



INVESTIGATORS

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**TITLE: Dubbo Young Adult Males Focus Group and Interview Study (DYFIS):
Will text messages and incentives help promote weight loss?**

FOCUS GROUP and INTERVIEW QUESTIONS

Interview protocol (questions, discussion – prompts (PRT) & probes (PRO))

- 1) What are your views about overweight/obesity (OWOB)?**
PRT/PRO
 - a. Is OWOB a problem? (health/ social problem?)
 - b. How relevant is OWOB to you?
 - c. Have you ever tried to lose weight? What did you do?/ how well did it work?
 - d. What do you think causes OWOB?
 - e. Would OWOB cause any health problems for young men like you?
- 2) How do you think we could promote**
 - a. Healthy eating, regular exercise, other measures
- 3) What will motivate you to lose weight?**
PRT/PRO
 - a. What would influence you to lose weight?
 - b. What do you think is a realistic weight loss per month if one is actively trying to lose weight?
 - c. What type of incentives would you be interested? - e.g. movie tickets, gift vouchers, running shoes, gym memberships, cash
 - d. If you are interested in cash payment as incentives what (reasonable) amount would be adequate
- 4) What do you think about using text messages to promote weight loss?**
PRT/PRO
 - a. What kind of TEXT messages would you be interested?
 - b. Text messages – a good way of communicating about healthy eating?
 - c. Text messages – a good way of communicating about regular exercise?
 - d. How frequent would you like to receive health promotion Text message?
 - e. Would you let others know if you were doing something positive regarding your health? e.g. exercising, having fruits (using TWITTER?)
 - f. Would it be a problem if we call you on your mobile regarding health promotion
- 5) How can we recruit people like you to a study similar to this?**
PRT/PRO
 - a. What would make you want to be involved in a study like this?
 - b. Would you tell a friend about this study?
 - c. Where can we recruit young adult males for a study like this?
- 6) Would you like to know the results of this Focus Group Study? How?**
- 7) Any other issues you would like to raise/discuss?**