

Expectations of participants in the Northumberland exercise on referral scheme.

Preface: Set the interviewee at rest; explain the purpose of the interview (to understand their expectations of the exercise on referral scheme) explain that the expected outcomes (that the study will give a better understanding of why the scheme works for some people, but not others); rules of confidentiality etc.

Record demographic / personal info to start:

- Gender
- Age
- Employment status

| Question | Prompts |
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| <p>1. Tell me a bit about what sort of physical activity you have taken part in in the past.</p> | <ul style="list-style-type: none"> • <i>What were your experiences of sport /physical activity at school / as a child</i> • <i>What influence have others had on the type of physical activity you have taken part in?</i> • <i>Do you have any particular likes / dislikes of sport / physical activity?</i> • <i>Tell me about any times in past where there has been a big change in your physical activity patterns</i> • <i>Has there been anything else that has influenced your participation in physical activity?</i> |
| <p>2. How do you feel about taking part in physical activity now?</p> | <ul style="list-style-type: none"> • <i>What type of physical activity (if any) do they take part in at the moment?</i> • <i>What type of physical activity would they like to take part in?</i> • <i>What do they think the important reasons for taking part in physical activity are?</i> • <i>Is there anything that particularly worries them about taking part in physical activity?</i> |
| <p>3. So thinking about the exercise on referral scheme that you have been referred to, how did you find out about it?</p> | <ul style="list-style-type: none"> • <i>Who/ what has motivated you to attend?</i> • <i>What made you decide that this is the right time to take part in the scheme?</i> |
| <p>4. Why were you referred to the scheme?</p> | <ul style="list-style-type: none"> • <i>What did the referrer explain to you about the scheme?</i> • <i>What do you expect (if anything) when you start attending the scheme?</i> |

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| | <ul style="list-style-type: none"> • <i>What type of health professional referred you?</i> |
| 5. What do you hope to achieve by taking part in the scheme? | <ul style="list-style-type: none"> • <i>What are the changes to your health that you expect will happen as a result of participation?</i> • <i>How quickly do you expect to see these changes?</i> • <i>How have you decided that these changes are realistic?</i> |
| 6. How do you feel about being referred? | <ul style="list-style-type: none"> • <i>How confident do you feel about taking part in the scheme?</i> • <i>What are you particularly looking forward to?</i> • <i>What are you worried about?</i> |
| 7. What happened after you were referred? | <ul style="list-style-type: none"> • <i>How long after referral did it take to be contacted by the scheme?</i> • <i>What information has been given to you prior to the initial consultation?</i> • <i>How comfortable do you feel coming to first consultation?</i> |
| 8. What are the things do you think will most influence you to attend sessions? | <ul style="list-style-type: none"> • <i>How important do you think attendance in a group will be?</i> • <i>What do you expect from the staff on the scheme?</i> • <i>How important are changes in health?</i> • <i>Why were the influences raised important?</i> |
| 9. What things do you think are most likely to prevent you from attending sessions? | <ul style="list-style-type: none"> • <i>Tell me about any worries you might have about health issues</i> • <i>Tell me about any other things such as other commitments that might stop you from attending</i> • <i>What ways might you overcome these issues if they arise?</i> |
| 10. Is there anything else that you would like to tell me about your expectations for participation in the scheme? | |