

Suppl 3. Discussion guide for parent focus group

Duration: 60mins

Overall objective: Determine the degree the goals and rewards intervention was implemented as intended:

- Explore how well specific intervention components were received and engaged
- Explore understanding, motivation, perceived benefits, strengths, and weaknesses of the interventions, and suggestions for improvement

1. Introduction

5mins

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

Group Introductions: Ask the group to introduce themselves one by one and give three facts about themselves:

1. What you like to do in your spare time
2. Favourite or ideal holiday
3. Something that really bothers you

PART ONE: Their lives and attitudes

15mins

2. Their lives

(10mins)

- FLIPCHART: How would we describe our lives? [*Encourage adjectives: busy, relaxed, stressful, enjoyable, revolved around the kids, no free time...*]
- What would we like to be doing more of?
- What would we prefer to be doing less of?
- BRIEFLY GO ROUND GROUP & DRAW ON FLIPCHART: Describe what a typical day looks like for you [*Prompt time get up, breakfast routine, getting ready for school, day time/ work, collecting kids, after school, snacks, after school activities/ play/ homework, dinner, kids bed, adults evening and bed...*]
- How does this differ to the weekend?

3. Attitudes toward health

(5mins)

- FLIPCHART: What comes to mind when we think of "health" (capture their language and explore associations)
- How do we feel about health?
- 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 personally?
- Would we like to be like this person – why/ why not?
- What does it mean to be “healthy”?
- How about “unhealthy? What are the problems with being unhealthy?

PART TWO: Perceptions of the interventions

40mins

4. Overall perceptions

(10mins)

- FLIPCHART: What words come to mind when we think of the Go4Fun programme?
- Thinking back over the whole ten-week programme, which sessions stand out most?
 - What were the best bits? What did we like about them?
 - And the not so good bits? Why do you say this?
- How did we first hear about the programme?
 - How did we get involved? What was the process like? What was the ‘selling factor’?
- How many sessions did we each attend?
 - What kept us coming back each week?
 - What got in the way of coming?
- What has been the biggest benefit of the programme? [*Prompt making friends, losing weight, education about food, getting fitter...*]
- Who exactly has benefitted from the programme?
- How have our lives changed as a result of Go4Fun? (if at all)
- Was there anything missing from the programme?
- Anything we would change about the programme if we could?
- How do we feel about the leaders?
- What was it like being together in a group?
 - Has anyone socialised with anyone from the group during or since the programme?
- What do we remember about DPC researchers coming in to help?
- Who have we talked to about the programme? What did we say about it?
- What would we say to someone now who is thinking of joining the programme next team?

5. SMART goal setting and rewards

(15mins)

- How well did we understand the SMART goal setting?
 - What could have made it easier/ more enjoyable?
 - How did we feel about having the handout with the example SMART goals on the back? – was it helpful, annoying... where did everyone keep it? Did we use it? How/ when did we use it?
 - How well did the leader explain it?

- Do we think the kids understood it/ and engaged with it?
- Is it an important part of the goal setting?
- What questions do we still have about it?
- How did we feel about the goal setting part of the programme? [*Prompt easy/ hard, boring/ interesting...*]
 - Do we still feel this way now?
 - How helpful was the leader?
 - How involved did you personally get?
 - What else would have helped?
 - Were there any other good or not so good things about the goal setting?
- How did we feel about the rewards?
 - Which rewards did our kids like?
 - Were there any we or they didn't like?
 - How do we feel about the rewards being given out for attendance?
 - How much did the rewards motivate our kids to come back to Go4Fun each week?
 - How do we feel about the rewards being given out for achieving the goals each week?
 - How much did they motivate the family to come back to Go4Fun?
 - How much did they motivate our kids to do the goals?

6. Doing the goals

(10mins)

- How easy or hard was it to do the goals each week during the programme?
 - How involved were we at home in our kids doing the goals?
 - What kinds of conversations did we have with our kids?
 - What would have helped us with the goals?
 - How often did the leader check in? Were they helpful?
 - How often did we stretch our goals? Did we remember how to make the goals SMART? Were the kids engaged with this?
 - Were the goals too easy/ too hard?
 - How do we feel this all fit with the rest of the programme?
 - Do we feel completing the goals has helped our kids in any way? In what way have they helped or not helped?
 - What was it like working together with the kids on the goals? Describe what it was like doing them each week – did we have to prompt, how did other siblings fit in...
 - Were the nutrition or exercise easier to do? Explore.
 - FLIPCHART: For what reasons were we unable to do the goals sometimes?
- How have we found doing the goals over the past six months?
 - What have been the biggest obstacles? [*Prompt motivation, weather, cultural, lifestyle etc.*]

7. The text messages

(5mins)

- How do we feel about the text messages?
 - Have the kids been seeing them?
 - How motivating have they been? [*Explore motivation for doing the goals and maintaining attitude*]
 - How well did we understand what we needed to do?
 - How motivating was the prize draw at the end? [*Explore motivation for texting back and doing the goals*]
 - How much did we discuss the texts and goals as a family? Who normally prompted these conversations?
 - Did we ever feel in need of more help? What did we do about this?
 - What would we change about the process?

Thank and close

- Anything else to add?
- GO AROUND INDIVIDUALLY: What one improvement would you make to the goal setting and rewards part of the Go4Fun programme?