You got up....
Why do you think regular PA would be important for people like you? What methods have you use in the past to help you to be more active?	

We have looked back over reports of previous research and identified the most common and promising methods used to help people to increase their PA. I would like to discuss these with you.

I will present you with a number of different methods that have been used to help people increase PA and I am interested in hearing your views about them. We will discuss these one at a time. I will show you examples of each of these for us to discuss – stop me at any stage if you need me to clarify any of the examples.

## Section 2: Goal setting and Self-monitoring

At this stage in the interview participants will be given a pedometer and a sample PA diary/calendar. The interviewer/researcher will visually demonstrate how to put on the pedometer and discuss how it can be used for goal setting and self-monitoring of PA. They will then ask the participant to put on the pedometer and (if possible) the participant will walk around the room/a corridor to get an idea of how the pedometer measures/displays steps counted. The participant will then be asked to read the display and record the number of steps taken in the diary/calendar.

Typically, participants in a programme would use a pedometer to set a daily walking goal (the number of steps they want to walk in a day) and check their progress. At the end of the day they would record their steps in a diary (participant shown an example of a step diary)

Topic	Prompts
Have you used a pedometer or heard of a pedometer before?	
How would you feel about setting goals for everyday activity?	<ul style="list-style-type: none"><li>• What do you like about this method?</li><li>• Is there anything that you do not like about this method?</li></ul>
What potential problems do you think could happen with using pedometers to set daily PA goals  What potential problems do you think could happen with using pedometers monitor progress?  What would make it acceptable? (i.e how could potential problems be overcome)	

## Weekly Step Diary

Name:

Daily Step Goal:	
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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Average steps per day
Steps								
Comment								

Number of days met goal:	
Number of days failed to meet goal:	
Goal for next week	

### Section 3: Problem Solving

‘Problem solving’ is a method that can be used to encourage individuals to think about factors that may get in the way of increasing PA and then to think about ways to overcome these barriers.

For example, I will show you 4 photos of walking based activities – I would like you to think of the barriers to walking in each photo and discuss ways to overcome the barriers.

Picture 1: Picture of a group of older adults walking with friends

Picture 2: Picture of a person walking in a park

Picture 3: Picture of people walking in a shopping centre (part of everyday life)

Picture 4: Picture of people walking to and from places

Topic	Prompt
What barriers or obstacles have you faced to increasing your physical activity?	
What did you find helped you overcome these?	

- Problem solving activity

In photograph 1 you identified \_\_\_\_\_ as a barrier to walking, and suggested that \_\_\_\_\_ might be useful in overcoming this barrier

Typically participants in a programme would be asked to complete a problem solving exercise. We will complete a similar type of exercise now using a barrier to your own PA.

Complete and discuss the Problem solving IDEA form to demonstrate ‘Problem solving’

Topic	Prompts
What do you like about this method?	
Is there anything that you do you not like about this method? If so, what would make it acceptable?	

### Section 4: Peer-mentoring:

Something else that has been used in previous programmes is the use of a peer-mentor. This means that the programme is delivered by a person of a similar age and background who has successfully increased their levels of PA (as opposed to a doctor or health worker).

In previous programmes, peer-mentors have provided practical or emotional support. Examples of support from a peer-mentor might include:

**Practical:** a peer-mentor could arrange to go walking with you

**Emotional:** a peer-mentor could provide regular telephone contact with you to provide encouragement to increase/maintain your PA.

Topic	Prompt
What do you think of the idea of using a peer-mentor to help people increase their physical activity?	<ul style="list-style-type: none"> <li>• Likes</li> <li>• Dislikes</li> </ul>
If you were assigned a peer-mentor as part of a program to increase your PA levels – what would you want them to do for you?/ how often would you want to meet with them? What could they do to support you?	<ul style="list-style-type: none"> <li>• Practical support</li> <li>• Emotional support <ul style="list-style-type: none"> <li>○ Positive (e.g. encouragement)</li> <li>○ Negative (e.g. )</li> </ul> </li> </ul>
What potential problems do you think might arise with using a peer-mentor to increase your PA? How do you think these problems (if any) could be overcome?	

### Section 5: Behaviour Practice/Demonstration walk

The final method that we have identified involves trying out new activities with the peer-mentor. For example a peer-mentor could accompany you on a walk to demonstrate a walking route to local venues like shops or parks. This might help identify the best and safest route as well as new places to go.

- **Show video example of a peer-led walk (For example: <https://www.youtube.com/watch?v=V8oB-XoCCKY>)**

Topic	Prompt
In general, what kind of information do you think people would like to have to help them increase their walking?	<ul style="list-style-type: none"> <li>• Safety</li> <li>• Guidelines for PA (volume/intensity)</li> </ul>
If you were to go for a walk with a peer-mentor where would you like to go?	<ul style="list-style-type: none"> <li>• Places to go</li> <li>• Features of route(s)</li> <li>• Other factors – weather/time of day/distance/time</li> </ul>
How would you feel about going for a weekly walk with a peer-mentor?	<ul style="list-style-type: none"> <li>• What do you like about this method?</li> <li>• Is there anything that you do not like about this method?</li> </ul>
What potential problems could happen with going for a walk with a peer-mentor? How do you think these problems (if any) could be overcome?	

### Section 6: Summary Questions

At this stage in the interview, participants will be given cue cards with the name/picture of each of the behaviour change methods that were discussed in the interview. They will then be asked to rank each method (1-4):

Goal setting and self-monitoring (Pedometers)	Problem solving (Idea Sheet)
Peer mentoring (with someone)	Demonstration Walk (Video)

Can you tell me why you have chosen to place .... as the most acceptable method and why you have chosen .... as the least popular method?

Do you have any further ideas for other methods not discussed? (for example, any method that you have used in the past to be more active). If so, what?

Thank you for taking part in this interview. We value your feedback and would like to take this opportunity again to thank you for taking part.