

## Supplementary document 9

### Topic guide for interviews on completion of Slimming World® (Alfreton, UK) offer

**Primary aim:** acceptability of study procedures and processes

**Secondary aim:** continuity/sustainability of weight loss for intervention women (understanding how/why the intervention/involvement in the study worked for them or not). Theoretical framework = COM-B

Sample: “reflect diversity in group and range in weight loss (n=15-20 women interviewed including five women who completed intervention)”

- Target women who did not complete QR/turn up to be weighed by midwives
- Intervention women (some that we interviewed at 6 months to give a longitudinal sample; some new ones). Target some that attended/didn't; some that continued/didn't
- Control women (? Any that joined SW anyway?). Some that lost weight/didn't.

**Intro:** *The purpose of the interview is to understand how you experienced taking part in this study. As you may remember, we are hoping to use the findings from this study to help us determine whether we can do a bigger study to really investigate whether offering SW postnatally is something that could work for women. Your views about taking part are therefore very important to us whether or not you were allocated to the SW intervention.*

## **INTERVENTION GROUP**

### **Section 1: Understanding the study and views about taking part**

- Motivations for participating in the study – why you were happy to participate/ Was losing weight important to you after having a baby?/why/why not?
- How optimistic were you about being able to lose weight?
- Understanding of purpose of the study and why it took place
- Has taking part in the study met with your expectations about what participation involved (if not –why not)?
- Do you have any comments about taking part in the study so far (questionnaires, weighing, procedures/timing of intervention)
- Feelings about being allocated to their particular study group/understanding of why this happened (randomisation) –why this was important. How do they think they would have felt if allocated to the control group? Would they still have taken part?

### **Views about study processes**

- Views about study information given when pregnant/before the study started
- Timing of invitation/length of time to consider taking part /views about weight checks at 6 & 12 months (how you felt about coming in to be weighed/what made you come in to be checked – incentives/vouchers) Views about Timing and frequency of weight checks and questionnaires
- Completion of questionnaires (content/topics-relevance – time taken to complete, understanding of need to answer questions)
- Could anything be improved to the study recruitment and procedures?

### **Section 2 Weight management (*explore capability, motivation and opportunity in relation to SW and weight management generally*)**

#### **Joining SW**

- How old was your baby when you decided to start SW?
  - Why did you choose to start at this time? (probe around postnatal timing)
  - Was this the right time for you (Why/why not)
  - If not when would have been the right time for you?

- Did you participate in the full 10/12 week programme offered to you? If so what helped you to do that?
- If not what prevented you?( time to attend/competing priorities/ other
- What would have to change to make it easier for you to attend?
- Did you continue after the 12 weeks? – Can you tell me why you did/didn't?
  - Cost
  - Did the SW consultant speak to you about continuing? What was said about this/was cost mentioned?

### **The intervention**

- How easy did you find following the SW diet? What helped/hindered in relation to this? [understand it, able to find recipes/food in supermarket, integrate into family meals etc]
- Did you find it easy to get to Group? (did you stay to Group or just get weighed?) were you able to take your baby with you? Timing/location etc.
- Did you use any of the other resources available via SW – the app, website, booklets etc? how easy were they to use?  
Understanding/comprehension.
- Did you lose any weight whilst going to SW? how did this feel? Did you have any gains? How did that feel/were you supported to understand and overcome any disappointment if you gained/maintained? Were you able to get back on track? (if yes what did you do/if not – what made it difficult?
- Did you feel supported to do SW a) by the consultant/group members? In what way/ how did that impact on you
- What did you think about SW as a weight management intervention (the whole thing – diet, support from consultant, support from Group, body magic, being weighed every week, having targets for weight loss etc)?
- Experiences of managing weight – diet and physical activity since having your baby eg food eaten/how cooked/exercise/ any changes to your lifestyle that you may have made since you were pregnant. How/has the SW intervention contributed to this? Did/do you plan your meals?
- Has SW intervention impacted on your partner/family diet at all?
- Views about what makes a healthy diet
- Sustainability of diet and lifestyle changes – barriers and facilitators to healthy lifestyle

- Experiences of and contact with other sources of support which help people to manage their weight eg joining a weight management group (contamination) /how effective has this been
- Lifestyle leaflet: do they remember seeing/reading it? If so do they think it made a difference in any way? If not, remind them what was in it (that it covered x , y and z) and ask them if they think this is useful to provide and if so when/how to provide it.
- Any other information they think would be useful to tell women at the start of the study (about the study, or about SW) so that they can get the most out of it.

