

# Interview Guide

- Which module did you select, less sitting or being more physically active?

## Design of the website

### Perception of the website

- In general, how do you feel about the website?
- How did you experience using the website?
- To what extent, did you perceive the website as engaging?
  - To what extent, did you think using the website was a fun thing to do?
  - Could you easily keep your attention to the website?
  - Which parts of the website did you like the most?
  - Which parts of the website did you like the least?
    - Did you like the questionnaire and its accompanying feedback?
    - Did you like creating an action plan?
    - Did you like searching for barriers and solutions?
    - Did you like reading the tips (e.g. regarding social support)?
    - Did you like monitoring your goal?

### User-friendliness

- In general, was the website easy or difficult to use?
- Which parts of the website did you experience as easy?
- Which parts of the website did you experience as difficult?
- How do you think about the user-friendliness of the website?
  - Could you easily find what you needed?
  - Where there moments that you were stuck?
  - Could you easily read all the text?
- Was the questionnaire and its accompanying feedback easy/difficult?
- Did you perceive creating your own action plan as easy/difficult?
- Did you perceive searching for barriers and solutions as easy/difficult?
- Were the tips easy/difficult?
- Did you perceive monitoring your goal as easy/difficult?

### Time efficiency

- What do you think about the time you needed to complete the sessions?

### Lay-out

- What do you think about the lay-out and the design of the website?

## Usefulness of the website

### Recommendations

- Do you suggest any adaptations to the website?

- Are there things you would recommend us to change regarding the website?

### **Stimulating value of the website**

- To what extent did the website help you to change your behaviour?
- Which parts of the website helped you the most?
- Which parts of the website helped you the least?
  - Was it helpful to create an action plan?
  - Was it helpful to search for barriers and solutions?
  - Was it helpful to read the tips (e.g. regarding social support)?
  - Was it helpful to monitor your goal?

### **Awareness**

- To what extent did the website make you more aware?

### **Personal relevance**

- Did you perceive the website as personal relevant?
- Did you perceive the questionnaire and its accompanying feedback as personal relevant?

### **Informing value of the website**

- To what extent did you learn new things by using the website?
- To what extent did you learn new things regarding behaviour change?
- To what extent did you learn new things regarding being less sedentary or more physically active?

### **Knowledge**

- Do you think sitting less/being more physically active has an influence on how you feel physically/mentally?
- Do you think sitting less/being more physically active has an influence on your health?