

Post-Intervention Focus Group

Attachment 6: Focus Group Protocols for Intervention Groups

Welcome

Good afternoon/evening and welcome, thank you for coming today. My name is XXXX and assisting me is XXXX. We're both with NORC at the University of Chicago, a research organization that is working with the University of Missouri to conduct this program. You were invited to participate in this focus group because you recently completed the [Full Gym Group/Smart Pedometer Group]. We are interested in learning about your experiences, and specifically, what worked well and what did not work well. We would also like to hear from you about how the program could be improved.

Guidelines

There are no right or wrong answers but rather differing points of view. Please feel free to share your point of view even if it differs from what others have said. You do not need to agree with others, but you must listen respectfully as others share their views. Keep in mind that we are just as interested in negative comments as positive comments. Please feel free to be open and candid.

Also, we ask everyone in the group to respect everyone's privacy and confidentiality. Therefore, when the focus group ends, we asked that no one identify anyone in the group or repeat what is said during the discussion.

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You've probably noticed the tape recorder. We're tape recording the session because we don't want to miss any of your comments. People often say very helpful things during the discussion and we can't write fast enough to get them all down.

If possible, we ask that you silence your phones. If you need to leave the room, please do so quietly and rejoin us as quickly as you can.

My role as moderator will be to guide the discussion.

Informed Consent

Before we begin, I would like to read everyone an informed consent. You have a copy of this paper. Please read along with me, and then if you consent to participate, you can sign the form and give it to us. [Moderator will read informed consent. Assistant will collect all informed consent documents and assure that all have been signed. In the event that one has not been signed, the Moderator will ask them if they wish to be part of the focus group. If they do not consent, the Moderator will ask the individual to exit the focus group.]

Full Gym - Focus Group Questions**A. Let's start off by thinking back to when you first joined the program.**

1. Why did you decide to participate in the program?
2. Have you ever participated in a program like this before?
3. Did you have any expectations coming into the program?
 - a. If so, were these expectations met?

B. Next, I'm going to ask you think back over the last 16 weeks and your experience in the program. I'm interested in learning about what you liked and did not like about each aspect of the program, and how the program can be improved.

4. What did you think about the fitness education classes?
 - a. What did you like about the classes?
 - b. What was the most important thing that you learned in the classes?
 - c. How has the information that you learned in the classes helped you?
 - d. Was there anything you did not like about the classes? If so, what?
 - e. How can the classes be improved?
5. What did you think about the support group meetings?
 - a. What did you like about the support group meetings?
 - b. Did the support group meetings help you throughout this experience?
 - i. If so, how were they helpful?
 - c. Was there anything you did not like about meetings? If so, what?
 - d. How can the meetings be improved?
6. What did you think about the gym workouts?
 - a. What did you like about the workouts?
 - b. Was there anything you did not like about the workouts?
 - c. Thinking about the different routines that you participated in—resistance training, aerobic exercise, and flexibility—was there a routine or routines that you liked the most? If so, which one(s) and why?
 - d. Was there a routine or routines that you liked the least? If so, which one(s) and why?
 - e. How can the workouts be improved?
 - f. Do you plan to continue your workout routines now that the program has ended?

7. What did you think about working with a personal trainer?
 - a. What did you like about working with a personal trainer?
 - b. Was there anything you did not like about working with a personal trainer? If so, what?
 - c. How can this aspect of the program be improved?

8. What did you think about working with a nutritionist?
 - a. What did you like about working with a nutritionist?
 - b. Was there anything you did not like about working with a nutritionist? If so, what?
 - c. How can this aspect of the program be improved?

9. Thinking about each aspect of the program—the fitness education classes, the support group meetings, the gym workouts, the personal trainer, and the nutritionist—which aspect or aspects of the program did you like the most? Why?

10. Which aspect or aspects of the program did you like the least? Why?

11. Was there anything else about the program that you liked?

12. Were there any other aspects of the program that could be improved?

D. Let's wrap up our discussion today with a few last questions.

13. What have you learned from this experience?

14. What was the greatest challenge that you faced in the program?

15. Have you seen any changes in yourself as a result of participating in the program?
 - a. Changes in how you feel?
 - b. Changes in your behavior, for example, going to the gym?
 - c. Other changes?

16. Of all of the things we discussed today, what to you is most important?

17. Is there anything else you'd like to tell us about your experience?

Smart Pedometer - Focus Group Questions**A. Let's start off by thinking back to when you first joined the program.**

1. Why did you decide to participate in the program?
2. Have you ever participated in a program like this before?
3. Did you have any expectations coming into the program?
 - a. If so, were these expectations met?

B. Next, I'm going to ask you think back over the last 16 weeks and your experience in the program. I'm interested in learning about what you liked and did not like about each aspect of the program, and how the program can be improved.

1. What did you think about the fitness education classes?
 - a. What did you like about the classes?
 - b. What was the most important thing that you learned in the classes?
 - c. How has the information that you learned in the classes helped you?
 - d. Was there anything you did not like about the classes? If so, what?
 - e. How can the classes be improved?
2. What did you think about the support group meetings?
 - a. What did you like about the support group meetings?
 - b. Did the support group meetings help you throughout this experience?
 - i. If so, how were they helpful?
 - c. Was there anything you did not like about meetings? If so, what?
 - d. How can the meetings be improved?
3. What did you think about the Smart Pedometer?
 - a. What did you like about the Smart Pedometer?
 - b. Do you think the Smart Pedometer encouraged you to be more physically active?
 - i. Which aspect of the Pedometer motivated you? And, how?
 1. Earning points
 2. Challenging a friend or opponent to a "race"
 3. Playing the Tamagotchi game, MyLand
 - c. Was there anything you did not like about the Smart Pedometer?

d. How can the Smart Pedometer be improved?

4. Thinking about each aspect of the program—the fitness education classes, the support group meetings and the Smart Pedometer—which aspect or aspects of the program did you like the most? Why?
5. Which aspect or aspects of the program did you like the least? Why?
6. Was there anything else about the program that you liked?
7. Were there any other aspects of the program that could be improved?

D. Let's wrap up our discussion today with a few last questions.

8. What have you learned from this experience?
9. What was the greatest challenge that you faced in the program?
10. Have you seen any changes in yourself as a result of participating in the program?
 - a. Changes in how you feel?
 - b. Changes in your behavior, for example, going to the gym?
 - c. Other changes?
11. Of all of the things we discussed today, what to you is most important?
12. Is there anything else you'd like to tell us about your experience?