

Interview Guide

Note: This guide was used to conduct interviews with the participants in the 5th cohort after completing MOVE+UP!. Participant responses from these interviews and those from earlier cohorts were examined in the current study.

Your participation in this interview is voluntary. You may stop the interview at any time and you can let me know if you would rather not answer a particular question. I will go through a structured set of questions to obtain your feedback about various aspects of MOVE!+UP. I/we will be taking some notes to help guide the interview, and ensure we capture all information. By signing the consent form at the beginning of the study you gave permission for us to tape this interview. I will ask you to confirm this when I start the recording; please do not mention your name.

START RECORDING:

I would like you to confirm that you are consenting to this interview being recorded. If YES, continue recording. **[If NO, stop recording, and write down their responses]**

Grounded probes for interviewer:

Tell me more about.....

Can you give me a specific example of.....

Tell me how you would go about that.....

What would you recommend.....

Tell me about a time.....

What do you mean by.....

- 1) Tell me about your experience in MOVE!+UP.
 - a) What, if anything, did you like about MOVE!+UP?
 - b) What, if anything, did you not like about MOVE!+UP?
 - c) What, if anything, about MOVE!+UP most impacted your health?
 - d) What, if anything, about MOVE!+UP most impacted your mental health?
 - e) Before you joined MOVE!+UP you said your reasons for joining were [tell/show what they wrote in 42i]. What, if anything, about MOVE!+UP impacted that?
- 2) What changes, if any, do you suggest we make to MOVE!+UP?
 - a) [Clarify **usefulness** sheet if needed]: “Tell me more about [the change X] you are suggesting to Y.”
- 3) What information or strategies from MOVE!+UP do you use in your daily life?
 - a) Use **grounded PROBE x 3** then ask about below if not mentioned:
 1. What strategies, if any, are you using for getting physical activity?
 2. What strategies, if any, are you using for eating healthy foods?
 3. What strategies, if any, are you using to cope with PTSD symptoms?
 4. What other strategies are you using to meet your health and mental health goals?
- 4) Tell me about your experience working with the Veteran peer support counselor, psychologist, and dietician involved in MOVE!+UP.
 - a) What suggestions, if any, do you have to improve your experience of working with a Veteran peer support counselor in MOVE!+UP?

- b) What suggestions, if any, do you have to improve working with a psychologist in MOVE!+UP?
 - c) What suggestions, if any, do you have to improve working with a dietician as part of MOVE!+UP?
- 5) What, if anything, made it easier for you to attend MOVE!+UP sessions?
- 6) What, if anything, made it harder for you to attend MOVE!+UP sessions?
- a) What, if any, changes do you suggest to make it easier for Veterans to participate in MOVE!+UP?
- 8) What role did other group members play in the experience you had in MOVE!+UP?
- a) [if not mentioned]: What role did other group members play as you worked on activity, healthy eating, and weight loss?
- 9) What role did other people in your life play in the experience you had in MOVE!+UP?
- a) [if not mentioned]: What role did other people in your life play as you worked on activity, healthy eating, and weight loss?
 - b) [if not mentioned]: What strategies covered in MOVE!+UP, if any, are you using to foster healthy relationships?
 - c) [if not mentioned]: What suggestions, if any, do you have for how MOVE!+UP encourages supportive relationships for healthy lifestyles?

Now I would like to ask you questions about *VA's general weight loss program called MOVE!*

- 10) What experience, if any, do you have with the MOVE! program? [*If they attended any sessions*]:
- a) What are your impressions of MOVE! compared with MOVE!+UP?
- 11) What would you say to another Veteran considering doing MOVE!+UP?
- 12) Is there anything else you think is important to add that we did not cover?

THANK YOU FOR PARTICIPATING IN THIS INTERVIEW