

# Appendix 24

## Interview topic guide

## INTERVIEW TOPIC GUIDE

### Adapting health promotion interventions for ethnic minority groups

#### Research Question

- How and what factors (contextual, theoretical, practical) were considered in the adaptation of health promotion interventions for a particular ethnic minority group?

#### 1. Introduction

- Do you have any questions regarding our information sheet?
- Could you tell me about your project? (Which ethnic group do you work with? Which disease area? Nature of the intervention evaluated and/or adapted?)
- Would you be able to **describe** your project to me?

#### 2. Contextual considerations

- Did you have to adapt the intervention in any way for this group?
  - If so, why? What was it about the current intervention format that wasn't working for this group?
- How did you decide what adaptations to make?
  - What factors did you take into account when you were designing this intervention?
  - Was adapting the intervention useful? More effective?

#### 3. Theoretical foundations

- How have you defined ethnicity? Identified the ethnic groups of interest?
- Does any theory underpin the intervention? Any theoretical considerations?
  - If so, how did you incorporate this theory into your intervention? If not, what did you use to guide your intervention?
  - What are the mechanisms of change that you think are important?
  - How are these mechanisms demonstrated in your intervention design?
- Can you identify some other studies that have influenced your intervention development and delivery?

#### 4. Practical Experiences

- What are some of the challenges and constraints you've experienced?
- In what ways is/was your intervention successful, and why?
- In what ways is/was your intervention not successful? What are some of the reasons the intervention failed to demonstrate an effect?
- Were there additional costs or resource constraints associated with adaptation? If you had unlimited funds what would you have done?
- Was there user involvement?

#### 5. Closing

- What are the lessons learned from this experience that you would like to share with others working in this field (eg, resources, skill mix, etc)?
- If not already discussed, did you use any of the following five adaptations (Netto et al, 2008)?
  - A. Use community resources to increase intervention accessibility
  - B. Identify and address barriers to access and participation in interventions

- C. Develop communication strategies which address language use and differential information requirements
  - D. Identify and work with cultural or religious values that either motivate or inhibit behavioural change
  - E. Accommodate degrees of cultural affiliation in the planning, design and evaluation of targeted interventions
- Do you have any additional information you would like to add?
  - Do you have any questions for me?
  - Would you mind completing a short demographic questionnaire?