

Interview guide Acceptability of Perturbation-based balance training (PBT)

This interview guide gives an overview of the opening questions for each topic. The interviewers used a range of follow-up questions to obtain more information which were adapted and used as appropriate in each interview.

Theoretical framework

Opening question: Can you tell me how you experienced the training?

Affective attitude

How do you feel about the training?

Burden

To what extent did you find the training difficult?

To what extent did you find it challenging?

Self-efficacy

How do you feel you did during the training?

Perceived effectiveness

To what extent did you notice effects from the training (during training and in daily-life)?

Ethicality

To what extent did the training fit with your values? To what extent did it fit with your views on falls prevention?

Intervention coherence

Can you explain to me what the goal of the training was?

Opportunity costs

To what extent did you have to give up other activities or values to participate in the training?

Context-specific factors

What are your thoughts about...

- ... the location of the training?
- ... training individually, as opposed to in a group?
- ... the technological equipment used in the training?
- ... the scoring system that was used during training?
- ... the way the training was supervised?