

**Key Qualitative Research Aims:** What are the participants' views of the programme? What changes have they made (or not)...how and why? What facilitates change? What inhibits change?

NOTE: FFH parents to have their end of programme evaluation questionnaire available to them.

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' when you officially start the interview.

### **(a) Families for Health Parent Interview Schedule**

-Has anything changed in the life of your family/household since we first visited you?

*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?)*

*Ensure you mention the Families for Health programme at this point, e.g. thanking them for filling out the programme evaluation.*

-How did you feel when you (choose one – you will already have checked this in the baseline recruitment questionnaire)...

- Were approached to take part?
- Saw/heard the advert?

-What motivated you to take part?

-Why did you decide to join?

-So, what did you get out of it? *If necessary, prompt for each 'thing' by saying, Can you tell me more? If necessary prompt for changes made (how and why?), what help, what didn't help.*

In your questionnaire you have already talked about many aspects of the programme (pick up questionnaire as prompt)...

*NOTE: if parent says 'I've said it all in the questionnaire', mention that you haven't looked at it yet and you'd like to hear it in their own words.*

-Can you expand on topics that have been particularly useful? *Refer to questions 7, 8 and 9 in questionnaire, checking for ones where they scored highly. Prompt for how used in family. Anything else? If found nothing useful, e.g. nothing haven't heard before, ask what they learnt previously which is already in place and make it clear that this is from previous experience.*

-Can you expand on topics that you did not find useful? *Refer to questions 7, 8 and 9 in questionnaire, checking for ones they scored as low. Prompt why. Anything else?*

-What are you still using?

-What have you changed? *Prompt by referring to things just talked about or referring to the questionnaire, questions 7-13. Anything else?*

-How have you found making these changes? *Prompt what made it easier/difficult.*

-In your questionnaire, you have told us some things about how you felt about the group sessions. Is there anything you have thought of since, or which was too complicated to write, that you would like to tell me about how the group session went?

*Probe: Check detail of the answers (6 a, b, c) in the questionnaire and probe accordingly – group atmosphere/venue/length of session and programme/facilitators/group structure*

How did the programme compare with your expectations?

Have you had any support for your child's weight in the past? *If yes, what?*

*(If you already know the answer to this, mention the programme, e.g. 'You told me that you have attended the xxx programme in the past')*

-How does FFH compare?

-How do you think the programme could be improved?

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

## **(b) Usual Care Parent Interview Schedule**

-Has anything changed in the life of your family/household since we first visited you?

*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?)*

-Which intervention did you attend? *Prompt: Show card with list if necessary. Help to clarify by asking what happened. If Change4Life Advisor or nurse support, refer to 'programme' as 'one-to-one' from now on.*

-Can you tell me a bit about what was involved? *Prompt for the basic details, e.g. how long was the programme, weekdays/weekend, length of session, how many did they attend?*

-How did you feel when you (choose one)...

- Were approached to take part?
- Saw/heard the advert?

-What motivated you to take part?

-Why did you decide to join?

-So, what did you get out of it? *If necessary, prompt for each 'thing' by saying, Can you tell me more? If necessary prompt for changes made (how and why?), what helped, what didn't help.*

-Can you expand on topics that have been particularly useful? *Prompt for how used in family. Anything else? If found nothing useful, e.g. nothing haven't heard before, ask what they learnt previously which is already in place and make it clear that this is from previous experience.*

-Can you expand on topics that you did not find useful? *Prompt why.* Anything else?

-What are you still using?

-What have you changed? *Prompt by referring to things just talked about or to the questionnaire.* Anything else?

-How have you found making these changes? *Prompt what made it easier/difficult.*

-How did the programme compare with your expectations?

-Have you had any support for your child's weight in the past? *If yes, what?*

*(If you already know the answer to this, mention the programme, e.g. 'You told me that you have attended the xxx programme in the past')*

How does 'current programme' compare?

-How do you think the programme could be improved?

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