

## Appendix 1: Interview guide

- Introduction of ourselves, instruction and aim of the interview and general information about the project
- Asking permission for audio recording
- Providing information about privacy policy
  
- What was your motivation to participate in the e-Exercise study?
  - o Insurance coverage, advantages of the web-based intervention (patients)
- Information on the website
  - o Reasons for logging-in, how many logging in, study information, information about OA and related topics etc. (patients and PT's)
  - o What is your opinion about the information on the website? Useful? (patients and PT's)
  - o What did you learn from the website? Also with respect to health behavior. (patients)
- Why have you chosen to participate in this program/study? (patients and PT's)
- What are your experiences with the program (patients and PT's)
  - o Advantages/ Disadvantages
  - o Language
  - o Tone of texts
  - o Did you experience difficulties?
  
  - o Did you use help from others?
  
  - o Will you recommend e-Exercise to others?
- What is your opinion about the content of the program? (patients and PT's)
  - o Which elements did you (not) like?
  - o Are there elements of the program that must be improved?
  - o Flexibility of the program to tailor on needs, progress and physical capacity etc. (PT's only)
  - o Video exercises
  - o Information and themes
- Appropriateness of the amount of face-to-face guidance (patients and PT's)
  - o In order to reach the treatment goals
- Overall use and familiarity with technology (patients and PT's)
  - o Use of technology in practice/in the treatment of patients, such as digital agenda, YouTube videos, digital questionnaires etc.
- Did you participate in a physical therapy intervention before? (patients)
  - o If yes, what are the main differences?
- Were other people aware/involved during participation? (patients)
  - o What was the opinion of family/friends/neighbors about your participation in e-Exercise?
  - o Did you receive positive/negative reactions from others?
  - o Did people notice that you performed more physical exercises?
- What were the patient reactions with respect to e-Exercise? (PT's)
  - o Positive and/or negative?
  - o Do you think that patients benefit from de e-Exercise intervention?
  
  - o Does e-Exercise acts as a form of publicity in order to reach new target groups?
- How many patients were or were not suitable to participate the study? (PT's)
  - o What were the reasons for in- and exclusion?
  
  - o What is the main reasons why patients are or are not interested in e-Exercise?