# **Appendix 2. Interview guides**

**Lifestyle coaches**

* Your contribution to the CooL pilot
	+ What are the most important reasons for you to participate in the CooL pilot?
	+ What is it like to participate in this pilot as a lifestyle coach?
* Facilitating and impeding factors
	+ What do you like/dislike about your job as a lifestyle coach?
	+ What factors in general influence your work? Can you give positive and negative examples? Which impeding factors do you come up against when performing your work?
	+ What needs to be changed to reduce the negative factors?
* Competences
	+ Which competences or skills do you need as a lifestyle coach?
	+ Do you consider yourself a good lifestyle coach?
	+ If so, what makes you a good lifestyle coach, and what would you need to improve?
	+ How would you describe your coaching style?
* Lifestyle coaches’ role
	+ What are the activities you perform as part of your job?
	+ What tasks do you think a lifestyle coach should perform?
	+ Should a lifestyle coach strive to obtain a more visible position within the health care network?
	+ What should the position of the lifestyle coach within the health care network look like?
	+ How do you see the future of lifestyle coaches?
	+ How can the CooL intervention be implemented in the rest of the Netherlands and by new lifestyle coaches?
* Target group of CooL
	+ For what reasons did people want to participate in the intervention?
	+ To what extent did participants have multiple problems?
	+ Was the Cool intervention the right intervention to solve these problems?
	+ In how many cases did you refer participants to other professionals and why?
* Maintenance of participants’ new lifestyle
	+ Can you identify a certain type of participant of whom you would expect that they could maintain their lifestyle change?
	+ What are reasons for a relapse?
	+ Can this be prevented and how?
	+ What should be changed in the intervention to prevent relapses?
* Referral process
	+ What is your experience of the communication with the referrers and of the referral process?
	+ Did you refer any participants to local sports organisations?
	+ What were facilitating and impeding factors regarding the recruitment and referral process of potential participants?
* CooL intervention development
	+ How was the programme developed?
	+ What are the essential elements of the intervention?
	+ How did you develop and prepare your own sessions and exercises?
	+ What was your experience of the preparation of the programme?
* Recommendations for the intervention
	+ How satisfied are you with the intervention?
	+ Do you have recommendations for improving the intervention?
* Programme execution
	+ To what extent did you manage to address the essential elements in the sessions?
	+ To what extent were you able to carry out the complete programme that was planned for each session?
	+ Which programme components did you adjust (per session), and why?
	+ Does the way the programme was carried out match your preferred way of working?
	+ Did problems with regard to the programme implementation arise over time?

**Project group members**

* Own contribution
	+ What are the most important reasons for you to participate in the CooL pilot study?
	+ How intensively do you contribute to the execution of the CooL intervention?
	+ How much investment does it take you/your organisation to participate in the pilot?
* Starting phase
	+ How was the pilot started? Who came up with the initiative to start the programme?
	+ When were you/was your organisation approached to participate in the pilot?
	+ Why was the CooL intervention chosen?
* Intervention planning phase
	+ Can you elaborate about what happened after the starting phase to enable the CooL intervention to be carried out?
	+ How were the regions and lifestyle coaches selected?
	+ How were the required competences of the lifestyle coaches determined?
	+ How was the remuneration of the lifestyle coaches calculated?
* Intervention development
	+ How was the exercise part of the intervention developed?
	+ How was the intervention protocol, including the content of the group sessions, created?
	+ What are the essential elements of the intervention?
	+ How was the referral process set up?
* Lifestyle coaches’ role
	+ What do you think about the functioning of the lifestyle coaches?
	+ What tasks do you think a lifestyle coach should perform?
	+ Do you think that lifestyle coaches offer any added value to the health care system?
	+ How do you see the role of lifestyle coaches ideally within the health care network?
* Implementation
	+ Was it clear from the start how the intervention would be implemented?
	+ Who determined the changes (if any) in the intervention or the referral process? And who decided to implement the changes in that way?
	+ Were the changes an improvement on how it was initially?
	+ Did you agree with the way the intervention and the referral process were planned?
	+ How were referrers invited to participate in the pilot?
* Execution
	+ What do you think are the primary reasons for the low number of referrals?
	+ What is your experience of the project/steering group meetings?
* Evaluation
	+ What went well and what did not go well during the entire process?
	+ What were the impeding factors and what could be improved? What could have been done differently?
	+ How should the implementation of such an intervention proceed ideally?
* Future
	+ To what extent do you think the combined lifestyle interventions will be reimbursed by the basic health insurance?
	+ How do you think the intervention will be continued after the pilot?

