

# 1. PARENT/CARER INTERVIEW TOPIC GUIDE

## Interview objectives

- To explore the participant's experience of the First Steps programme
- To explore the reasons for non-attendance and non-completion of the First Steps programme
- To explore the strengths and weaknesses of the First Steps programme for the participant
- To gain views on how the programme could be designed to increase its appeal
- To gain views on how the structure content and delivery of the programme could be adapted to make it more relevant to Bangladeshi and Pakistani communities

## Notes

The interview will be split into two parts. Firstly the interviewee will be asked to tell their story from when they were contacted by the First Steps programme. The idea of this section is to give the participant a chance to tell the story in the way that they want to tell it. This is important because answering specific questions, for example specific issues about recruitment, without first understanding the wider context may miss important points relevant to designing a more effective programme. In the first part of the interview, the interviewee will be given prompts in order to tell their story in the fullest way possible, i.e. what happened next? How did you feel about that? Or prompts that simply reflect back what they might be saying – you didn't want to attend these sessions?

The second part of the interview will be more structured and aimed at filling in the gaps left by the narrative part of the interview. This part of the interview will address specific points that are important to the project team that may or may not have been answered in the first section of the interview. The interviewer should introduce this section of the interview, thanking the participant for telling their story and then asking permission to follow up on points that they raised and asking additional questions.

## Before the interview begins

- Ensure the participant has read the information leaflet, or read the leaflet to the participant in their preferred language and dialect.
- Ensure the participant feels able to ask any questions about the research, including issues about confidentiality, the findings of the research and where the research will be disseminated, before being asked to sign the consent form.
- Explain that you would like to have a few details about themselves and their child before talking to them about their experiences of the First Steps programme.
- Explain that they don't have to answer all the questions just because they have consented to the interview, and that they can take a break or stop the interview at any time.
- Explain that you are there to understand more about their experiences and that they will have some time at the end of the interview to talk about any other issues that are important to them that may not have been covered by the questions.

- Check that they are happy to be audio-recorded and that they have signed for this on the consent form.
- Start audio-recording and begin the interview.

## SECTION 1

- **Please can you tell me about your experiences, from how you first heard about First Steps to what happened next?**
- **How did you first know about the programme?**
- Can you talk me through what happened when the programme staff **first contacted you?**
  - Would you **suggest any changes to this?** / What would have been the best way to hear about the programme?
- **What is your understanding of** what the **First Steps programme** involves / what it is trying to achieve?
- **How did you feel about being invited** to attend the programme?
- **Did you attend any sessions?**
  - What were your **first impressions** of the programme?
  - **How many sessions** did you get to?
  - **What happened in the sessions that you attended** and what did you think about them?/What did you think about the way in which First Steps was run and delivered?
- Can you tell me something about **why you didn't go to any more sessions/why you didn't continue with First Steps?**

## SECTION 2

- **If you were designing a programme, what would you do to make it useful for you and your family?**
- What are your ideas about **what works for people** who would like help with their child's diet and lifestyle?
- Can you **tell me about your child's diet or activity habits?**
- What **would you most like support with?**
- Do you think that **language** is an issue with this type of support? Can you tell me more about that? *If they think it's a problem:* What type of support do you think should be available?
- Do you think there are any particular **religious/cultural/local issues** that need to be taken into account?
- Are there any **practical issues** that families face when they are invited to attend this sort of programme?
- Do you think that **running a group programme works for families?**
- After the programme has finished, do you think there should be any **follow up support?** If so what would you like to see?

- Would you use a First Steps **website** if one was available? What sort of content would you like to see on there?

Finish the interview: We've talked about a number of issues and I've asked quite a few questions, are there any questions that I should be asking that I haven't yet? Is there anything else you would like to talk about?

## 2. PARENT/CARER FOCUS GROUP TOPIC GUIDE

### Focus group objectives

- To explore the participants' experiences of the First Steps programme
- To explore reasons for attendance and completion of the First Steps programme
- To explore the strengths and weaknesses of the First Steps programme for the participant
- To gain views on how the programme could be improved
- To gain views on how the structure content and delivery of the programme could be adapted to make it more relevant to families like them.

### Before the focus group begins

- Ensure the participants have read the information leaflet, or read the leaflet to the participants in their preferred language and dialect.
- Ensure the participants feel able to ask any questions about the research, including issues about confidentiality, the findings of the research and where the research will be disseminated, before being asked to sign the consent form.
- Explain that you would like to have a few details about themselves and their child before talking to them about their experiences of the First Steps programme and ask them to complete the participant questionnaire. If the focus group is going to be run in a language other than English, take the participants through the questions in their own language to aid completion. Explain that they don't have to answer all the questions just because they have consented to the focus group, and that they can take a break or stop at any time.
- Explain that you are there to understand more about their experiences and that they will have some time at the end of discussion to talk about any other issues that are important to them that may not have been covered by the questions.
- Check that they are happy to be audio-recorded and that they have signed for this on the consent form.
- Start audio-recording and begin the focus group.

### Welcome, introductions and explain purpose of the focus group

#### Splitting the focus group down into three areas:

- (i) Getting invited**
- (ii) Your experiences of the programme itself**
- (iii) How you think it could be improved**

#### 1. Getting invited

- **Please can you tell me about your experience of the First steps programme right from when you were first approached?**
  - How did you first hear about the programme?
  - What happened when the programme staff first contacted you?
  - How did you feel initially about attending the programme?

- Can you tell me why you wanted to attend the programme?
- How many sessions did you get to?

## **2. Your experiences of the programme itself**

- **Please tell us about your experiences of attending First Steps**
  - Did you feel welcomed into the sessions?
  - Tell me about what happened in the sessions that you attended and what did you think about them?
  - What did you think of the session presenter?
  - Did you find anything in the sessions interesting or useful to your family?
  - Was there anything that you didn't like about the sessions?
  - Did you have any problems or difficulties in getting to the sessions
  - Did you have any difficulty in the sessions themselves?
  - Did your children attend just the first and last, or all?

## **3. How do you think the programme could be adapted so that it appealed more to families?**

- Would you make any changes to the programme?
  - Time and location?
  - Practicalities of attending?
  - What about children attending
- Is there anything in the content of the sessions which you thought didn't work?
- Is there anything you would have like to have learned about which wasn't covered?
- Can you tell us about your family's diet and activity habits
- What is it you feel you would like the most support with?
- Do you think there are other areas of support for diet and activity that other families would benefit from?
- How do you think people who would benefit from help with their child's diet, exercise and weight could be best supported? What are your ideas about what works?
- What are some of the reasons you think people find it difficult to change their diet and activity habits?
- Do you think language is a barrier to attendance at First Steps? How do you think this could be addressed?
- Are there any religious/cultural/local issues that need to be taken into account?
- Do you think families need longer term support? Was this offered to you?

Finish focus group: give participants an opportunity to raise any other points.