

## Semi-structured interview schedule for lived experience of BBM study

Kia ora / Talofa lava / Mālō e lelei / Fakatalofa atu / Bula Vinaka / Fakaalofa lahi atu / Mālō nī, my name is xxx.

I'm a researcher from the University of Auckland. I understand that you are interested in taking part in this research and you should already have an information sheet about this. We agreed that this is a suitable time for you to talk with me about your experiences with BBM.

Is this still appropriate? **Yes/no – if no, when would be a suitable time?**

Just a reminder that this interview will be recorded (pause) and I am switching on the digital recorder now.

### SWITCH ON RECORDER

- Now that the recorder is running, have you read and understood the information sheet that you have been given?
- Do you consent to taking part in this study and having this interview recorded?
- Are you aware the interview will take up to one hour?

Please note that you will not be able to be identified in any way when this study is reported or published.

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Thank you. Ok, let's get started.

First, some information about yourself. (ask where necessary)

**Gender:** M / F / X

**Age:** 16-19      20-29      30-39      40-49      50-59      60-69      >70

**Ethnicity or ethnicities:** Tongan / Samoan / Niuean / Cook Islands Māori / Tokelauan / Fijian / Māori

**Current BBM involvement / programme:** eg Bootcamp, Off the couch, Heavyweight champs, mums and bubs, now a trainer, etc.

How long have you been involved with BBM?

Can you tell me your journey, from the beginning?

How did you come to hear about BBM and what has been your experience?

**Prompts** (if not already covered)

- How has BBM influenced your
  - physical health?
  - mental health?
  - spiritual health?
  - social health?
- What impact has it had if any on your
  - family?
  - financial situation?
  - cultural life?
- What have been the personal gains from BBM?
- What have been the personal costs from BBM?

- What makes it easier to engage with BBM?
- What are the barriers to engaging with BBM?
- Where do you see yourself in one year? How long do you see yourself staying engaged with BBM?
- How could BBM improve what they offer in the program that you're doing?
- What impact has COVID-19 had on your interaction with BBM? (due to suspension of face to face meetings to prevent spread of COVID-19)
- Has your weight changed since you started doing BBM?
- If so, when did you first engage with BBM and what was your weight then?
- And what is your weight now?

Thank you very much for talking with me, this has been very helpful. If you change your mind and do not want us to include your interview in our study, please let me know within one week and I will delete your interview.

Once we have done all our interviews and looked at our results, we will put an anonymised summary of what we have found on the BBM Facebook page.