

Appendix 5a: Qualitative interviews topic guide - intervention

INTERVENTION GROUP: 12 MONTHS

Thank you for agreeing to speak to me today. In this interview I would like to talk to you about how you are getting on now that the intervention has finished.

First of all we talk about where you are at in your weight management goal, how you are coping with your weight and how you feel about it now.

Then I would like to ask you a few questions about your views of the study programme now that you have completed it.

The interview should take about half to three quarters of an hour, but if you want to take a break or stop at any time just tell me and we can stop immediately. You don't have to answer any question you don't want to, so if that is the case please just say so and we can move on to something else.

I'd just like to reassure you, again, of confidentiality. Your name will not be attached to the transcripts of this interview or included in any reports of our findings from these interviews, and we won't disclose anything you say to your counsellor or group leader.

Please feel free to add anything that you think is important but which I may not ask you about.

Do you have any questions?

I'd just like to check if you are happy for me to record the interview?

Shall we begin?

SECTION 1: WEIGHT LOSS/MAINTENANCE HISTORY.

1. So, thinking about this last occasion that you lost weight, just before coming into the study, could you tell me a little about that - what motivated you to lose weight and how did you go about it?

Explore type of diet, what programme did they use, Explore physical activities and exercise, how much they lost, how long it took, how satisfied with weight loss – have they reached their goals or still on weight loss diet? Which weight loss strategy is most affective for them? What did this involve for them?

2. Have you ever discussed weight loss or weight loss maintenance with your GP or nurse?

Did you raise the topic? Was this helpful? What did they offer?

3. The study is about maintenance of your weight loss, do you think that maintaining the weight loss is different in any way to actually losing weight?

Explore how they manage their weight in different situations and on different occasions

SECTION 2: INTERVENTION AND WEIGHT MAINTENANCE STATUS

I'd like to talk about your experiences of weight loss or weight maintenance during the study in the last year or so.

1. Are you currently attending <slimming world/weight watchers/exercise on prescription/weight management programme>?

IF YES, How helpful is that?

How often attend; why attend ?

IF NO, Why are you no longer continuing with it?

When discontinued; why?

2. If you have used SW/WW/EOR etc before what was it about it that you liked or disliked?

3. Are your family or friends supportive of your weight loss/maintenance and healthy eating and physical activity plans?

Do they join in? Do they get support from anywhere else? Has being part of the study impacted on other family members at all, have they lost weight, changed their diet or done more physical activity?

4. Can you tell me how you have found trying to maintain your weight loss in the last year?

Explore approach to maintenance; barriers and facilitators (explore social and environmental issues); what is hard/easy about maintenance; what is needed to maintain weight loss; what strategies did they use; what did this involve exactly; if they haven't managed to maintain - why not? Explore how these have changed over time

a. Thinking about the study intervention and the counselling sessions specifically, what did you think of them?

Explore how many they attended. If didn't attend – why not, if dropped out, why, what didn't you like; Barriers to attending; What was/was not useful; were there too many/not enough sessions; frequency;

b. Thinking about the telephone sessions now, how did you find them? How did they compare?

Explore how many they attended. If didn't attend – why not, if dropped out, why, what didn't you like; Barriers to attending; What was/was not useful; were there too many/not enough sessions; frequency

c. What sort of things did you discuss with your counsellor?

Explore discussions around dietary strategies, exercise, barriers to WLM, relapse and how they cope, whether WL/WLM were impacted from life events; self-monitoring

Explore further discussion around goal setting and making plans – what sort of goals did they set, how did they achieve these – what plans did they make? Did they receive support for this from family and friends?

d. How did you find the written materials used in the sessions? (summary sheets)

Understandable; useful/not useful; what else would they have liked?

e. Thinking now, about the Group Sessions – did you attend those and if so how useful did you find them?

If didn't attend - why not ; Explore the barriers to attending.

What aspects useful; what aspects not useful; are they meeting other participants outside the sessions; materials used in group sessions; weekly weighing

f. How did you feel about the group sessions ending?

g. We encouraged you to weigh yourself weekly oppose to other times, did you find this useful/helpful?

How often did they weigh?

h. Did you use WILMA online or the diaries?

Was it helpful – if not why not? Do they have suggestions for improvement?

i. Could you tell me briefly what you think the best and worse things were about the WILMA programme?

j. Is there anything you could suggest that would make the WILMA programme better?

SECTION 3: STUDY PROCEDURES (if participant is tiring miss out q's 1-6)

1. How did you hear about the study?

Who introduced it (GP, programme facilitator, or letter); Were they supportive of the study. Was the information provided enough to help you decide whether to take part? Topic guide for intervention group 12 months

2. What made you decide to enter the study and did the fact it was part of a research study affect your decision?

Explore why entered study and expectations of research study. What if had been in control group?

3. How good were the information sheets (given prior to entering the study) for telling you what was involved?

Was there anything else you would like to have known? Was there anything you didn't understand? Did you understand the randomisation? Were your expectations met/not met?

4. How have you found the questionnaires?

Too long?; Completed all so far?; difficult or easy to complete; number; baseline visit; anything missing?

5. We are interested in finding out what might encourage people to attend the follow-up visits. In WILMA we offered a £20 voucher.

Do you think this was enough – what about £50?

Do you have any other suggestions on how we could improve the attendance of people at the follow-up visits?

6. Have you shared any of the information with anyone else (family, friends, colleagues) or given anyone any hints or tips that you have learnt from the study?

Who – are they in the study; what information

Just a couple of more questions to wind up.

