

Exploring physical activity participation in children with Type 1 Diabetes: perceptions of parents

Telephone Interview Guide: Parents of children with Type 1 diabetes

Aim: understand parent's perceptions of physical activity for their children with T1DM from an ecological approach

1. Introduction

- General introduction
 - Is it a convenient time to talk?
 - Can you hear me clearly?
- Personal introduction
 - PhD researcher and nature of the research
- Recap purpose of the study
 - I'd like to ask you about your child's physical activity
 - **IF INTERVIEWEE IS HAPPY FOR ME TO DO SO**, the interview will be recorded and then I will type it all up to use as data for my research.
 - If there's any questions you do not want to answer then that's ok and if at any time you want the interview to stop that's fine too.
 - I expect the interview to last about 30-45minutes, is that ok?
- If it's ok with you I will turn the recorder on now and everything we talk about from now on will be recorded.

Start recording

Obtain verbal consent to participate on tape

Before we begin:

- Have you received and read the information sheet?
- Have you read the consent form?
- Have you asked all the questions you want to ask about this study?
- Now that I have recapped the purpose of the study and you have read the consent form, are you happy to continue with the interview?

****RECEIVE VERBAL CONSENT BEFORE CONTINUATION****

1. Background information

I'll start by asking you about you some general questions about home-life and diabetes.

- Who is in the family home at the moment?
 - Prompt brothers/sisters
- How old is x ?
- When did x get diagnosed with diabetes?
 - How was that?
- How is x managing the diabetes now?
- How does x get on in school?

2. Physical activity in children with type 1 diabetes

Next I am going to ask you about x's participation in physical activity.

- What sorts of physical activities does x take part in?
 - Prompt in school
 - Prompt out of school
 - How does x feel about taking part in physical activities?
 - Prompt Is there anything x particularly enjoys?
 - Prompt Is there anything that x finds difficult? Why.
- How do you think X's diabetes affects his/her participation in physical activities?
 - Prompt What about strenuous activities such as team sports or running?
 - How do you feel about the amount of physical activity x has?
 - Prompt (if appropriate) why do feel x should be more active?
- What helps x to be physically active?
 - Prompt Peers, siblings, family, diabetes team, school/teachers, coaches – anybody else.
 - How do these people help/not help?
 - Prompt What would help x to be more active?
 - Prompt What stops/would stop x being active?
 - Can you foresee any changes in x's level of physical activity?

3. Demographic information

- Would you mind if I asked you some questions about yourself now?
 - What area of the country do you live?
 - Do you work outside the home?
 - Are you in paid employment?

4. Closing questions

- Is there anything you would like to add about x's level of physical activity?

5. Remuneration

We would like to offer you an Amazon voucher to thank you for your time.

- Could you provide your address so that I can post it out to you?

6. Thank you for your time.

Is there anything you are concerned about or would like to ask me before we finish?

(If necessary – signpost to external source of support)

****CONFIRM NO QUESTIONS OR CONCERNS****

END OF INTERVIEW

Stop recording.