

# NLNY-S Participant interview topic guide

## 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?