

Post-study interview questions

The post-study interview will be conducted in the following steps:

1. The participant will return the Edesix body camera and Time-Use Diary.
2. Data from the body camera will be downloaded to a secure computer.
3. The video from the body camera will be converted into screenshots, with one screenshot taken for every 10 seconds of video footage.
4. After video download and screenshot conversion, the videos will be deleted, and the participant will view the screenshots alone, and has the right to delete any or all the images.
5. The research team will conduct a 30 – 40 minutes interview with the participant, where he/she will describe the study day, with the assistance of the images and the Time-Use Diary, focusing on any specific health-related activities (e.g. Cooking, exercising, social activities).
6. The interview will be audio recorded to allow for thematic analysis.
7. The researchers may also ask participants to clarify the activity in any screenshots that may appear ambiguous (e.g. ceiling images may imply napping on the sofa).
8. The researchers will also check that the time-stamp on the screenshots match the activities reported in the Time-Use Diary (if not, annotate the Time-Use Diary or ask participant questions for clarification).
9. The participants will complete the Participant Experience Survey, and give feedback regarding the study.
10. The participant will be remunerated with a \$60 Westfield shopping voucher for their assistance.

Questions for the semi-structured interview:

Examples

- Tell us about your day.
- Was this a typical day? If not, what was different on this day?
- What time did you start / stop filling in the Time-Use Diary?
- What time did you start / stop video recording?
- Around what time did you wake up and go to bed last night?
- How did you sleep during the study night?
- Do you always do [activity] at this time of the day?
- Is this the kinds of food you usually eat for breakfast/lunch/dinner?
- You spent a long time doing [activity] yesterday. Is this how long you usually take to do [activity]?
- Do you always do [activity] at [location]?
- Are there changes you would like to make to your daily routine?