# **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?