

## **Development of a Tai-Chi Program to Overcome Barriers to Cardiac Rehabilitation: Interview Script:**

Date of interview: \_\_\_\_\_

Name of Interviewer: \_\_\_\_\_

Subject Initials: \_\_\_\_\_

### **Introduction:**

- Thank you for coming in for this interview

### **Purpose:**

- To explore how you think about your health. Hear your experiences of the Tai-Chi program. Learn more about your experience that we may have missed on the questionnaires

### **Confidentiality:**

- Your answers will never be linked to your name. You will remain anonymous. Only study staff will have access to the recordings and transcripts.
- These interviews usually take about 30-45 minutes.
- If there are any questions that you do not want to answer please let me know.
- Do you mind if I record the interview? Yes/No (turn on recorder)

### **1. Experience-narrative of classes:**

- Please tell me how the Tai-Chi classes were for you?

Probe:

- - Please tell me any stories from the Tai-Chi classes.
  - What were your expectations of the classes? Where these met?
- What parts of the classes did you like?

Probe:

- Breathing exercises, warm-ups, games, postures.
- Is there anything you would change?
- Did you learn anything new in the Tai-Chi classes? Any surprises?
- Is there anything you would like to learn more about?
- If it were possible would you like to continue the Tai-Chi classes?  
(Probe why yes, why no)

## **2. Tai-Chi effects**

- Have you noticed any changes in your life because of the Tai-Chi?
- I'm curious about how you think Tai-Chi might affect you **mood**. What do you think about this?

Probes:

- As you think about your own experience of Tai-Chi and how you felt before and after practicing, do you think that Tai-Chi might help with **feeling down or sad**? If yes, how?
  - Has your general mood changed since you started the program? Were these changes a result of the program?
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- Do you think that Tai-Chi might help with **feeling stressed**? If yes, how?
  - Has your general stress level changed since you started the program? Were these changes a result of the program?
- Do you think that Tai-Chi might help with **feeling anxious**? If yes, how?
  - Has your anxiety level changed since you started the program? Were these changes a result of the program?
- I'm curious about how Tai-Chi might affect **behaviors** in other areas of your life. What do you think about this?

Probes:

- Do you think Tai-Chi might help with **staying calm** during upsetting situations? If yes, how?
- Has your confidence in your ability to **perform Tai-Chi** changed since the start of the program (NB: Tai Chi Self-Efficacy)
- Has your confidence in your ability to perform other types of **exercise** changed since the start of the program (NB: Exercise Self-Efficacy)
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- Have you noticed any **changes in your sleep** since you started Tai-Chi? If yes, what types of changes?

Probes:

- Do you think Tai-Chi might help you wake up less during the night?
- Do you think Tai-Chi might help you sleep better/more deeply?
- Do you think Tai-Chi might help you have an easier time falling asleep?
- Do you think Tai-Chi might help you be less sleepy and/or more alert during the day?
- Have any of your classmates mentioned changes in their sleep since starting Tai-Chi?

### **3. Tai-Chi and other health behaviors**

- Have you noticed any changes in your **health** since starting Tai-Chi? If nothing has changed or if something has gotten worse, you can talk about that, too.

Probes:

- Have you noticed any changes in **how you eat?** How **much you eat?** Or in the **types of food** you eat?
- Has the amount of **physical activity** and/or **exercise** that you do changed since you started Tai-Chi? If yes, how?
  - Probe how frequently did you practice outside of class?
- Has your participation in other forms of exercise changed since you started Tai-Chi?
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- Have you noticed any changes in how you feel or think about yourself? Do you think any of those changes were caused by the program?
- Have you noticed any changes in how you **feel about your body** since starting Tai-Chi? If yes, what types of changes?

Probes:

- Do you pay more (or less) attention to how your body feels throughout the day?
- Does your body feel better or worse?
- Does your body feel healthier? Or less healthy?

#### **4. Use of Tai-Chi in other areas of life.**

- I'd be interested to hear about any of the skills that you learned in Tai-Chi.
- Have you used these skills in any other areas of your life outside of Tai-Chi? Can you tell me an example?
- Have you seen any changes in your fellow-classmates' behavior that might be due to the Tai-Chi? Any examples?

#### **5. Social:**

- Please tell me about your relationship with the Tai-Chi teacher?
- Please tell me about your classmates? What were some of those relationships like?
- Have there been changes in your relationships with other people since the program began?
  - (Probe if not mentioned:
    - Family members
    - Friends
    - People at work
  - Has their level of support changed?

#### **6. Program feedback:**

- I would now like to hear your views on specific areas of the study. This can be based on your experience or what you heard from classmates:
  - Did you like the number of classes offered (more/less)? Would you have attended more classes per week if you could?
  - Did you like how long each class was (longer/shorter)? Would you have attended longer classes if you could?

- If you missed any classes, why? What might make the classes easier to attend?
- What helped you attend class? Probe: thoughts, something about the rest of your day?
- Did anything get in your way when you tried to practice at home?
- What do you think of the way we told you about the study? Should we have spoken or written about the program differently? What would you correct for us next time?
- How could we help people participate in the program in the future? Probe stipends?
- What do you think of our study forms? Where they useful or no?
- As you know this project was our trial run of what will be a larger study. What should we know for that study? How could we design the study differently?
- Do you think that this program is useful in helping people like yourself engage in a rehabilitation program?

## **7. Closure:**

- Is there anything else you'd like to say about the Tai-Chi classes?
- Do you have any questions?
- How was this interview for you?

## **8. Observational notes (interviewer: Please record any body language, other cues):**

### General Probes to aid narrative:

What made you feel that way?  
 Tell me the story of...  
 What kind of effect has that had on you?  
 How did that develop in time?