

Key Qualitative Research Aims: What changes have parents maintained (or not)...how and why? What facilitates change? What inhibits change?

Put audio recorder on as early as possible. Leave on as long after the interview as possible. Say 'I'm recording this so I don't have to write any of this down but I might make a few notes also' when you officially start the interview.

(a) Families for Health Parent Interview Schedule

Intro: The interview is about what has happened since you took part in the 'Families for Health' activity.

- 1) The first thing I'd like to ask you is, has anything changed in the life of your family/household since we last visited you?

Long pause to allow thinking time and response.

Prompt: based on what we already know. Check through the family file before 3-month visit for key characteristics on family type, employment etc... (E.g. is it still just the two of you?)

- 2) Has the way you relate to your child changed?

Long pause to allow thinking time and response.

Prompt why

- 3) *[Refer to child CSRI form]* Thank you for completing this form. It's been a while since you took part in Families for Health. *[Check CSRI form and confirm attendance to number of sessions]* You've told me you have been to x number of sessions...

- a) What did it involve? *[write list of things if necessary to prompt in Q4]*

- b) What did you get out of it?

Long pause to allow thinking time and response.

Prompt each response given – can you tell me more, why, how, what helped, what didn't help, anything else, anything else?

- 4) One aspect of the 'Families for Health' programme focused on a healthy lifestyle in relation to food.

Show parent Q9 of the end of programme form. These are the topics that were covered.

Probe each response they recorded on the end of programme form with the following:

- a) How helpful have the topics been?

Allow parent to talk about topics in any order they choose.

Probe: Why, can you give me an example, tell me more, anything else?

Ask parent about other topics they haven't mentioned: can I check we've covered all the topics, what about the others

- b) Have you made any changes? *(if yes ask c and d, otherwise ask Q5a)*

Probe: tell me more

- c) Was it difficult making these changes

Probe: what made it easier/difficult, can you give me an example, anything else?

- d) Are you still doing that? *Why*

- 5) Another aspect of the programme focused on healthy lifestyle in relation to physical activity.

Show parent Q8 of the end of programme form. These are the topics that were covered.

- a) How helpful have the topics been?

Allow parent to talk about topics in any order they choose.

Probe: Why, can you give me an example, tell me more, anything else?

Ask parent about other topics they haven't mentioned: can I check we've covered all the topics, what about the others

- b) Have you made any changes? *(if yes ask c and d, otherwise ask Q6a)*

Probe: tell me more

- c) Was it difficult making these changes

Probe: what made it easier/difficult, can you give me an example, anything else?

- d) Are you still doing that? *Why*

- 6) Another aspect of the programme focused on parenting skills.

Show parent Q7 of the end of programme form. These are the topics that were covered.

- a) How helpful have the topics been?

Allow parent to talk about topics in any order they choose.

Probe: Why, can you give me an example, tell me more, anything else?

Ask parent about other topics they haven't mentioned: can I check we've covered all the topics, what about the others

- b) Have you made any changes? *(if yes ask c and d, otherwise ask Q6e)*

Probe: tell me more

- c) Was it difficult making these changes

Probe: what made it easier/difficult, can you give me an example, anything else?

- d) Are you still doing that? *Why*

- e) Did that affect your relationship with your child?

Probe: can you tell me more, give me an example, anything else?

- 7) Were there any other aspects of the FFH programme that were useful?

Probe: Why, can you tell me more, give me an example, anything else?

- 8) Were there any other aspects of the FFH programme that were not useful?

Probe: Why, can you tell me more, give me an example, anything else?

- 9) Are you happy you took part? *Why*

- 10) Would you recommend the programme to other families? *Why*

- 11) Is there anything else you'd like to tell me?

(b) Usual Care Parent Interview Schedule (Example from Site A)

(NB. Interview Schedule tailored to other usual care programmes)

Intro: The interview is about what has happened since you took part in the 'One Body One Life' activity.

- 1) The first thing I'd like to ask you is, has anything changed in the life of your family/household since we last visited you?

Long pause to allow thinking time and response.

Prompt: based on what we already know. Check through the family file before 3-month visit for key characteristics on family type, employment etc... (E.g. is it still just the two of you?)

- 2) Has the way you relate to your child changed?

Long pause to allow thinking time and response.

Prompt why

3) *[Refer to child CSRI form]* Thank you for completing this form. It's been a while since you took part in One Body One Life. *[Check CSRI form and confirm attendance to number of sessions]* You've told me you have been to x number of sessions...

a) What did it involve? *[write list of things if necessary to prompt in Q4]*

b) What did you get out of it?

Long pause to allow thinking time and response.

Prompt each response given – can you tell me more, why, how, what helped, what didn't help, anything else, anything else?

4) One aspect of the One Body One Life programme focused on a healthy lifestyle in relation to food.

Show parent OBOL weekly activities for Healthy Eating. These are the topics that were covered.

e) How helpful have the topics been?

Allow parent to talk about topics in any order they choose.

Probe: Why, can you give me an example, tell me more, anything else?

Ask parent about other topics they haven't mentioned: can I check we've covered all the topics, what about the others

f) Have you made any changes? *(if yes ask c and d, otherwise ask Q5a)*

Probe: tell me more

g) Was it difficult making these changes

Probe: what made it easier/difficult, can you give me an example, anything else?

h) Are you still doing that? *Why*

5) Another aspect of the programme focused on healthy lifestyle in relation to physical activity.

Show parent OBOL weekly activities for Physical Activity. These are the topics that were covered.

e) How helpful have the topics been?

Allow parent to talk about topics in any order they choose.

Probe: Why, can you give me an example, tell me more, anything else?

Ask parent about other topics they haven't mentioned: can I check we've covered all the topics, what about the others

f) Have you made any changes? *(if yes ask c and d, otherwise ask Q6)*

Probe: tell me more

g) Was it difficult making these changes

Probe: what made it easier/difficult, can you give me an example, anything else?

h) Are you still doing that? *Why*

6) Were there any other aspects of the OBOL programme that were useful?

Probe: Why, can you tell me more, give me an example, anything else?

7) Were there any other aspects of the OBOL programme that were not useful?

Probe: Why, can you tell me more, give me an example, anything else?

8) Are you happy you took part? *Why*

9) Would you recommend the programme to other families? *Why*

10) Is there anything else you'd like to tell me?