

Online Supplementary Material

Ahern AL, Boyland EJ, Jebb SA, Cohn SR. Participants' explanatory model of being overweight and their experiences of 2 weight loss interventions. *Ann Fam Med*. 2013;11(3):251-257.

<http://www.annfammed.org/content/11/3/251>

Supplemental Appendix. Participant Interview Schedule

Preamble

Thank you so much for taking the time to speak to me today. We really appreciate the contribution you have made to this study. As we discussed on the phone previously, these interviews are designed to help us understand more about your experience of weight loss treatment. We believe this experience is an important factor in assessing the two types of treatment.

I'd like to remind you that this interview is confidential so please answer all questions as fully and as honestly as you can. As discussed, we will be recording the interview today, so as to make best use of the information you provide, so please try not to give me any information that might identify you or anyone else, such as full names of friends and family, or addresses and phone numbers. We expect this interview to last up to an hour. Please feel free to ask me any questions you might have as we go along. We are very grateful to you for sharing with us your time and your experience.

[The following questions are a guide to the interview. They should be asked, where applicable, in an order that flows as much as possible as a conversation. Follow-up questions should be asked, as appropriate, to encourage the participant to elaborate on their answers or to clarify information given by the participant.]

Can you remember back to the start of treatment? What was happening at that time and what made you decide to join the trial?

How did you feel about being randomised to [intervention arm]?

What was your experience of treatment like?

How did you feel about [your group? the GP? the nurse? the Weight Watchers leader?]

How has your weight changed since you started treatment?

Have you noticed any changes in your health?

Have you noticed any changed in the way you felt?

What were your expectations of treatment? Your goals? How well did these fit with those of the treatment provider? To what extent did you achieve these goals?

What, if any, do you think are your main barriers to losing weight?

How well do you think these areas were addressed by the treatment you received in the past year?

[If applicable] What were your reasons for withdrawing from treatment/the study?

How do you feel about your weight now?

What do you expect to happen to your weight now?

How do you intend to manage your weight in the coming year?

Will you continue to go to Weight Watchers? Would you consider going to a commercial weight loss group?

What is the hardest thing about maintaining the weight you have lost? How well do you think these issues were addressed by the treatment provided? How do you intend to overcome this in the coming year?

What is your previous experience of GP-based weight loss treatment? How did current treatment differ from this?

[If applicable] What prevented you from attending the final appointment?

Why did/didn't you decide to take part in the follow up study?

Ending the Interview

Thank you so much for answering my questions today. Those are all the questions I wanted to ask you. Did you have any questions you would like to ask me or any further comments you would like to make?

Thank you again for your help with this study. It is really important for us to understand your experience in order to assess the treatments that are offered and work towards improving these. I wish you the best of luck for the future.