**Introduction**

Thank you for agreeing to take part in this interview. We are inviting a number of our NLNY participants so I am pleased you are able to come along and help. We are interested in the process of behaviour change and ways to help people in the future.

**1. Becoming involved: original reasons for joining NLNY**

- Why interested? (e.g. own health, altruism, relatives, and friends)
- What influences? (e.g. doctor, encouraged by others, word of mouth, access)
- Did the timing of the NLNY opportunity have an effect? (e.g. retirement planning, new job, conscious of age, readiness to change).

**2. Expectation barriers and facilitators**

What they thought being involved in NLNY would be like and how their expectation related to the reality.

- What facilitated involvement
- What barriers to involvement

(Time, cost, convenience, positive factors, incentives)

**3. Knowledge**

- Their risk of diabetes, what they think having diabetes would be like

  Experience of others (e.g. friends or relatives)
  Physical activity knowledge
  Diet knowledge
  Information provision (general)

**4. Assessment**

How did the risk assessment affect your intention and motivation?

Information provision (individual)
5. Behaviour strategies
There are a number of different strategies people might use to help them make and maintain lifestyle changes

Goal setting or Action planning.
information where and when
instruction and demonstration

Barrier identification, advance planning, time management
Rewards, Self-talk, self-monitoring, permissions, temptation
Social comparison
Disruption of routine,

6. Incentives
Cost

7. Social and environmental factors
What are the social and environmental facilitators and barriers to making lifestyle changes?

Ease of access to exercise (e.g. timing, environment and finance)
Time to pursue healthy activities and other commitments
Access to cooking and shopping facilities
Group delivery, social comparison
Support/or not of friends and family

Solutions to social barriers

8. Physical factors
What are the physical facilitators and barriers associated with lifestyle change?

Exercise and ability (e.g. arthritis problems, weight problems)
Exercise and embarrassment (e.g. large size)
Physical feedback (feeling good/fitter and physical set-back e.g. injury,

Solutions to overcome physical factors and limitations
9. **Psychological factors**
What psychological/emotional factors associated with success in changing and maintaining lifestyle change?
   - Attitude and personality
   - Embarrassment
   - Problem solving
   - Ability to deal with setbacks
   - Self esteem and self efficacy
   - Response to the intervention practitioners
   - Ability to conceptualise and visualise (e.g. ability to think forward)
   - Emotional knowledge (e.g. fear of disease complications)

10. **Skills**
What new skills have you learnt since joining the New life, New you project?
   - New physical activities?
   - Other practical skills e.g. cooking?