

For researcher to complete:

Participant ID:.....Clinic: NOTTS LEICS

Group: STAK-D Control

Date of intervention:

University of Nottingham, School of Health Sciences



Supporting Kids with diabetes in Physical activity:

An online multimedia intervention to promote physical activity in children with type 1 diabetes (T1DM)

Interview guide

- General introduction / ice breaker
- Recap purpose of the interview
 - I'd like to ask you about what you thought about the STAK programme. Please be honest.
 - The interview will be recorded, with permission, and then I will type it all up to use as data for my research.
 - If there's any questions you do not want to answer then that's ok and if at any time you want the interview to stop that's fine too.
 - If it's ok with you I will turn the recorder on now and everything we talk about from now on will be recorded.
 - Show child/children the Dictaphone.
 - *Are you happy for me to turn the tape on?*

Start recording

**** Obtain verbal consent to participate on tape ****

You provided consent at the very beginning of this study, but this does not mean you have to participate in this interview.

Are you happy to continue with the interview?

Research evaluation

These questions are about the research study

- What did you think about how you were recruited?

- Receiving a letter at home – did you receive it/read it/respond to it? Why?
 - How did you first see or hear about Skip
 - What interested you and led you to express interest?
 - Did you see any other information about Skip anywhere? e.g. clinic posters, website, at a group?
- What did you like about being involved in this research?
 - How did you find filling in the questionnaires?
 - What did you think about us choosing children at random to be in the STAK-D group?
 - Were you happy with the group you were put into?
 - Would you recommend this research to other children with Type 1 Diabetes?
- *Parent:* Would you like to be offered a physical activity programme as part of your child's usual care? (advice and guidance around physical activity).
 -
 - *Child:* Would you like to hear more about physical activity in clinic? What sort of information would you like?

Usage

- How much did you use the STAK-D programme?

Did not use it Once or twice but no more Once a week Every day

- Can you explain why you used it this much?

User-satisfaction with the STAK-D programme

- What did you think about the STAK-D programme?
 - Prompt *enjoyment*.
- Explore individual components:
 - Website
 - How easy was it to use?
 - How interesting was it?
 - How useful was it?
 - What parts of the website did you like the most?
 - What parts did you use the most?
 - Will you continue to go on the website?

- Do you understand what I mean if I talk about the 5-a-day Skip activity goal. Did you think 5 pieces of activity was realistic?
- Did you set any goals? What goals did you set yourself?
 - How useful were the goals you set yourself?

If child didn't use: Why did you not use the website?

- Did you login in the beginning?
- Do you visit other websites related to Diabetes or physical activity?
- How might we have encouraged you to use the website?
- Did the website meet your expectations from when the study was first explained to you and you consented to take part in the study?
- If it was the right one – do you think you would ever use a website to find information on diabetes or physical activity?

Activity Reports

- Did you share them with your child?
- Were they useful?
- Did they meet expectations?
- Activity monitor
 - Were you excited to receive the watch at the beginning of the study?
 - Do you think the watch is a good idea? What feature?
 - How easy was the watch to wear/remember to wear?
 - What did you like/not like about the watch?
 - Did you wear the watch even when you weren't being reminded/measured? What would have encouraged you to wear it more often?
 - Did you find the activity reports useful? Why? What would you have liked to have seen?
 - Did you have any problems with your watch? Did this influence how you felt about wearing it?
- What did you enjoy least about the study?
 - Why?
- How would you make the STAK-D programme better?
 - What would you like to see on the website?

- Would you recommend the STAK-D programme to other children with Type 1 Diabetes?

Accessibility

- How was it for you to access the website?
 - Prompt availability of internet/computer/smart phone
 - Did anything ever go wrong with the website
- How was it for you/your child to use the activity watch?
 - Prompt how easy it was to use.
 - Did anything ever go wrong with the watch?

Effectiveness

- How did STAK-D, wearing the watch or any other aspect of the study, make you feel?
- Did you notice any changes in yourself?
 - Prompt: How did it change your activity level?
 - Why do you think those changes happened? / didn't happen?
- *If appropriate:* How did being more active make you feel?
 - Were there any side-effects of being more active?
 - Do you think the effects [repeat what they said, if appropriate] will continue?
- Did your family get involved?
 - How did that make you feel?
- Did your friends get involved?
 - How did that make you feel?

Facilitators of/Barriers to change

- What made it easy to be active?
 - Prompt: did family or friends help?
- What made it hard to be active?
 - What things got in the way?

- Is there anything else you would like to say about the STAK-D programme?
- Do you have any questions for me?
- Do you have any concerns or queries before I turn off the tape?

Thank you for answering these questions.

** TURN OFF THE DICTAPHONE **

END OF INTERVIEW.