

## (a) Interview Schedule for Children at Three Months

**Qualitative Research Aims:** What are the children's views of the programme? What changes have they made and why? Understand 'how' and 'why'.

### **INTRO:**

I would like to talk about the '*Families for Health activity you did with mum and/or dad on Saturdays*' OR '*[state] usual care option*'. I'm interested in the things that you liked and didn't like about it, how you are feeling and how things are now that the activity has finished. What you tell me will be kept private to me. I won't even tell your mum or anyone else in your family.

I would like you to draw some pictures of the activity and then we can talk about them. While you are drawing I will speak to mum and/or dad. Once I have finished speaking to your mum and/or dad we can talk about your pictures.

This is not a test and there are no right or wrong answers. I am interested in what you think about the activity that you took part in as this might help me understand how to make the programme better for other children.

*[Give child three sheets of papers, each with instructions of the picture they will draw]*

**Picture 1:** The first picture I would like you to draw is a picture of your family. Please draw a picture of your family including yourself?

**Picture 2:** Then I would like you to draw a picture of the things that you liked about the FFH/usual care activity. Draw a picture of the things you liked here *[refer to blank space on sheet of paper titled 'picture 2']*.

**Picture 3:** The last picture I would like you to draw is of the things you didn't like about the FFH/usual care activity. Draw a picture of the things you didn't like here *[refer to blank space on sheet of paper titled 'picture 3']*.

*NOTE: If child refuses to draw, then ask them to write a short description on the blank space of paper. If child refuses to write then proceed to interview them following the interview schedule.*

**Interview parents whilst child is drawing pictures. Upon completion of interview with parents proceed to interview child.**

**Put audio recorder on. Say "I'm recording this so I don't have to write any of this down" when the interview officially begins.**

## Children's Interview Schedule

Thank you for drawing the pictures. Now I would like to talk about the pictures you have drawn. Remember there are no right or wrong answers.

**Refer to picture 1:** You were asked to draw a picture of your family.

- a) Tell me about what you have drawn [*Encourage child to explain who each family member is*]

**Refer to picture 2:** You were asked to draw a picture of the things that you liked about the FFH/usual care activity?

- a) Tell me about what you have drawn
- b) Why did you like this? [*Ask this for each picture they have drawn in response to what they liked*]
- c) What other things did you like about FFH/UC? *Why?*

**Refer to picture 3:** This picture is of the things you didn't like about the activity?

- a) Tell me about what you have drawn
- b) Why didn't you like this? [*Ask this for each picture they have drawn*]
- c) What other things didn't you like about FFH/UC? *Why?*

**Refer child to 'A Day in the Life of...' questionnaire that they have completed**

- 1) These questions ask about the food that you've eaten. You've filled it in before when we first came to visit [*reference to baseline visit*].
  - a) Tell me about the changes you've made to what you eat, from the 1<sup>st</sup> time you filled it in
  - b) Why did you make these changes?

**Refer to 'A Day in the Life of...' questionnaire again**

- 2) These questions also ask about some of the activities you have done. You also filled this in last time we came to visit.
  - a) Tell me about changes you've made to your activities, from the first time you filled it in
  - b) Why did you make these changes?

**Refer child to the PedsQL questionnaire -About My Feelings sub-section**

3) These questions ask about your feelings [*Pause – allow child to respond. If no response then ask question 3a*]

a) Tell me more about how you are feeling about yourself

*Use range of probes based on responses to Q1-5: E.g. tell me about these responses, can you tell me more, why do you feel this way, give me an example, tell me about a time when you've felt this way*

b) **Refer to family picture drawn earlier.** How are things at home for you?

*Use range of probes: Is it like that all the time? Do things feel better/worse/same at home? Tell me more about this, give me an example of this.*

c) How do things feel for you at school?

*Ask about friends, have you joined any clubs, do you eat the same things at school?*

*Use range of probes: Is it like that all the time? Do things feel better/worse/same at home? Tell me more about this, give me an example of this.*

4) Tell me why you joined the FFH/usual care activity

5) Would you tell your friends that they should take part in the FFH/usual care activity?

*Probe: why*

6) Last question; is there anything else you would like to say about the FFH/usual care activity you took part in?

## **(b) Interview Schedule for Children at 12-Months**

**Qualitative Research Aims:** What changes to lifestyle have they maintained and why? Understand 'how' and 'why'.

### **INTRO:**

I would like to talk about the 'Families for Health activity you did with mum and/or dad on Saturdays' OR '[state] usual care option' that you took part in one year ago. I'm interested in the things that you changed in terms of what you eat, the activities you do and how you are feeling about yourself and your family. What you tell me will be kept private to me. I won't even tell your mum or anyone else in your family.

I would like you to draw some pictures and then we can talk about them. While you are drawing I will speak to mum and/or dad. Once I have finished speaking to your mum and/or dad we can talk about your pictures.

This is not a test and there are no right or wrong answers. I am interested in what you got out of the programme.