**Any other comments**

## Topic guide for 12 month interviews

**Primary aim:** acceptability of study procedures and processes

**Secondary aim:** continuity/sustainability of weight loss for intervention women (understanding how/why the intervention/involvement in the study worked for them or not). Theoretical framework = COM-B

Sample: “reflect diversity in group and range in weight loss (n=15-20 women interviewed including five women who completed intervention)”

- Target women who did not complete QR/turn up to be weighed by midwives
- Intervention women (some that we interviewed at 6 months to give a longitudinal sample; some new ones). Target some that attended/didn't; some that continued/didn't
- Control women (? Any that joined SW anyway?). Some that lost weight/didn't.

**Intro:** *The purpose of the interview is to understand how you experienced taking part in this study. As you may remember, we are hoping to use the findings from this study to help us determine whether we can do a bigger study to really investigate whether offering SW postnatally is something that could work for women. Your views about taking part are therefore very important to us whether or not you were allocated to the SW intervention.*

## **INTERVENTION GROUP**

### **Section 1: Understanding the study and views about taking part**

- Motivations for participating in the study – why you were happy to participate/ Was losing weight important to you after having a baby?/why/why not?
- How optimistic were you about being able to lose weight?
- Understanding of purpose of the study and why it took place
- Has taking part in the study met with your expectations about what participation involved (if not –why not)?
- Do you have any comments about taking part in the study so far (questionnaires, weighing, procedures/timing of intervention)
- Feelings about being allocated to their particular study group/understanding of why this happened (randomisation) –why this was important. How do they think they would have felt if allocated to the control group? Would they still have taken part?

### **Views about study processes**

- Views about study information given when pregnant/before the study started
- Timing of invitation/length of time to consider taking part /views about weight checks at 6 & 12 months (how you felt about coming in to be weighed/what made you come in to be checked – incentives/vouchers) Views about Timing and frequency of weight checks and questionnaires
- Completion of questionnaires (content/topics-relevance – time taken to complete, understanding of need to answer questions)
- Could anything be improved to the study recruitment and procedures?

### **Section 2 Weight management (*explore capability, motivation and opportunity in relation to SW and weight management generally*)**

#### **Joining SW**

- How old was your baby when you decided to start SW?
  - Why did you choose to start at this time? (probe around postnatal timing)
  - Was this the right time for you (Why/why not)
  - If not when would have been the right time for you?

- Did you participate in the full 10/12 week programme offered to you? If so what helped you to do that?
- If not what prevented you? (time to attend/competing priorities/ other
- What would have to change to make it easier for you to attend?
- Did you continue after the 12 weeks? – Can you tell me why you did/didn't?
  - Cost
  - Did the SW consultant speak to you about continuing? What was said about this/was cost mentioned?

### **The intervention**

- How easy did you find following the SW diet? What helped/hindered in relation to this? [understand it, able to find recipes/food in supermarket, integrate into family meals etc]
- Did you find it easy to get to Group? (did you stay to Group or just get weighed?) were you able to take your baby with you? Timing/location etc.
- Did you use any of the other resources available via SW – the app, website, booklets etc? how easy were they to use?  
Understanding/comprehension.
- Did you lose any weight whilst going to SW? how did this feel? Did you have any gains? How did that feel/were you supported to understand and overcome any disappointment if you gained/maintained? Were you able to get back on track? (if yes what did you do/if not – what made it difficult?
- Did you feel supported to do SW a) by the consultant/group members? In what way/ how did that impact on you
- What did you think about SW as a weight management intervention (the whole thing – diet, support from consultant, support from Group, body magic, being weighed every week, having targets for weight loss etc)?
- Experiences of managing weight – diet and physical activity since having your baby eg food eaten/how cooked/exercise/ any changes to your lifestyle that you may have made since you were pregnant. How/has the SW intervention contributed to this? Did/do you plan your meals?
- Has SW intervention impacted on your partner/family diet at all?
- Views about what makes a healthy diet
- Sustainability of diet and lifestyle changes – barriers and facilitators to healthy lifestyle

- Experiences of and contact with other sources of support which help people to manage their weight eg joining a weight management group (contamination) /how effective has this been
- Lifestyle leaflet: do they remember seeing/reading it? If so do they think it made a difference in any way? If not, remind them what was in it (that it covered x , y and z) and ask them if they think this is useful to provide and if so when/how to provide it.
- Any other information they think would be useful to tell women at the start of the study (about the study, or about SW) so that they can get the most out of it.

