

Parent Interview Schedule (intervention schools only)

Introduction

Thank you so much for agreeing to participate in this interview in order to expand on your questionnaire responses, we really appreciate your time. The aim of the interview is to understand yours and your family's experience of HeLP and any impact it may have had so that we can learn for future development. We are happy to hear all types of feedback, so please feel free to express anything that you think we could have done differently to improve the programme.

The interview will take around 15 minutes and will be audio taped to ensure that we do not miss anything. All information you provide will be anonymised. Before we begin please feel free to ask any further questions.

Once I switch the recorder on I will say your name and the date and then we can begin.

Questions

1. What were your overall views of the programme? (probe whether they attended any parental engagement activities)
2. You mentioned that XXX talked about the Healthy Lifestyles programme (a lot; a little); please could you expand on the sort of conversations you had.
3. We asked in the questionnaire about the HeLP goals, which were set around the three key messages of reducing fizzy drink consumption, replacing unhealthy snacks with healthy alternatives and reducing screen time. You thought that it was easy/quite easy/quite difficult/difficult for XX to make these changes. Would you be able to expand on the reasons for this?
4. You indicated that you noticed changes in XX choice of snacks/drinks/screen time/physical activity. Please could you tell me a little more about these changes?
5. Is XX managing to maintain these changes at all? (if so probe how; if not probe why this might be).
6. You mention that the family have made some changes as a result of HeLP, please could you expand on these.
7. Are the family/you managing to maintain these changes?
8. Is there anything else you would like to say about HeLP in particular or healthy lifestyles in general? Probe if there is anything we could have done differently to help us refine the programme for roll out.