

## **I: Topic guide for participant interviews**

The following topics are areas to be discussed during the interviews. They were formulated using the research questions aims, objectives and outcomes with the addition of areas suggested by the stakeholder panels. The areas will be expanded upon within the interviews to gain a wide range of opinion.

General introduction to the interview and its purpose.

Perception of the process in general.

General enjoyment both being involved in research and taking part in the exercise programme.

Focussed areas for discussion;

- Explore reasons for volunteering to take part in the research study

- Explore expectations of the process of being involved in research

- Explore personal goals and whether these were met

- Identify the positive aspects (facilitators)

- Explore the reason(s) for withdrawal (barriers)

- Examine if withdrawal could have been avoided (for those who withdrew)

  - Additional support?

- Identify what was liked and disliked about the processes

  - Recruitment

  - Randomisation

  - Data collection visits (outcomes being measured)

  - Exercise programme

  - Information given (when, format)

Any other things not covered which they feel are important.

Thank the participant and bring the interview to a close.

## **II Participant interviews: adapted FaME completers**

The following topics are areas to be discussed during the interviews. They were formulated using the research questions aims, objective and outcomes. The areas will be expanded upon within the interviews to gain a wide range of opinion.

General introduction to the interview and its purpose.

Perception of the process in general.

General enjoyment both being involved in research and taking part in the exercise programme.

Focussed areas for discussion;

- Explore reasons for volunteering to take part in the research study

- Explore expectations of the process of being involved in research

- Identify what was liked and disliked about the processes (facilitators and barriers)

  - Recruitment

  - Randomisation

  - Data collection visits (outcomes being measured)

  - Exercise programme

  - Information given (when, format)

  - Level of support

Any other things not covered which they feel are important.

Thank the participant and bring the interview to a close.

## **III Exercise practitioner structured interviews**

Pre training on the adapted FaME programme.

These areas have been taken from the specific identified project outcomes. They are aimed at exploring the practitioners changing perspectives of the intervention, over the duration of the intervention.

Each participant will be asked the questions below using the words below and in the same order.

What is your previous experience of the FaME programme?

What do you think the main benefits of the FaME programme are?

What do you think the main issues to adapting FaME to a visually impaired population are?

How do you think these can be overcome?

What specific adaptations would you like to see?

Post-delivery of the adapted FaME programme.

How well do you think the adapted programme went when compared to your previous experience?

What have been the main benefits of the adapted FaME programme?

What were the main issues?

How well do you think these were overcome?

What other adaptations would you recommend?

Would you recommend the adapted FaME programme to a visually impaired client?