

Introduction

I would like to start off by thanking you all for coming to this discussion group and for all your hard work in the WILMA study. Does everyone know everyone else? (If not can we just quickly go round the group and each person can introduce themselves briefly.

The purpose of today is to find out your views on the WILMA intervention and the study itself. It is important for us to understand exactly how the intervention is delivered in practice and what impact it has had. Also to look at, if it was thought to be beneficial to take this intervention further, what issues would need to be addressed or how could the intervention be improved in order to more efficiently and effectively deliver it. As key facilitators in delivering the WILMA intervention, your opinions in this respect are crucial to our understanding and evaluation of the programme.

To give you a brief outline of the plan for today, we hope to cover topics such as the training provided, the content of the intervention and how this was delivered, and the successes and failures of the intervention in practice. In addition, we would like to explore other issues related to the study procedures and the research process in general. I am keen we stick to some degree to the schedule here and would like to discuss logistical/process issues mainly at the end if possible.

We would encourage an open and honest discussion of views as a group, whether positive or negative, as this is the only way that we can constructively evaluate the WILMA intervention for the future. 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 provide as much information as you can and feel free to add anything that you think is important but which I may not ask you about.

I am going to have to be a strict chair as we have a lot to get through so apologies if I have to cut short some discussion.

Does anyone have any questions before we begin?

Training/Supervision

1. I would like us to discuss the training that you received in order to deliver the WILMA intervention. I would like to find out your views on:

- a. Firstly the training process and the training materials provided.
- b. Was the training sufficient to allow you to confidently deliver the intervention?
- c. How did you find the MITI assessment?
- d. Do you think there are ways in which the training could be improved, e.g timing, content, booster sessions?
- e. Do you feel you needed more support from the team or supervision?
- f. How did the peer groups work out if you attended one and how could they be improved?

Intervention Content and Delivery

2. Moving on to the actual content of the intervention, I would like to find out your views about what was involved in the intervention, looking at each of the different parts of the intervention so starting with MI for WLM
 - a. How different was this from your usual delivery of MI in other contexts?
 - b. Was there anything about this client group that made them particularly challenging or different? What were the challenges?

3. As part of the WILMA study we included some techniques and 'hot topics' we thought were important with regards to weight management. I would like to ask you a bit about this.
 - a. Did you manage to cover any of the WLM techniques in the sessions - self monitoring, social support, habits, emotional eating, coping with relapse, goal setting and implementation intentions?
 - b. Did you cover diet and physical activity?
 - c. How did you find marrying MI and these hot topics?
 - d. Do you think these 'hot topics' were of any help to clients?

4. How well do you think you adhered to the guidance given in the WILMA handbook?
 - a. Did you deliver anything in a different way from what was outlined in the handbook (why? were there problems in delivering it in the way proposed?)
 - b. Did you provide anything additional in the intervention that was not in the handbook (why? was it something that was missing?)

5. Do you think your sessions would pass the MITI? i.e. how well did you stick to MI?

6. What made for a good MI session?

7. How have the MI phone calls worked out? How were they different from the face to face sessions?
8. How did the brief MI work out?
- 9.
10. Are there ways in which you think the intervention could be improved?
 - a. Staff involved
 - b. Components involved

Impact

11. Specifically thinking about participant attendance at the MI sessions:
 - a. Did you experience issues with attendance?
 - b. What do you think affected attendance (facilitators and barriers) and how can we improve it?
12. What aspects of the intervention do you think facilitated change in clients who were successful in weight maintenance?
 - a. Do you think attending the MI sessions made the clients more confident or motivated in dealing with weight management or changing their behaviours?
 - b. Do you know if the clients weighed themselves regularly and monitored what they ate, for example, regular self weighing or using the website or food diary?
 - c. Did the clients set goals and make plans in terms of their behaviour, for example, to increase the amount of activity they did?
13. What do you think are the barriers for these individuals in trying to change their behaviour?
14. Did participants give you any feedback? Did you get a feel for how happy participants were with MI?
15. If participants withdrew or you never saw them did you get a feel for why that might be the case?
16. On any level do you think it made a difference where they were recruited from, i.e. GP, SW, EOP?

Other Issues

17. Were there any study specific or process issues you would like to comment on or any barriers or challenges you experienced in delivering the WILMA intervention effectively e.g.
 - a. Recruitment issues?
 - b. Venue?
 - c. Timing?
 - d. Audio recording
 - e. Paperwork – CRFs, sessions summaries

18. If we were to go for a larger study what key issues would we need to address?
 - a. What should stay the same / would require change?

19. Is there anything else you would like to add that hasn't been covered?