*[Give child three sheets of papers, each with instructions of the picture they will draw]*

**Picture 1:** The first picture I would like you to draw is a picture of your family. Please draw a picture of your family including yourself?

**Picture 2:** Then I would like you to draw a picture of something you have done with your family in the last few months.

**Picture 3:** The last picture I would like you to draw is a picture that tells me how you are feeling about yourself.

*NOTE: If child refuses to draw, then ask them to write a short description on the blank space of paper. If child refuses to write then proceed to interview parents as originally planned.*

**Interview parents whilst child is drawing pictures. Upon completion of interview with parents proceed to interview child.**

**Put audio recorder on. Say "I'm recording this so I don't have to write any of this down" when the interview officially begins.**

## Children's Interview Schedule

Thank you for drawing the pictures. Now I would like to talk about the pictures you have drawn. Remember there are no right or wrong answers.

**Refer to picture 1:** You were asked to draw a picture of your family.

- a) Tell me about what you have drawn [*Encourage child to explain picture*]

**Refer to picture 2:** You were asked to draw a picture of something you have done with your family in the last few months.

- a) Tell me about what you have drawn

**Refer to picture 3:** You were asked to draw a picture that tells me how you are feeling about yourself

- a) Tell me about what you have drawn

**Refer child to 'A Day in the Life of...' questionnaire that they have completed**

- 1) These questions ask about the food that you've eaten. You've filled it in before when someone came to visit last time [*reference to three month visit*].
  - c) Tell me about the changes you have made to what you eat, from the last time you filled it in

*Prompt: Why did you make these changes? What led you to make these changes? How did you find making these changes, was it difficult/easy, tell me more, anything else?*

- d) Tell me about the things you changed straight after or during programme, so not since last visit but from before then. Are you still doing those? *Give me an example*

**Refer to 'A Day in the Life of...' questionnaire again**

- 2) These questions also ask about some of the activities you have done. There are pictures of watching TV, walking, running [*point to pictures in questionnaire*]. You also filled this in last time someone came to visit.
  - c) Tell me about the changes you have made to your activities, from the last time you filled it in

*Prompt for school and home activities: Why did you make these changes? What led you to make these changes? How come you started that? How did you find making these changes [pause], was it difficult/easy, tell me more, anything else?*

- d) Tell me about the things you changed straight after or during programme, so not since the last visit but from before then. Are you still doing those? *Give me an example.*

**Refer child to the PedsQL questionnaire - About My Feelings sub-section & picture 3**

- 3) These questions ask about your feelings [*Pause – allow child to respond. If no response then ask question 3a*]

- d) *Refer to picture 3 – Tell me more about this picture you have drawn [long pause]*

- e) Tell me more about how you are feeling about yourself

*Use range of probes based on responses to Q1-5: E.g. tell me about these responses, can you tell me more, why do you feel this way, give me an example, tell me about a time when you've felt this way*

- f) Since the last time someone came to see you, do you feel better about yourself in any way? *Why? Give me an example of this.*

- g) Since the last time someone came to see you, do you feel worse about yourself in any way? *Why? Give me an example of this.*

- h) Since the last time someone came to see you, do you feel the same about yourself in any way. *Why? Give me an example of this.*

- i) Did the way you feel about yourself change, not since the last time someone came to visit but from the very beginning (of programme or study)?

*If yes, do you still feel this way? If no, what stayed the same?*

- 4) Refer to family pictures (1 & 2) drawn earlier.** Now I would like to ask you more about how things are at home for you? [*Pause – allow child to respond. If no response, ask question 4a*]

- a) How are things at home for you?

*Use range of probes: Is it like that all the time? Is anything different at home? What's the same?*

- b) Since the last time someone came to see you, do things at home feel better in any way? *Why? Give me an example of this.*

- c) Since the last time someone came to see you, do things at home feel worse in any way? *Why? Give me an example of this.*

- d) Since the last time someone came to see you, do things at home feel the same in any way? *Why? Give me an example of this.*

- e) Did the way you feel about home change, not since the last time someone came to visit but from the very beginning (of programme or study)?

*If yes, do you still feel this way? If no, what stayed the same?*

- 5) Now I would like to talk about how you feel about school

*[Pause – allow child to respond. If no response then ask question 5a]*

- a) How do things feel for you at school?

*Explore friendships, clubs, food, subjects, teachers, etc.*

- b) Since the last time someone came to see you, do things at school feel better in any way? *Why? Give me an example of this.*
- c) Since the last time someone came to see you, do things at school feel worse in any way? *Why? Give me an example of this.*
- d) Since the last time someone came to see you, do things at school feel the same in any way? *What's the same? Give me an example of this.*
- e) Did the way you feel about school change, not since the last time someone came to visit but from the very beginning (of programme or study)?

*If yes, do you still feel this way? If no, what stayed the same?*

- 6) Are you happy you took part in the FFH/usual care activity?

*Why*

- 7) Would you tell your friends that they should take part in the FFH/usual care activity?

*Probe: why*

- 8) Last question; is there anything else you would like to say?