

## Semi-Structured Interviews (Focus: Text Messages)

### Week 12 interview

Introductory Question: “Could you describe your experiences with the myPAthS exercise program?”

#### Themes

a) How was your experience with the program (difficulty/ease)? <ul style="list-style-type: none"><li>• Feedback on recording the exercise routine.</li></ul>
b) What do you think about the exercises? <ul style="list-style-type: none"><li>• Opinion about difficulty/appropriateness</li><li>• Effectiveness (what did you feel?)</li><li>• What would you change?</li></ul>
c) Share some thoughts about the text messages (SMS texting arm only) <ul style="list-style-type: none"><li>• How much (if at all) did the text messages help you to exercise?</li><li>• How/Why did it help/not help you?</li><li>• What did you mostly do with the text messages?</li><li>• What about the content and amount?</li></ul>
d) Recommendations/Suggestions (from participant)

“Is there anything you would like to add?”

### Week 24 interview

Introductory Question: “Could you describe your experiences with the myPAthS exercise program?”

#### Themes

a) Experiences over the second period <ul style="list-style-type: none"><li>• How easy or difficult was it for you to do it (initially and then after a longer time)?</li><li>• Describe changes in how you did the exercise compared to the first period</li></ul>
b) Text messages (only SMS texting arm) <ul style="list-style-type: none"><li>• Could you describe some differences between the time you received text messages and the time you did not receive text messages?<ul style="list-style-type: none"><li>• Did you miss the text messages?</li></ul></li></ul>
c) Future <ul style="list-style-type: none"><li>• Final conclusion/feedback about whole study</li></ul>
d) Recommendations/Suggestions

“Is there anything you would like to add?”