

Supplementary Material

Experiences of overweight and obese patients with diabetes and practice nurses during implementation of a brief weight management intervention in general practice settings serving Culturally and Linguistically Diverse disadvantaged populations

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Appendix 1 Interview Schedule: Patients

Hi, how are you today? Thank you for making some time to meet me.

I would like to ask you some questions about your experience being part of the study. Your experiences will help us to improve this program.

This interview should take about 45 minutes and this will be recorded, hope that's okay with you. Do I have your consent to record our conversation?

Also, I might write a little so that I don't forget some things you are telling me.

Shall we start now?

A. Process

1. Can you please think back to what happened when you first met the practice nurse for your appointment?
2. How did it go?
3. What sorts of things did the practice nurse talked about during your 1st appointment?
4. How about: (can you remember what you did first, how did you discuss what you would like to change? [just allowing them to come up with terms like goal, strategy etc])

Can you tell me what was the goal that was chosen for you to reach?

5.
(Probe: Did the nurse help you? how?)
(Probe: What made it easy (or difficult) to understand what the practice nurse was talking about?)

Can you tell me what you were asked to do with the forms?

6. What happened after the first meeting with the nurse?
(Probe: 1. Did you get phone calls from the practice nurse?)

Appendix 1 Interview Schedule: Patients

(Probe : 2. What sort of things you talked about during the call?)

What did you discuss about your goal when she called you?

7. Did you talk to other people other than the practice nurse about what you were doing? Who?

8. Did you visit the clinic and practice nurse again?

(Probe: 1. When was that?)

(Probe: 2. How did it go?)

(Probe: 3. What did you talk about? Did you discuss anything new)

(Ask this question only when patient mentions exercise)

Did the nurse specifically suggest you should exercise?

9. What happened after this 2nd meeting?

B. Self - management/monitoring

Now, we want to discuss about what you did when you returned home.

1. So, what happened at home after your first visit?

(Probe: 1. What was the one thing you changed in your day-to-day life to meet your goal?)

2. What made it easy (or difficult) to meet your goal?

(Probe: 1. Was the blue forms or food diary useful?)

(Probe : Why you chose this goal?)

3. Can you talk about the days you didn't meet your goal?

(Probe: 1. How did you handle it?)

4. Besides the managing the kind of food you ate, did you try doing anything else to help with your goal?

(Probe: 1. Did anyone help you with this?)

5. How do you feel now having completed this?

(Probe: 1. Do you think you achieved your goal?)

(Probe: 2. Do you have new weight goal?)

B. Feedback

We would like your opinion on what else can we do to assist people like you in achieving their goal

1. What was the most helpful (and least helpful) information you got from the practice nurse? Why?
2. What else the practice nurse can do in helping you to achieve your goal?
3. Do you have any other ideas for us to improve on this?

C. Personal information

1. How long have been living in Australia?
2. What is your cultural background?
3. What language do you speak at home?
4. Do you work currently?

Well, it was pleasure to meet you. I appreciate the time you took for this interview. Do you have any questions for me?

Will it be okay for me to call you if I have any other questions? Would you like a copy of the transcript?

Thank you again.

Appendix 2: Nurse Interview Schedule

Hi, how are you today? Thank you for making some time to talk to me.

I would like to ask you some questions about your experience being part of the study. Your experiences will help us to improve this program.

This interview should take about 45 minutes and this will be recorded, hope that's okay with you. Do I have your consent to record our conversation?

Also, I might write a little so that I don't forget some things you are telling me. And we will not be using your real name when we are reporting about the study, do you have a preferred pseudo name we can use?

Shall we start now?

Can you please think back to what happened when you first received the information and training to be part of this study. Do also think about the interactions you have had with your patients. It might be useful to think about a particular patient as that might help you to remember the process. Why don't I give you about 5 minutes to think about it, you can write some it down; if that is helpful to you.

