# Supplementary Material File 9 Trainer interview guide

**Background**

1. How did you become involved with the PLAN-A project?
2. What was it that interested you in being a peer supporter trainer for the PLAN-A project?

**Train-the-trainers training (being trained)**

*NOTE: In addition, the following question were asked to the lead trainer who co-delivered the train-the-trainers event: Preparation for train-the-trainers*

1. How did you feel about the amount of time you had to prepare for the delivery of the train-the-trainers?
   1. How did you feel about the amount of contact time you had with the project team?
   2. How did you feel about the amount of personal preparation time you had?
2. Did you feel prepared to deliver the train-the-trainers?
   1. If YES: Can you expand? What in particular helped you feel prepared?
   2. If NO: What can we do to change that?
3. Is there anything else you would like to say about your role as Lead Trainer or the preparation to deliver the T-T-T event?

*Logistics*

1. What did you think of the training venue?
   * + - 1. What would be the ideal venue/space for this training, and why?
2. What are the important resources/equipment to have available at the training?
   1. Was enough available at this training event?
3. Was the length of the training appropriate?
4. There was around 6-8 weeks between when you covered the top up day in your training and when you delivered it to the peer supporters.
   1. Do you feel the time gap affected your delivery of the top-up session?
   2. *If participant states they want another training session closer to the top up* – ask whether they would be willing to give the time to this, and how long they would want, what content?

*Content*

1. What do you think the core messages of PLAN-A are? And were these all addressed in the train-the-trainers?
2. Did you feel the session prepared you to deliver the training (think about both the two-day and top-up day)?
   * + - 1. Did you receive sufficient background information?
         2. Was anything covered in too much depth or was there any unnecessary content?
         3. Did you experience anything during delivery that you didn’t feel prepared for?
         4. Could we have done anything different to help you feel more prepared?
3. If you were advising new PLAN-A trainers, what skills/attitude do they need to be a PLAN-A trainer?

*Materials*

1. What did you think about the materials that supported the training? (manuals and cue cards)
   1. What would you add?
   2. Is there anything not needed?

**The attitudes of the peer supporters**

1. What were your first impressions of the girl’s attitudes towards PLAN-A when they arrived at the training?
   * + - 1. Did they remember what it was about?
         2. Did this change throughout the day? How?
2. How did the girls receive the top-up day training?
3. Were they engaged and enjoy it? Why?
4. Was there anything they didn’t seem to like?
5. Should we add anything else?
6. Do you think it was needed?
7. Based on your impressions and interpretations of what the girls spoke about, to what extent had they been encouraging their peers to be more active?
8. Did they tell you about any particular successes they had had
9. What do you think their biggest concerns or difficulties were in being a peer supporter?

**Peer-supporter training (being the trainer) – ask the trainers to think about both the two-day and top-up day training**

*Logistics*

1. Was the venue appropriate for the practical and more classroom-like activities?

What is the ideal kind of venue/space for this training?

Do you think holding the training *on/off*-site worked? Expand.

1. Did the girls raise or discuss any problems with the location, food or facilities?
2. Did the structure of the two training days work? (i.e., two consecutive days)

Was the length of the days appropriate for the girls?

Were all of the girls able to arrive on time and stay until the end?

1. What were the timings of the activities like and how did the content fit with these? (too much – too little?)

Was there sufficient time to cover all aspects of the training in the two day period?

Would you make any edits to the structure of the days?

1. Would it have been beneficial to spend more time on any aspects of the training?

Did any aspects of the training feel unnecessary or inappropriate?

*Delivery*

1. Did you deliver the top-up day to the same girls you delivered the original two-day training to? If not:
   1. How did you find this (thinking about the delivery, rapport between you and the girls, and your confidence)?
2. Did you deliver the top-up day with a trainer you had already worked with? If not:
   1. How did you feel about this?
   2. How do you think this affected the delivery of the day?
3. Did the size of the group affect delivery of the intervention in any way?
   1. If yes, how.
      1. What would you recommend?

*For this next section we are going to look at the specific activities you delivered in the P-S training. [Interviewer to have copy of training day agenda to hand]*

*[****Day 1, Day 2 and the top-up day are to be treated separately****]*

1. Which activities worked best?
   1. Can you describe an activity that went well? Why was it so well received?
2. Which activities did not work?
   1. Can you describe an activity that did not work? Why? What could be changed?
3. Which parts should we change? How?

*Thinking more generally now…*

1. What did you find worked the best at encouraging the girls the stay engaged with the tasks?
2. When the girls were distracted, what were the reasons (logistics – timings, venue, or content etc), what can we do to fix this?
3. A chaperone attended from the school staff. What did you think of this, and did it impact the intervention in any way?
4. What techniques or ways of working with the peer supporters did you find worked well in terms of supporting their autonomy, competence and belonging throughout the training and in their role?
   1. Did you find this difficult? How come?

*Resources – i.e. worksheets etc*

1. What do you think of the resources that were handed out *[list resources here]*?
   1. What resources need changing? How?
2. Did you fully understand the content of the materials and feel comfortable discussing them with the girls?
3. Was there anything we could have given you that would have made the training easier to deliver?

**Reflection**

1. We may be delivering this training to more girls in the near future, what 3 changes do you feel are most important for us to make?
2. Do you have any more comments or suggestions based on delivering the training?

**CLOSING**

* That’s all the questions I have for you today. You have helped us a lot and we will use your input develop our project further.
* Is there anything else that you think is important that we should know about of the things that we have discussed today?
* Do you have any questions for me?
* Thank you very much for your time and attention. We appreciate you sharing your thoughts and opinions with us!