Additional file 3: Topic guides

Topic guide for focus group with Aspire participants

<table>
<thead>
<tr>
<th><strong>Introductions</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>• How did you make the decision to apply for the programme?</td>
</tr>
<tr>
<td>• What were your experiences of the application process?</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Getting started with the programme</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>• Did you have any reservations on starting the programme?</td>
</tr>
<tr>
<td>• How did you find getting going at the start?</td>
</tr>
<tr>
<td>• Was there anything that helped or got in the way of getting going?</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Experiences of the programme</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>• What changes have you made in your life as a result of participating in the programme to help you lose weight/maintain weight loss?</td>
</tr>
<tr>
<td>• What aspects of the programme do you think were most effective for you in making these changes? What was it about these…(e.g. education, exercise, 1-to-1 sessions, Facebook)</td>
</tr>
<tr>
<td>• Were there aspects of the programme that you think didn’t work as well for you?</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Reflections on the programme</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>• What has been the biggest impact that participating in the programme has had on your life?</td>
</tr>
<tr>
<td>• If the programme was to be delivered by other organisations, what would be the most important qualities of the providers?</td>
</tr>
<tr>
<td>• If you could do it all again, is there anything you would change for yourself?</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Future</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>• How has the transition from being “on” the programme to being “off” the programme been?</td>
</tr>
<tr>
<td>• Going forwards, how are you feeling about maintaining your weight loss?</td>
</tr>
<tr>
<td>Topic guide for semi-structured interviews with Aspire providers</td>
</tr>
<tr>
<td>---------------------------------------------------------------</td>
</tr>
<tr>
<td><strong>Introductions and development of the programme</strong></td>
</tr>
<tr>
<td>• Can you talk to me a little bit about the history of the programme and how it came to exist e.g. funding, development?</td>
</tr>
<tr>
<td>• Were there existing programmes on which it was modelled?</td>
</tr>
<tr>
<td>• What were the main objectives (or target behaviours)?</td>
</tr>
<tr>
<td>• How did you envisage that the programme would result in changing these behaviours?</td>
</tr>
<tr>
<td><strong>Selection process</strong></td>
</tr>
<tr>
<td>• Can you describe the selection process, and how this came about?</td>
</tr>
<tr>
<td>• How do you select participants (e.g. distinguishing characteristics)?</td>
</tr>
<tr>
<td>• From the people who start the programme, how many complete it?</td>
</tr>
<tr>
<td>• For people who have dropped out in the first few weeks, do you know the reasons for this and do you think this could have been pre-empted?</td>
</tr>
<tr>
<td><strong>The programme</strong></td>
</tr>
<tr>
<td>• Can you describe how the various components came about and who was responsible for their development?</td>
</tr>
<tr>
<td>• At the outset did you have in mind how each of the components could tackle certain issues around weight loss behaviours?</td>
</tr>
<tr>
<td>• From your experience of the programme, what is it about the programme that results in people making a change and losing weight?</td>
</tr>
<tr>
<td>• How have you modified the programme over the four cohorts?</td>
</tr>
<tr>
<td>• How consuming is the programme for you personally?</td>
</tr>
<tr>
<td>• Are you ever concerned that individuals will become reliant on the programme or the support of the providers?</td>
</tr>
<tr>
<td>• Are there certain types of people that thrive more on programme than others?</td>
</tr>
<tr>
<td>• To what extent do people continue with lifestyle change after the programme to achieve their target weight loss?</td>
</tr>
<tr>
<td><strong>Continuation</strong></td>
</tr>
<tr>
<td>• What plans are in place for continuing to provide the programme?</td>
</tr>
<tr>
<td>• Are there plans to make further modifications to the programme going forwards?</td>
</tr>
<tr>
<td>• Blue sky thinking, what would you like to do with the programme? What are the principles that underpin the success of the programme?</td>
</tr>
</tbody>
</table>