

Suppl 1. Discussion guide for family interview

Duration: 60mins

Objective: Determine the contextual factors influencing the intervention outcomes and broader impact on participants' lives:

- Explore lifestyle
- Explore what has changed in the past six months since the programme
- Observe dynamics between family members

1. Introduction

5mins

- Welcome, thank you for taking part
- Explain who I am and today's purpose: to understand your thoughts and lives six months on from the Go4Fun programme.
- Explain there are no right or wrong answers, no judgment, the interview is strictly confidential, it will be recorded and transcribed for research purposes
- Signing and collection of consent form.

Tell me three things about yourselves:

- What you all like to do in your spare time - they might be different things!
- Favourite or ideal holiday
- Something that really bothers you

PART ONE: Their lives and attitudes

35mins

2. Their lives

(10mins)

- How would you describe your life? [*Encourage adjectives: fun, busy, relaxed, stressful, enjoyable, revolved around the kids, no free time*]
- What would you like to be doing more of – on your own and as a family?
- What would you prefer to be doing less of – on your own and as a family?
- How would you describe your home and living area?
 - Favourite and least favourite places – what do you like about these places? How do you feel there? Who do you go there with?
 - What would you change about where you live?
- How much time do you spend as a family? What makes it easier or harder to do things together?
- Do the kids do any after school or weekend activities? What makes it easier or harder to do these activities?
- How do you balance work/ school life, social life, family time, hobbies, studying, and all the different parts of your life?

3. Attitudes toward health and health behaviours

(25mins)

- LET THE KIDS SHOUT OUT FIRST: What comes to mind when I say "health" (capture their language and explore associations)

- PERSONIFICATION: If “health” walked into the room right now what would they look like?
 - Male or female/ age
 - What are they wearing? What job do they do (if an adult), where do they live?
 - What are the best things about their personality?
 - And the not so good things?
 - Describe their family and friends
 - What is your relationship to them?
 - What would they say to you?
 - Would you like to be like this person – why/ why not?
- What does it mean to be “healthy”? [*Prompt emotional, social, spiritual, intellectual as well as physical health*]
 - What are the benefits of being healthy?
 - Are there any compromises?
 - What emotions come with being healthy?
- How about “unhealthy”?
 - What are the consequences of being unhealthy?
 - In what circumstances do you think someone becomes unhealthy? Are there any benefits of being unhealthy? [*E.g. you get to eat chocolate*]
 - What emotions come with being unhealthy?
- How easy is it to fit in eating healthily and keeping active?
 - Are there any shortcuts to being active?
 - Are there any tips and tricks to eating healthily?

Their diets

- How “healthy” would you say your diets are? What do you base this on?
- Do you tend to eat the same things as a family?
- Do you ever eat together? What determines this?
- Do you pack a work lunch?
- How often do you cook at home? Who does the cooking?
- Where do you buy your groceries? How often? Who does the shopping usually?
- How has your diet and eating habits changed since the Go4Fun programme? (if at all)
- What has helped or gotten in the way of this change?
- How do you feel about healthy eating now?

Their activity levels

- How active are you all?
- Do you think you are more or less active than the average family of your ages?
- How have your activity levels or hobbies changed since the Go4Fun programme?
- How easy has it been to make these changes and stick to them?

- What has helped or gotten in the way?
- How do you feel about active living now?

PART TWO: Specific impact of the interventions

20mins

4. Overall perceptions

(10mins)

- LET THE KIDS SHOUT OUT FIRST: What words come to mind when you think about the Go4Fun programme?
- Thinking back over the whole ten week programme, which sessions stand out to you most?
 - What were the best bits? What did you like about it?
 - And the not so good bits? Why do you say this?
- How have your lives changed as a result of Go4Fun? (if at all)
- What has been the biggest benefit of the programme to you?
- What area of your lives has it impacted the most? [*Prompt emotional, social, intellectual, spiritual and physical*]
- How have your attitudes towards healthy eating been affected? (if at all)
- How have your attitudes towards exercise and being active been effected (if at all)
- What are you doing now specifically that is different to before you participated in the Go4Fun programme? (if anything)
- Which parts of the programme do you think led to these changes?
- How do you feel six months on from the programme?

5. Impact of SMART goal setting and rewards

(10mins)

- Do you remember how to set a SMART goal now?
- How have you been feeling about goal setting and doing goals since the programme ended?
- How easy has it been to fit the six-month goals into your life since the programme?
- What has helped or hindered you?
- How much did the rewards help to motivate you during the programme?
- Have the text messages in the last six months helped at all? In what way?
- How have you found carrying on with the goals without the rewards?
- Have you carried on with giving rewards in the family?
- Which have you found easier/ harder - the nutrition goals or exercise goals? Why is this?
- Which behaviours have continued the most since the programme?
- What has helped you keep it up?
- What has gotten in the way?
- What else would make it easier to carry on the same activities or healthy eating?

Thank and close

- Anything else to add?
- What has been the biggest impact of the Go4Fun programme on your lives?