Sum up what they have said about their experiences of losing weight in the past and then ask:

1. Does that sum up your experiences of losing weight in the past?

How successful have you attempts been; what motivated you; what strategies did you use

2. Could you tell me how confident you feel about the future? What is your plan for weight management now?

Explore if they intend to use strategies learned in the study in the future, And if so, which and why.

3. Finally, I'd just like to ask you if there is anything you would like to add?

Appendix 5b: Qualitative interviews topic guide - control

WILMA QUALITATIVE INTERVIEWS TOPIC GUIDE

CONTROL GROUP: 12 MONTHS

Thank you for agreeing to speak to me today. In this interview I would like to discuss your views of weight loss and weight maintenance in general, any weight management programmes you may be using and also your views of our study.

The interview will be roughly in three sections. First of all I'd like to talk to you about your weight loss and maintenance experiences prior to entering the study. Then, I'd like to talk to you about your experiences of weight loss and maintenance since entering the study including things that may have helped or hindered you in your weight management goals. And finally, I would also like to talk to you about the research study itself.

The interview should take about three quarters of an hour to an hour, but if you want to take a break or stop at any time just tell me and we can stop immediately. You don't have to answer any question you don't want to, so if that is the case please just say so and we can move on to something else.

I'd just like to reassure you, again, of confidentiality. Any information you give us will be used anonymously – your name will not be attached to the transcripts of this interview or included in any reports of our findings from these interviews.

Please feel free to add anything that you think is important but which I may not ask you about. It is only by talking to people in this way, can we develop an intervention that is really useful to you and other people who are in a similar situation to you.

Do you have any questions?

I'd just like to check if you are happy for me to record the interview?

Shall we begin?

SECTION 1: WEIGHT LOSS/MAINTENANCE HISTORY.

1. So, thinking about this last occasion that you lost weight, just before coming into the study, could you tell me a little about that - what motivated you to lose weight and how did you go about it?

Explore type of diet, what programme did they use, how much they lost, how long it took, how satisfied with weight loss – have they reached their goals or still on weight loss diet?

SECTION 2: EXPERIENCE OF WEIGHT MANAGEMENT DURING THE STUDY.

I'd like to talk about your experiences of weight loss or weight maintenance during the study – the last year or so.

In this section explore how strategies have changed over time.

1. The study is about maintenance of your weight loss, do you think that maintaining the weight loss is different in any way to actually losing weight?

2. If you were still trying to lose weight can you tell me a little more about the weight loss strategies that you used.

Focus on weight loss programme; Establish what was involved, how often attended etc;

Explore what was useful/not useful, are they still attending? What were the most useful strategies?

What were the barriers/facilitators to weight loss?

Social and environmental issues.

3. If you were trying to maintain your weight loss during the study: What strategies did you use to maintain your weight loss?

Explore any formal programmes adopted- what was involved, how often attended.

Explore what was useful/not useful, are they still attending? What were the most useful strategies?

What are the barriers/facilitators?

Social and environmental issues.

Explore behaviour change strategies and whether they managed to maintain – if not why not, and if so how?

4. Are you attending <slimming world/weight watchers/exercise on prescription/weight management programme>?

IF YES, How helpful is that?

How often attend; why attend ?

IF NO, Why are you no longer continuing with it?

When discontinued; why?

5. If you have used SW/WW/EOR etc before what was it about it that you liked or disliked?

6. Some people say that if they slip and eat something like a bit of cake or lots of wine on a Saturday then they feel they have failed and then just overeat. Can you tell me how do you tend to react if you slip and don't stick to your eating or exercise plan?

7. Are your family or friends supportive of your weight loss/maintenance and healthy eating and physical activity plans?

Do they join in? Do you get support from anywhere else? Has being part of the study impacted on other family members at all, have they lost weight, changed their diet or done more physical activity?

8. Have you ever discussed weight loss or weight loss maintenance with your GP or nurse?

Did you raise the topic? Was this helpful? What did they offer?

SECTION 3: THE RESEARCH PROCEDURES (if participant is tiring miss out q's 1-5)

Now this is the final few questions, and I'd like to talk to you about the research itself. Are you happy to continue, or would you like a break?

1. How did you hear about the study?

Who introduced it (GP, programme facilitator, or letter); Were they supportive of the study. Was the information provided enough to help you decide whether to take part?

2. What made you decide to enter the study and did the fact it was part of a research study affect your decision?

Explore why entered study and expectations of research study. What if had been in control group?

3. How good were the information sheets (given prior to entering the study) for telling you what was involved?

Was there anything else you would like to have known? Was there anything you didn't understand? Did you understand the randomisation? Were your expectations met/not met?

4. How have you found the questionnaires?

Too long?; Completed all so far?; difficult or easy to complete; number; baseline visit; anything missing?

5. We are interested in finding out what might encourage people to attend the follow-up visits. In WILMA we offered a £20 voucher.

Do you think this was enough – what about £50?

Do you have any other suggestions on how we could improve the attendance of people at the follow-up visits?

6. Have you shared any of the information with anyone else (family, friends, colleagues) or given anyone any hints or tips that you have learnt from the study?

Who – are they in the study; what information;

Just a couple of more questions to wind up.

Sum up what they have said about their experiences of losing weight in the past and then ask:

1. Does that sum up your experiences of losing weight in the past?

How successful have you attempts been; what motivated you; what strategies did you use

2. Could you tell me how confident you feel about the future? What is your plan for weight management now?

Explore if they intend to use strategies learned in the study in the future, And if so, which and why.

3. Finally, I'd just like to ask you if there is anything you would like to add?