**Participants**

* Referral
	+ Who introduced the programme to you?
	+ What was the main reason for you to participate?
	+ Was there something that made you doubt about starting the programme (e.g. group participation or timing)?
	+ How did the referral to the lifestyle coach go? How did you experience this?
	+ How long did it take before you had contact with the lifestyle coach before the intake took place?
	+ What do you think are points for improvement regarding the referral?
* Feasibility
	+ Was it feasible for you to complete the programme? Were you able to attend all the sessions? If not, why not, e.g. because of the distance or time?
	+ How high was your motivation to participate in the programme?
	+ To what extent have you participated in this programme and prepared yourself?
	+ Was there a moment when you wanted to stop taking part in the programme?
	+ Would you still like to participate in the programme if you had to pay for it?
* Your lifestyle coach
	+ What did you think about your lifestyle coach? What was positive, what could be improved?
	+ How would you describe the coaching by your lifestyle coach?
	+ Did the way she worked suit you well?
	+ Which competences/skills should a good lifestyle coach have?
	+ Do you have any tips for your lifestyle coach to improve?
* Experiences with the intervention
	+ What was your experience of the programme? What is your general impression of the programme?
	+ How would you explain the programme to acquaintances?
	+ What appealed to you most about the programme?
	+ What are the most important elements of the programme?
	+ Which part did you benefit the most from? Why?
	+ Which part did you benefit least from? Why?
	+ What did you think about the different themes during the group meetings?
	+ Did the themes match your needs/problems?
	+ What did you think of the workbook and the homework assignments? What could have been different?
	+ How did you like being in a group?
	+ What did you think of the individual and group sessions?
	+ What did you think of the session with someone from the local sports organisation?
	+ To what extent did the programme meet your expectations?
	+ Do you have any ideas for improving the programme?
	+ To what extent would you like the programme to be tailored to your own preferences and circumstances?
	+ Do you think the right target group was included?
* Outcome
	+ Have you developed a healthier lifestyle as a result of to the programme?
	+ What did you learn about adjusting your diet and physical activity level during the programme?
	+ What did you hope to achieve with this programme? Have you reached this goal?
	+ To what extent are you satisfied with what you have achieved?
	+ How would you describe your progress in the programme to your practice nurse?
	+ What has helped you most to achieve these results?
	+ What did your social environment think about you participating in the programme and about changing your lifestyle?
	+ To what extent do you think you can maintain the new lifestyle without the lifestyle coach?
* Follow-up process
	+ Are you going to attend one of the follow-up programmes?
	+ Why did you, or did you not, opt ​​for this?

**Referrers**

* Own contribution
	+ What are the most important reasons for you to participate in the CooL pilot?
	+ What is your motivation to participate in this pilot?
	+ How intensively do you contribute to the CooL intervention?
	+ How much investment does it take you/your organisation to participate in the pilot?
	+ To what extent do your colleagues show interest and commitment in the CooL intervention and referral of participants to it?
* Lifestyle coaches’ role
	+ What do you think about the functioning of the lifestyle coaches?
	+ What tasks do you think a lifestyle coach should perform?
	+ Do you think that lifestyle coaches offer any added value to the health care system?
	+ How do you see the role of a lifestyle coach ideally within the health care network?
* Referring process
	+ Have you referred any patients to CooL?
		- If yes:
			* Is it clear to you who you can refer to CooL?
			* What was your experience of this?
			* When do you refer a patient?
			* How do you go about starting to talk about this topic?
			* Do you feel confident about explaining the intervention?
		- If not: have you tried this?
	+ What, in your opinion, are the facilitating and impeding factors for a successful referral to the lifestyle coach intervention?
* Communication
	+ What was your experience of the communication about the CooL intervention?
	+ To what extent did you (at the start) receive sufficient information about the CooL intervention?
* Recommendations for the intervention
	+ How satisfied are you with the intervention?
	+ Do you have recommendations for improving the intervention?