

Process Evaluation Topic guide

Intervention group (disengaged)

Interviews with intervention group participants who engaged with the intervention will include questions covering the following areas.

“Thank you very much for agreeing to be interviewed today. You agreed to take part in the Health Trainer Project and were allocated to the intervention. You met with your Health Trainer and I’d really like to know more about your reasons for taking part and your experience of the intervention. We want to make sure that we are doing things in the best possible way and that everyone for whom the intervention might be useful gets the chance to make the most of it.”

Introductory questions:

- Could you start off by telling me if the intervention was what you wanted when you agreed to take part?
- How do you think it worked for you?
- How do you think it didn’t work for you?

Understanding of the Health Trainer project:

- If you had to describe the intervention to someone you know socially, what would you say?
- Can you tell me about what you thought of being involved in the research?
 - [prompts: meeting the researcher ; being asked questions]
- What motivated you to agree to take part in the study?
 - [prompts: was there a particular health behaviour that you wanted to change?; did you receive any other encouragement to take part?]

Experience of receiving the intervention:

STRENGTHEN: Health Trainers for people receiving Community Supervision. Project ID: 179935.
process evaluation – intervention group – disengaged v1. 17/05/2016

- What was your experience of receiving the intervention?
 - [prompts: which health behaviour did you work on during the intervention; How long did you meet with your Health Trainer; did you meet your Health Trainer regularly?]
- Did your Health Trainer signpost/encourage you to seek other opportunities for support?
 - [prompts: other services; community; family; peers; online?]
- Can you talk me through a typical session with your Health Trainer?
 - [prompts: how long did they last?; how did you decide what to talk about?]
- Looking back over your time with the Health Trainer:
 - What do you think helped you?
 - What did not help you?
- Was there anything that you would have liked help/support with but that was not addressed?
 - [prompts; did you ask for this help/support?; was a reason given for why this could not be provided?]
- What did you think about the location of the intervention/where you met the Health Trainer?
 - [prompts: were you given a choice of location?; how convenient was it for you?]
- Would you be able to tell me about your Health Trainer and how you worked with them?
 - [prompts: were you happy with their support?; did you trust your Health Trainer?; to what extent did you feel that they supported you to make decisions?; how do you feel about your Health Trainer being male/female?]
- Would you be able to explain to me why you stayed engaged with the intervention?
 - [prompts: what made/encouraged you to keep your appointments?; was there anything in particular that supported/encouraged you to stay engaged?]
- Is there any change that you have made/new activity that you have started while you have been involved in the intervention that you will continue?
- Can you tell me why you decided to stop continuing with the intervention/meeting with your Health Trainer?
 - [prompts: was this about the intervention; Health Trainer; life events?]

Reflections on experience of receiving the intervention:

- Would you recommend the intervention to your friends/family?
- If you were given the chance, would you take part in the intervention again?
 - [prompts: are there any other health behaviours/aspects of mental wellbeing that you would like to work on?]

Changes to the intervention:

- Is there anything that could have been changed about the intervention that would have meant that you had continued to meet with your Health Trainer for longer?
- Is there anything that you think we should do to improve the intervention?