1. Can you describe the process of the study with this patient?
(Probe 1: *What did you talk about to this patient?*)
(Probe 2: *How did you enrol this patient?*)
(Probe 3: *What information did you collect from this patient?*)

1. Can you describe how you helped this patient to identify and set his/her weight loss goals?

(Probe 1: *How did you use the green form in your discussion with the patient?*)

(Probe 2: *How did you use the patients' food diaries?*)

If the nurse does not mention about MC-II /goal setting, then specifically ask this question 3:

1. What kind of things did you do with this patient to help set her/his goals?

(Probe 1: *How did the goal-setting process help you to assist this patient?*)

(Probe 2: *What were some of the challenges / difficulty you faced in explaining the goal-setting to this patient?*)

(Probe 3: *Why do you think this was a challenge for this patient?*)

(Probe 4: *What are your thoughts about goal-setting process?*)

Appendix 2: Nurse Interview Schedule

1. In your opinion, was the intervention appropriate for this patient to lose weight?
(Probe 1: Why? Which aspect?)

1. Why do you think this patient enrolled in the study?

1. Why do you think this patient continued with the study?

(Probe 1: How did you help the patient to be on track with their goals?)

(Probe 2: How did you use the goal-setting information during this phone calls?)

(Probe 3: How long was each phone call?)

Note to interviewer: Depending on what the nurses' views are on the above mentioned patient's success on the program, the next set questions are to be repeated while the nurse anchors her answer on another patient who had an opposite outcome to the patient they were describing earlier.

Now, can you think about another patient who had an opposite experience from this patient we have been talking about .Why don't I give you about 5 minutes to think about it, you can write some it down; if that is helpful to you.

1. What kind of things did you do with this patient to help set her/his goals?

(Probe 1: How did the goal-setting process help you to assist this patient?)

(Probe 2: What were some of the challenges / difficulty you faced in explaining the goal-setting to this patient?)

(Probe 3: Why do you think this was a challenge for this patient?)

(Probe 4: What are your thoughts about goal-setting process?)

1. In your opinion, was the intervention appropriate for this patient to lose weight?
(Probe 1: Why? Which aspect?)

1. Why do you think this patient enrolled in the study?

Appendix 2: Nurse Interview Schedule

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(Probe 1: How did you help the patient to be on track with their goals?)

(Probe 2: How did you use the goal-setting information during this phone calls?)

(Probe 3: How long was each phone call?)

1. Can you please think about the patients who opted out. Why do you think patients opted out?

Now, I would like to talk about some of the specific aspects of the intervention and discussions you might have had with the practise manager and other staff in the practise.

1. What was challenging/easy about the intervention to you (in delivering it to the patient)?

(Probe 1: What was it about the intervention that made it easy/challenging to practice/ deliver it to the patients?)

(Probe 2: How is this intervention different/similar to your nursing practice/training?)

(Probe 3: How did you overcome these challenges/ How did these challenges affected your delivering of the intervention?)

1. How did you manage your workload while conducting the study?

(Probe 1: What aspect of your daily work routine had to be adjusted to accommodate the study?)

1. What did you think was achieved from this study for the:

- a. Patients
- b. Practice

1. Did the study meet your expectation?

(Probe 1: What were your expectations of the study? Why ?)

1. Did you talk about the study and its progress to others in the practice?

Appendix 2: Nurse Interview Schedule

(Probe: 1. What sort of things you talked about? To Whom ? Why was it important for you to discuss it?)

1. If you were to repeat this study, how would you implement it?
(Probe 1: Who would you involve? Why?)
(Probe 2: What would you do to get more practices to be involved?)

1. Were you able to provide feedback about the study to project staff?
(Probe 1: How did you provide the feedback? To Whom?)
(Probe 2: Did you feel your opinions were listened to?)

1. Do you think we can incorporate this as part of standard practice/treatment offered to patients?
(Probe 1: Which aspect? How? Why?)

1. What are your thoughts about the training?

(Probe 1: Can you describe the training process?)

(Probe 2: Was it appropriate? Useful? Which aspects?)

(Probe 3: Why was it appropriate/useful?)

1. Why did you agree to be part of the study?

1. Having taken part in this study, what do you think are the most important skills and characteristics for practice nurse to be involved in a study like this?

Well, it was pleasure talking with you. I appreciate the time you took for this interview. Do you have any questions for me? Would like a copy of the transcript?

Will it be okay for me to call you if I have any other questions?

Thank you again.