

Supplementary materials for:

Thom DH, Wolf J, Gardner H, et al. A qualitative study of how health coaches support patients in making health-related decisions and behavioral changes. *Ann Fam Med*. 2016;14(6):509-516.

Appendix 1: Interview Guide

The following guide was used for both focus groups and interviews with patients. Statements and questions were reworded as necessary for interviews with family/friends, health coaches and clinicians.

Can you think about a decision you made with your health coach related to your health? A health decision can mean deciding to do something new, or to change or stop doing something you are already doing. For example, a health decision could be to cut down or stop smoking, to walk 4 blocks every morning, to get a flu shot, or to take or not take a medication prescribed by your doctor.

What was the decision and how did you make that decision with your health coach?

Probe Questions (to be used as needed):

How did you discuss the decision with your health coach? What information did you use in order to make the decision?

Did you feel your health coach had an opinion about what was the right decision for you to make? If so, did you feel free to disagree with your health coach?

What did your health coach do that helped you make a better decision? Is there anything you wish your health coach had done differently?

How is making a decision with your health coach different than how you make a decision with your doctor?

How is making a decision with your health coach different than how you make a decision with a trusted friend or family member?

Did this decision making process ultimately “work for you?” Were you happy with the decision you made?

Did you follow through on the decision made? If not, why not? Did you talk to your health coach about why you did not follow through with the decision?