

## **Low-Carbohydrate Diabetes Prevention Program: 6-month interview guide**

### **Introduce self**

Hello, my name is [name of interviewer].

### **Discuss purpose of the interview group**

We are interested in understanding your experiences to date with the Low-Carbohydrate Diabetes Prevention Program. We want to understand how the program has changed your diet and physical activity habits, and we want to know your thoughts about what you liked about the program and ways that it could be improved.

I want to encourage you to answer honestly and share any thoughts you may have. There is no right or wrong answer, and you will not be penalized for anything you say. We care about your opinion, so that we can make an even better program that could benefit others.

You will receive a \$20 gift card for participating in this interview.

### **Describe how we will assure confidentiality and answer any questions.**

I want to take a minute to tell you what happens with the information you provide for us today. I am recording this conversation so that we don't miss any of the comments that you share. People working on this study will be the only ones who will use the interview recordings.

As a reminder, you are not obligated to answer any question you feel uncomfortable responding to, and you are not required to participate. You may leave the interview at any time.

Do you have any questions for me before you review and sign the consent form? (Answer questions and then give consent form).

I'm going to turn on the recorder and we will get started. \*\*\*Turn on recorder\*\*\* The rest of the conversation is being recorded for research purposes.

### **Interview**

#### General experience

1. Tell me about how the program is going for you so far.
  - a. Tell me more.
  - b. Probe, if needed: what do you like about the program?
    - i. Tell me more.
  - c. Probe, if needed: what, if anything, has been hard or challenging about the program?
  - d. Probe, if needed: Any side effects?
  - e. Tell me more.

#### Diet advice and experience

2. Tell me specifically about how the low-carbohydrate diet is going for you.
  - a. Tell me more.
  - b. Probe, if needed: has anything surprised you about this meal plan?
  - c. Probe, if needed: what, if anything, has been challenging about sticking to this meal plan?
3. Tell me about how your dietary habits and routines have changed with this program, if at all.
  - a. Tell me more.

#### Physical activity advice and experience

4. Tell me about how your physical activity habits and routines have changed with this program, if at all.
  - a. Tell me more.
  - b. Probe, if needed: what, if anything, has been challenging about getting 30 minutes of physical activity, 5 days per week?

#### Motivation and expectations

5. Tell me about your motivation for joining the program?
  - a. Tell me more.
  - b. Probe, if needed: What made you decide to sign up for this program?
6. Before participating in this program, what other ways had you tried to lose weight or to prevent diabetes?
  - a. If participant previously took part in traditional DPP:
    - i. Tell me about how your experience with this low-carbohydrate DPP compares to your prior experience with the traditional low-fat DPP.
7. In what ways has this program met or not met your expectations?
  - a. Tell me more.
  - b. Probe, if needed: has your health improved in the ways that you hoped or expected?
    - i. Tell me more.
  - c. Probe, if needed: has your weight changed in the way you hoped or expected?
    - i. Tell me more.

#### Outcomes and sustainability

8. Tell me about your plans, if any, to stick to this meal plan after the program ends.
  - a. Tell me more.
  - b. If plans to stick with it, ask: why might you stick with the program?
  - c. If plans not to stick with it, as: why not?
  - d. Probe, if needed: what might be some challenges, if any, of sticking to this meal plan after the program ends?

#### Changes to improve the program

*We would like to improve this program to help more people to prevent diabetes.*

9. What, if anything, could have made the low-carbohydrate meal plan easier for you to follow?
  - a. Tell me more.
10. What suggestions do you have to improve this program so far?
  - a. Tell me more.
  - b. Probe, if needed: what changes would you make to help participants to better understand and follow the low-carbohydrate meal plan?
11. Are there particular topics that you would like to cover during the last 6 months of the program?
  - a. Tell me more.

### Support

*We would like to understand how this program supports participants so that we can develop new ways, if needed, to help more people achieve their health and weight loss goals.*

1. Tell me about the support you received from your lifestyle coach.
  - a. Tell me more.
  - b. Probe, if needed: was she available, responsive, able to answer questions?
2. Tell me about the support you received from your classmates.
  - a. Tell me more.
3. Was there anyone else such as a friend or family member that provided you with support during this program?
  - a. Tell me more.
4. Did you speak with your healthcare provider about your participation in this program?
  - a. If yes: Tell me about what he or she said or advised.
    - i. Probe, if needed: Did you feel supported by your healthcare provider?
5. Are there ways that this program could better support you in achieving your health goals?
  - a. Tell me more.

### Conclusion

6. Are there any other thoughts or experiences that you would like to share?

I want to thank you again for taking the time to discuss your thoughts and experiences. We will send you a \$20 gift card in the mail. This concludes today's interview. Thank you and goodbye.

**\*\*Turn off recorder\*\***