

## FFIT Follow Up Study: Qualitative Analysis Codebook V3

### Introduction

This document contains the coding frame, including a description of each individual code, which is to be applied to the FFIT Follow up interview dataset. By way of introduction to this task, it is worth reproducing the study objective that we are seeking to meet:

**Objective 4 Men's experiences:** To describe men's experiences (including their motivations, emotions and relations with others) of attempting to control their weight over the long term, their reasons for achieving/failing to achieve long term weight loss, and the strategies they have continued to use/stopped using.

We have said that this will include an exploration of:

- a. The **practices and techniques** (e.g. incorporation of new physical activity and dietary behaviours into daily routine, self-monitoring, structured meal times) that men have continued to use in attempting to control their weight long term, and those they adopted but have since stopped using;
- b. Men's experiences of: **motivation** (including the extent to which regulation of physical activity and dietary behaviour is internalised, part of a transformed everyday life); the role of **emotions** in changes made or not; the extent to which their **relations with others** have supported their changed behaviours; and/or the extent to which men's relations with others have changed as a result of their new behaviours/practices;
- c. The extent to which (if at all) men view their **identities** differently, in relation to performances of **masculinity** and **health-related practices** around diet, physical activity and other behaviours (e.g. health care utilisation, sleep) following participation in FFIT.

### Notes on Procedure

The coding frame below is designed for the first reading of the full dataset. It will help us to divide the dataset into manageable 'chunks' or 'broad codes'. These broad codes will then be broken down into sub-themes during the second reading of the dataset.

Codes 9, 11 and 12 already have some sub-themes listed. These are not to be applied during the first reading: they are just present to signal the types of accounts that should be included in these broad codes. The precise sub-coding for these broad codes may change after discussion.

## **Coding Frame: First Reading**

### **DOING FFIT**

- 1) **Description of doing FFIT:** Any reference men make to their *memories* and *experiences* of doing their first FFIT programme
- 2) **Description of doing FFIT for a second time:** Any mention of attending a second FFIT course
- 3) **Lessons directly learned from doing FFIT programme:** Any statements or accounts in which men link a *memory of programme content to changes* (or not) they have made in their lives (including any mention of consulting participant notes).

### **AFTER FFIT**

- 4) **Contact with FFIT participants:** Any mention of on-going contact with men who have done FFIT (or lack of)
- 5) **Contact with FFIT coaches:** Any mention of on-going contact with coaches who led FFIT (or lack of)
- 6) **Contact with club:** Any mention of post-FFIT programmes or initiatives run by the club (or lack of)

### **WEIGHT**

- 7) **Weight:** Any reference men make to weight and weight management.  
Include:
  - a. Accounts of own weight: Any account in which a man describes his own process of losing/gaining/re-losing/re-gaining weight, including both practical and emotional aspects
  - b. During the FFIT Programme

- c. After the FFIT Programme
- d. Maintained/Unmaintained changes
- e. Barriers to maintaining or losing weight
- f. Facilitators for maintaining or losing weight
- g. Motivations for continuing/stopping change
- h. General comments on change

## **SELF-REFLECTIONS**

- 8) **Health and Wellbeing:** Any references men make to their health and wellbeing (this includes being energetic, feeling good, enjoying being able to do more things with family etc), including embodied changes.
- 9) **Emotions:** Any reference men make to emotions, whether linked to FFIT or not.
- 10) **Narrating the self:** any references to biography and self-perception apart from weight

## **PHYSICAL ACTIVITY**

- 11) **Physical activity:** Any reference men make to physical activity, exercise or fitness (and lack of). Include:
  - a. During the FFIT Programme
  - b. After the FFIT Programme
  - c. Maintained/Unmaintained changes
  - d. Barriers to being active
  - e. Facilitators for being active
  - f. Motivations for continuing/stopping change

## **DIET**

- 12) **Eating/drinking:** Any reference men make to eating or drinking (including alcohol) Include:
  - a. During the FFIT Programme
  - b. After the FFIT Programme
  - c. Maintained/Unmaintained changes
  - d. Barriers to eating/drinking well

- e. Facilitators for eating/drinking well
- f. Motivations for continuing/stopping change

### **SOCIAL CONTEXTS AND ENVIRONMENTS**

13) **Work:** Anything men say about their work

14) **Family:** Anything men say about their family (including their family members' reactions to their changes, and how family members themselves responded as a result of the man's changes)

15) **Social life:** Any reference to friends and social life (apart from other men who did FFIT)

16) **Masculinities:** Any explicit or implicit references to gender, including anything men say about being/doing 'male'

### **UNRELATED CATEGORIES**

17) **Pre-FIT achievement**

Anything the Pre-FFIT achievement group say about losing weight/changing behaviour prior to joining FFIT

18) **Measurements:** Anything men say about FFIT measurement sessions/research procedures

19) **Other:** Anything else that may be of interest