**Any other comments**



## CONTROL GROUP

### Section 1: Understanding the study and views about taking part

- Motivations for participating in the study – why you were happy to participate
- Understanding of purpose of the study and why it took place
- Has taking part in the study met with your expectations about what participation involved (if not –why not)?
- Do you have any comments about taking part in the study so far (questionnaires, weighing, procedures/timing of intervention)
- Feelings about being allocated to their particular study group/understanding of why this happened (randomisation) –why this was important. Did they understand the importance of having a control group and that their role in the study was equally important? Was it a good enough incentive to be offered SW after the study ended

### Views about study processes

- Views about study information given when pregnant/before the study started
- Timing of invitation/length of time to consider taking part /views about weight checks at 6 & 12 months (how you felt about coming in to be weighed/what made you come in to be checked – incentives/vouchers)  
Views about Timing and frequency of weight checks and questionnaires
- Completion of questionnaires (content/topics-relevance – time taken to complete, understanding of need to answer questions)
- Could anything be improved to the study recruitment and procedures?

### Section 2: Weight management (*explore capability, motivation and opportunity*)

**(Do we want to add in any questions specifically about the SW plan if women were offered and took this up this at the end of the control period?- although this will come up in the responses to the questions below)**

- Was losing weight important to you after having a baby?/why/why not?
- How optimistic were you about being able to lose weight?
- Experiences of managing weight – diet and physical activity since having your baby eg food eaten/how cooked/exercise/ any changes to your

lifestyle that you may have made since you were pregnant. Did/do you plan your meals?

- Support from spouse/family for weight management (share cooking?)
- Views about what makes a healthy diet/how best to manage weight
- Sustainability of diet and lifestyle changes – barriers and facilitators to healthy lifestyle
- Experiences of and contact with other sources of support which help people to manage their weight eg joining a weight management group (contamination) /how effective has this been? Did they join SW anyway? Did they join after the study period had ended?
- Any other information they think would be useful to tell women at the start of the study (about the study, or about being in the control group, or about SW) so that they can get the most out of it.

**Any other comments**

## Topic guide 2

# Intervention women offered Slimming World® (Alfreton, UK) but did not attend

***Aim: acceptability and experience of intervention (and of study procedures so far – recruitment, randomisation, baseline questionnaires etc)***

### **(1) Background questions (warm up)**

How old is your baby now?

Do you have any other children (ages)?

***As you know, we wish to know about your experience of the Slimming World® (Alfreton, UK) intervention (and lifestyle leaflet) but before we talk about that, it would be great to know a bit more about you and whether you have tried to lose weight before this current pregnancy?***

Have you tried structured weight loss programmes like SW/WW before?

What have you found works for you in the past (if anything)?

What have the main barriers been for losing weight and/or sustaining weight loss?

### **(2) Participating in the study**

- Can you tell me a bit about the reasons why you agreed to take part in this study?

***You may remember that the study involves two groups of women- one who were given free access to SW (your group) and another that wasn't – and women were 'randomly allocated' to one or the other group (like flipping a coin to see which group they got).***

- How do you think you would have felt if you had not been given the SW intervention?
- Did you understand why it was important to have a group that didn't get SW?

- Do you think you would have still participated in the study? (help us determine if SW is acceptable/feasible?)
- Do you think you might have still joined SW yourself if you hadn't been given it for free as part of this study?

### **(3)Joining SW**

*I understand that you decided not to attend any of the SW groups offered to you – can you tell me a bit more about this?"*

- Can you tell me what prevented you attending the others? (timing/baby care, weight gain)  
Was this the right time for you? (why?/not?) If not, when would have been the right time for you?
- We offered women the choice to start SW anytime from when their baby was 8 weeks old to when the baby was 16 weeks old – do you think this is a wide enough window of time? Why/Why not
- Could anything have made it easier/better for you to attend? [explain what]
- Did a SW consultant contact you to arrange for you to attend the first group?
- Would you like to say anything about their contact with you?
- Did they offer to contact you at a later date if you were not sure about attending at that timepoint?"

### **(4) Lifestyle booklet**

- Do you remember receiving a lifestyle leaflet when you joined the study which included information on diet, exercise and breastfeeding?
- Did you read it when you first got it? Did you ever go back to it again later?
- Were there any aspects of the leaflet that you particularly liked/did not like?
- Did it help you in anyway? (please describe how it helped/or why you didn't find it helpful)
- Could it be improved in any way? (how-please describe).
- When do you think women would find the information in this booklet most useful?

### **( 5) Other support for weight loss management**

In addition to attending SW, did you access support from other sources to help with weight loss? E.g exercise, online resources/others Tell me about these/How helpful have these been?

### **(6) Continuation/sustainability**

- How useful do you feel SW is as a means of losing weight for women who have had a baby? In what way
- Why do you feel it was not right for you?
- What would be the right point to offer women SW?

### **(7)Taking part in the study – your thoughts so far**

- Has taking part in the study (so far) met with your expectations about what participation involved (if not –why not)?
- When you agreed to take part in the study, what were your initial thoughts on being offered SW? Did you know what joining SW would involve?
- Had you heard of SW and were your feelings about it?
- Do you have any comments about taking part in the study so far (questionnaires, weighing, procedures/timing of intervention