

Appendix 2: SEMI-STRUCTURED QUESTIONNAIRE FOR THE FOCUS GROUP FOR THE SMS INTERVENTION GROUPS

Part one: introduction and presentation of participants (10')

Section	Comments
Introduction	<ul style="list-style-type: none">• Acknowledgements• The conductor introduces briefly him/her self to the participants• Inform about the duration and the aims of the meeting• The conductor informs the participants that the meeting will be audio-recorded for later analysis.• The conductor reminds the participants to turn-off or silence phones.
Informed consent	<ul style="list-style-type: none">• The conductor asks for permission about recording of the meeting and informed consent.• Reading and signing of informed consent.
Presentation of participants	<ul style="list-style-type: none">• Kindly ask participants to introduce their selves to the rest of the group.

Part two: overall mechanisms of impact (20')

Dimension	Questions
<p data-bbox="269 464 771 575"><i>According to participants' perceptions: how do participants' actively respond and interact with the overall intervention?</i></p> <p data-bbox="269 701 771 772">Note: take into account that the SMS intervention requires following tasks:</p> <ul data-bbox="367 821 771 1310" style="list-style-type: none"><li data-bbox="367 821 771 926">○ <i>Fill the diary daily: steps or PA time, and calculate means.</i><li data-bbox="367 936 771 1003">○ <i>Wear daily, open and read the pedometer.</i><li data-bbox="367 1014 771 1081">○ <i>Set goals on PA and follow-up accomplishment.</i><li data-bbox="367 1092 771 1197">○ <i>Set goals on SB and follow-up accomplishment (SITLESS tips).</i><li data-bbox="367 1207 771 1274">○ <i>Active participation in group discussions.</i><li data-bbox="367 1285 771 1310">○ <i>Telephone prompts</i>	<ul data-bbox="776 751 1351 1444" style="list-style-type: none"><li data-bbox="776 751 1351 819">● What are your general impression / thoughts of the intervention?<li data-bbox="776 829 1351 896">● Overall how satisfied are you with the intervention?<li data-bbox="776 907 1351 974">● What specific features of the intervention impressed you?<li data-bbox="776 984 1351 1052">● What features of the intervention disappointed you?<li data-bbox="776 1062 1351 1167">● How likely would you be to recommend this intervention to a family member or friend? Why?<li data-bbox="776 1178 1351 1245">● What, if anything, do you find frustrating or unappealing about the intervention?<li data-bbox="776 1255 1351 1360">● Do you have any suggestions on how we could improve the intervention to make it more appealing?<li data-bbox="776 1371 1351 1438">● Were any of tasks required in the intervention difficult for you to perform?

Part three: overall perceived effects and mechanisms of impact (20')

Dimension	Questions
<p>Secondary outcomes</p>	<ul style="list-style-type: none"> • Have you perceived any effects of the intervention? Which ones? • Have you perceived any specific effects on <ul style="list-style-type: none"> ○ General health? ○ ○ Mental health? In terms of depression, loneliness, etc. and psychological/emotional wellbeing? ○ Physical health? ○ Social relationships?
<p>Primary outcomes: Effects on PA and SB</p> <p><i>How does the SMS intervention produce change?</i></p>	<ul style="list-style-type: none"> • During the intervention: have you increased your PA? (besides the ERS sessions) • In case that you have increased your PA, why do you think you have done it?, Because your physical capacity increased <ul style="list-style-type: none"> ○ Because your self-efficacy increased ○ For other reasons • In case that you have not increased your PA, why do you think you haven't done it? • During the program: have you decreased your SB? • If so, in which manner? <ul style="list-style-type: none"> ○ Incorporate new routines ○ Other • If not, why do you think that?
<p>Mid-long term effects on PA and SB</p>	<ul style="list-style-type: none"> • Do you think you will maintain your increased PA / decreased SB once the intervention has finished? • If so, in which manner? • If not, why do you think that?

Part four: mechanisms of impact for each component (20')

Dimension	Questions
<ul style="list-style-type: none"> ▶ <i>How do each intervention components contribute to produce change?</i> ▶ <i>Specifically, does the intervention work by improving self-efficacy and social support?</i> ▶ <i>Does a better accomplishment of the goal setting, self-monitoring and cues mediate the reduction of sedentary behaviour and the increase in physical activity?"</i> 	<ul style="list-style-type: none"> • Can you state the strategies you have used to accomplish each session's goals? Have you accomplished them by yourself? • What are the reasons why you have decided to accomplish (or not) the goals? • How and why each component supported/permitted to achieve the goals of the intervention? (mechanisms of impact) <ul style="list-style-type: none"> ○ Raising awareness on differences, associations, risks and benefits of SB and PA. ○ Setting personal activity goals (long-term achievement goals) ○ Goal setting focusing separately on PA ○ Goal setting focusing separately on SB (SITLESS tips) ○ Self-monitoring: <ul style="list-style-type: none"> ▪ pedometer ▪ activity diary ○ External monitoring (Instructor) ○ Problem-solving ○ Raising awareness on facilitators and barriers of PA and SB at home and at the neighborhood (environmental signposting) ○ Peer and social support from the group ○ The trainer ○ Telephone prompts

Part five: context (20')

Dimension	Questions
<p>Physical environment</p> <p><i>How do contextual factors regarding the characteristics of the neighbourhood affect outcomes according to participants' perceptions?</i></p>	<ul style="list-style-type: none"> • How do you perceive the physical environment of your neighbourhood? • How do you perceive the specific settings of the intervention? (i.e., facilities used for the SMS and PA sessions) <ul style="list-style-type: none"> ○ Primary health care centre ○ Parks ○ Sports facilities ○ Community resources • How do you perceive these specific aspects of your neighbourhood? (especially considering whether and how these aspects affect doing PA in the neighbourhood) <ul style="list-style-type: none"> ○ Socio-economic level ○ Urban/rural setting ○ Orography / walkability ○ Pleasant environment (comfortable, traffic...) ○ Personal safety (crimes, robberies, ...) ○ Availability of places within an easy walking distance to do informal PA (parks, urban gym, ...) and to do formal PA (organized PA offers)
<p>Personal networks</p> <p><i>How do contextual factors regarding the characteristics of the personal network affect outcomes according to participants' perceptions?</i></p>	<ul style="list-style-type: none"> • Do you think your personal situation or health status (e.g., having a supportive social network, being a caregiver, living alone, having a chronic disease, etc.) helps or hinders your physical activity and your sedentary behavior? How and why? • Do you think your personal network (partners, family, friends) helps or hinders your physical activity and your sedentary behavior? How and why? • Did you know other participants of the group before? How has that affected your participation in the group?