Multimedia Appendix II: Guide for one-on-one exit interviews

<u>Participant Interview Protocol</u>

The purpose of this study is to identify ways you think the Text to Move Program may

have motivated you to exercise regularly.

Your answers will be confidential – your name and any identifying information will be

kept separate from your responses. I'd like to audio record the interview so that it can be

transcribed later. The recording will only be used for research purposes and will only be

analyzed by study researchers.

As an incentive for participating, we'll send you a $25 Visa gift card. At the end of the

interview, I'll ask for your address so that I can mail it to you.

Confirm informed consent sent and permission to record the interview.

I'd like to begin the interview by getting some background information about your

health status and why you decided to participate in Text to Move.
1. What effect has diabetes had on your daily life?
2. What was the main reason you decided to participate in the Text to Move

    program?

These next questions are about exercise.
3. What is the first thought that comes to your mind when you think of physical

    activity?
4. How would you define physical activity?
    a. Is exercise different than physical activity?
    b. What types of physical activity or exercise are a part of your everyday

        life?
    c. Were some activities more difficult than others?
5. What do you know about the recommended amount of physical activity for

    diabetes patients?
6. What kinds of physical discomforts, if any, did you experience while being

    physically active?
    a. Did any concern prevent you from exercising?
7. On days that you were physically active, what motivated you?

8. On days that you were not physically active, what prevented you from exercising?

Now I'd like you to think back to when you were receiving Text to Move

messages.

9. When you were receiving text messages daily, how did you feel about the text

messages you received?

10. How important was the content of the messages? Did what they say matter, or did

they primarily function as reminders?

11. What types of messages did you find to be the most helpful? Unhelpful?

Surprising? Confusing?

12. In the context of your daily life, when did the text messages typically come?
   a. When would be the best time to receive text messages?

13. Overall, did you feel the text-messages were more supportive or more nagging?

Why?

14. How do you feel about the number of text messages you received?
   a. Did you find yourself ignoring or getting annoyed by text messages after a

      while? If so, at what point?

15. something like, "Who do you think would be best to send the text

messages?" Followed by "Did you have an idea who might have sent the

messages?" "What would be different about the text messages if (whoever they

said) sent you the message?"

16. Did your Primary Care Physician talk with you at all about Text to Move? Was he

or she aware that you were participating in the program?

17. What affect, if any, did the text messages have on your view of your clinic?
   a. Alt: What affect, if any, did participation in the Text to Move program

      have on your view of your clinic?

18. What affect, if any, did the text messages have on your relationship with your

medical provider?
   a. Alt: What affect, if any, did your participation in the Text to Move

      program have on your relationship with your medical provider?

19. Are you still exercising as much as you were during the program? Why or why

not?

20. If a friend who was thinking about participating in the Text to Move program

asked you what the pros and cons were, what would you say?

    a. Alt: How would you describe the program to a friend thinking about

      participating in the Text to Move program?

This last question will complete the interview.

21. Is there anything about your experience with Text to Move that you'd like to add?

Thank you for taking the time to talk with me about your experiences and the Text to

Move. We appreciate your participation.

What address would you like us to use to mail you your $25 Visa Gift Card? (Confirm

Address)