



Physiotherapist Exit Interview

Study ID:

Time:

Date:

Location:

Participant's verbal consent to audio recording: YES/NO

- Reminder that this interview will be audio recorded to allow me to remember what we said (and to double check this is ok)
- Any answers and direct quotes used in any publication or presentation will not use your name and no one will know that it was you

Overall participation

In your own words what was it like being part of the STAR trial?

Prompts:

- Has there been anything you have especially enjoyed or perhaps found more of a challenge? The ups the downs, the highs, the lows? Have you had the opportunity to be involved in research before? Why did you get involved in the STAR trial?
- Do you think being part of the STAR trial has had any impact upon you and or your practice? In what way may it have done or not done so?

Delivery of Intervention (Exercise Class)

In your own words can you tell me about your experience of delivering the exercise class as part of this study?

Prompts:

- How did you find the length of the programme? Can you comment on the time commitment required from you for this study? (Too long/short, too often, once a week)
- How did you find the individual sessions? For example do you have any comments about the length, content etc.?
- In your own words, what were the factors that enable/disabled progression of exercises? How did you find progressing the exercises for the participants?
- Were there any aspects of the study that were easier or harder than others? Did you experience any problems/adverse effects when delivering the class?
- Anything you particularly enjoyed or disliked. Could it be improved?
- Admin burden?

We are interested in knowing if the intervention you have delivered as part of the study has differed or not from your usual practice and if so how? How did the class compare to any physiotherapy care/intervention you have provided before?



Prompts:

- How did you find the specific exercises? Is there anything you would change? Did you feel that the prescribed exercises were too easy/too challenging? What part did you enjoy the most of delivering the programme?
- On reflection, thinking of your previous experience, is there anything you would like to change, include, exclude and why?

Home Exercise Programme

- Could you tell if participants were doing the exercises or not? Were there any tell-tale signs that showed if participants were doing their exercises (or not) at home? What were the facilitators or barriers to engagement with the home programme?
- What was it like getting the participants to do the home exercise programme? How was it asking them to do it twice a week as opposed to everyday for example?
- How did the home programme compare to anything you've prescribed before? Is there anything you would change? Were the exercises too easy or too difficult to deliver?
- Was there anything in particular you may have liked or disliked about the HEP and why?

Future Implementation

If the results show this programme has been successful, do you have any thoughts about how we can take the findings forward and implement this into clinical practice (and beyond i.e. to local gyms), what factors may help or hinder this process? Is it feasible? Time of the day? Day of the week/weekend?

- If this programme was rolled out in an outpatient/community rehab setting do you think you and therapists in general would be interested in facilitating it? Act as a link person to help young person transition to a gym?

Concluding Remarks

- Is there anything else you would like to say that you haven't had the opportunity to mention?
- Finally, if you had to sum it up in a few sentences, what was the good, the bad and the ugly about taking part in the STAR trial ?!!

General Prompts and Probes

How did that make you feel?

That's interesting can you tell me more about that?

Can you elaborate a little more?

Could you clarify that?

I am not quite sure I understand. You were saying?

When you say Did you mean that.....

Signed:

Dated: