## HelpMeDoIt! process evaluation framework.

Android, iOS? How did participants/helpers access the website e.g. on phone, on desktop, on tablet?  Fidelity Were any adaptations needed to the planned intervention?  Exposure How often did participants/helpers use the app and website? How often did participants/helpers interact with each other via the app and website?  How well does the study sample represent the population of interest?  To what extent did the intervention reach and influence people other than recruited participants, including helpers?  Programme theory and logic model How did participants perceive their social support for healthy eating and physical activity changed throughout the intervention?  What elements of the programme theory were potentially impacting the intervention?  What are the difficulties in recruitment?  What is the attrition rate overall and by group?  Contamination and the control  Analysis of data usage statistics.  Descriptive statistics  Qualitative interviews with participants and helpers  Qualitative interviews with participants  Qualitative interviews with participants and helpers  Qualitative interviews with participants  Qualitative interviews with participants	Measure	Examples of questions addressed	Method	
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