

End of Program Focus Group

*(DIFO) Doing It For Ourselves
Program*

DIFO End-of-program focus group

The purpose of this focus group is to reflect on the 12-week program and gather your feedback. We are interested in hearing about what you liked best, what made this program successful, and how it could be improved for future participants.

Ground Rules for Discussion

- We would like to hear from each participant throughout the discussion. However, each person does not have to answer every question.
- We have a lot to cover in a relatively short time, so we will need to keep the discussion moving. We may need to interrupt someone who is talking in order to be sure that we get a chance to have discussion about each topic. Please do not be offended by this.
- Remember that there are no right or wrong answers. We are interested in your thoughts and opinions, and it is okay that your opinions be different from others in the group.

Focus group topic questions:

1. What did you like best about the DIFO program? What worked well for you?
 - a. Physical exercise/movement activities
 - b. Nutrition tips/mindful eating
 - c. Group discussions
 - d. Individual consultations
 - e. Resources (handouts, tools, etc.)
 - f. Time/location/facilitation of sessions
2. What could be improved? What was missing? What could have been more helpful for you during this program?
 - a. Physical exercise/movement activities
 - b. Nutrition tips/mindful eating
 - c. Group discussions
 - d. Individual consultations
 - e. Resources (handouts, tools, etc.)
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3. If you were running this program in the future, what would you drop or eliminate from the program?
4. What will you take with you and do differently after this last group session? What have you learned that you will apply to your life?
 - a. What is one thing you gained from this experience that will help to improve your health in the future?
5. Would you recommend this program to other lesbian/bisexual women like you? Why or why not?