

Semi Structured Interview Questions:

Welcome interviewee back; explain the purpose of the interview (to hear about their experiences 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.

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| <p>1. First I would like to talk about the consultation that you had before you started the scheme – what you were asked about and what information you were given.</p> | <ul style="list-style-type: none"> • <i>What did the member of staff ask you about?(medical issues related to exercise, past and current exercise, feelings about taking part in the scheme)</i> • <i>How did these questions make you feel?</i> • <i>What tests were carried out?</i> • <i>How did you feel about the different tests that you were asked to do (BP, BMI, resting heart rate and Chester step test)?</i> • <i>What information were you given? (scheme information, times of sessions etc, results of tests that were carried out, other information about physical activity options outside the scheme, cost of attendance)</i> • <i>Did you agree to attend at the end of the consultation?(if no go on to question 2)</i> • <i>How did you feel about attending the scheme exercise sessions at the end of the consultation?</i> • <i>Was there anything that you were looking forward to?</i> • <i>Was there anything that you were concerned about</i> |
| <p>2. Why did you decide that the scheme was not right for you?</p> | <ul style="list-style-type: none"> • <i>How did you feel about being referred at the end of the consultation?</i> • <i>Did the consultation encourage you to take part in physical activity even though you did not attend any sessions? If so, in what way?</i> • <i>Have you been back to see the person who referred you to discuss your referral? If so, what did you discuss?</i> • <i>What could the scheme have offered you that would have encouraged you to attend?</i> • <i>Have you changed your levels of physical activity since you were referred? If yes, did the fact that you were referred influence this and in what way</i> |
| <p>How many scheme exercise sessions have you attended?</p> | |

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| <p>3. Thinking about how first exercise session, how did you feel about the scheme before you attended this?</p> | <ul style="list-style-type: none"> • <i>How comfortable did you feel about coming into the centre to take part in an actual exercise session?</i> • <i>What happened during the first session?</i> • <i>What activities did you take part in?</i> • <i>How did you feel about the activities?</i> • <i>How did you find the other members of the group?</i> • <i>How did you feel after the first session?</i> |
| <p>4. Are you still attending the scheme sessions? (if no, go to question 6)</p> | <ul style="list-style-type: none"> • <i>What are the things that you enjoy about attending the scheme?</i> • <i>How have you found the staff?</i> • <i>Have there been any weeks where you have not attended at all?</i> • <i>If yes, did anyone from the scheme contact you?</i> • <i>If yes, who, how and did it have any effect?</i> • <i>Do you have any suggestions for what the scheme might do differently?(go to Q7)</i> |
| <p>5. When did you stop attending?</p> | <ul style="list-style-type: none"> • <i>Why did you stop attending?</i> • <i>Did anyone from the scheme contact you when you did not attend?</i> • <i>What happened?</i> • <i>How did you find the staff?</i> • <i>How did you find the sessions that you did attend?</i> • <i>What, if any, parts of the scheme did you enjoy?</i> • <i>Do you have any suggestions for what the scheme might do differently?</i> • <i>Compared to before you were referred to the scheme, have you changed the amount of physical activity that you do?</i> • <i>If yes, what do you do that is different?</i> • <i>What made you change your activity?</i> |

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| | <ul style="list-style-type: none"> • <i>How important do you think that physical activity is in helping to maintain or improve your health? Has this view changed since you were referred?</i> |
| <p>6. At the first interview, you told me that you hoped to achieve.... Now you have taken part in the scheme for 12 weeks:</p> | <ul style="list-style-type: none"> • <i>What changes to your health have you noticed?</i> • <i>Were these changes what you expected?</i> • <i>Have other factors outside the scheme had an effect on your health / lifestyle choices?</i> • <i>How important are these changes in encouraging you to keep attending?</i> |
| <p>7. At the first interview, you told me that you are worried about....Now that you have taken part in the scheme for 12 weeks:</p> | <ul style="list-style-type: none"> • <i>Were the concerns that you had justified?</i> • <i>How were these concerns addressed when you attended?</i> • <i>Is there anything that you can suggest that the scheme might do to help other people who feel the same way about attending as you did?</i> |
| <p>8. Have you increased the amount of activity you do overall?</p> | <ul style="list-style-type: none"> • <i>Have you increased the amount of activity you are doing independently of the scheme sessions?</i> • <i>If so, what you are doing that is different from before you started?</i> • <i>Why have you changed your activity outside the scheme?</i> • <i>How important do you think that physical activity is in maintaining or improving your health? Is this different to before you started?</i> |
| <p>9. What are you most looking forward to in the next 12 weeks of the scheme?</p> | <ul style="list-style-type: none"> • <i>Is there anything in particular that you think will encourage you to keep attending?</i> • <i>What are you hoping to achieve over the second part of the scheme?</i> |

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| 10. 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 and scheme attendance</i>• <i>Tell me about any other things such as other commitments that might stop you from attending</i>• <i>Have you thought about any ways that you might overcome these issues if they arise?</i> |
| 11. Is there anything else that you would like to tell me about your experience of participation in the scheme and your expectations for the rest of the scheme? | |