SUPPLEMENTARY FILE 2.

Healthcare professionals’ semi-structured interview guide

Semi Structured Interview Set the interviewee at ease; explain purpose of the interview; offer a better understanding of what the referral process requires to aid tier 2 weight management to be delivered in Northumberland; explanation about how the interview will be recorded; reaffirmation of consent; and how the information will be analysed and stored; rules of confidentiality / anonymity etc.

Questions:

1. Thinking about raising the weight issue, tell me about your experience of discussing weight with patients.

   Prompts
   - How does it feel to raise weight as an issue?
   - Are patients open to discussing weight problems?
   - Do you find a difference between genders when discussing weight?
   - What helps you, such as the NHS Health Check Programme, to raise the issue of weight?
   - What else would help to raise the issue or weight in appointments?

2. Greater retention is often achieved when patients are ready to change, tell me how you work with / assess patient’s readiness to change.

   Prompts
   - Have you had training around the cycle of change?
   - Do you use any specific tools or resources to assess the patient?
   - What would help you to assess the patient’s readiness to change?
3. Thinking the information and resources available to you during the referral, do you feel you had enough information and resources to encourage patient take up of the programme?

Prompts

- Did you have enough background information?
- Were the referral forms suitable / capture all the information required?
- Were the patient leaflets / resources suitable?
- Were there questions or issues raised that couldn’t be answered?
- Was the process easy to use?
- What else could help you to make referrals to weight management programmes?

4. Thinking about after you referred the patient, what happened next? (excluded after pilot)

Prompts

- Did you get feedback from the weight management programme on the progress of your patient?
- Did your patients achieve weight loss?
- Did your patient come back and talk about their experience?

5. What things are most likely to prevent you from making the referral a weight management programme, either commercial or Public Health funded?

Prompts

- Are there barriers that you perceive, such as cost to the patient?
- Are you concerned with raising the weight issue?
- Is it a time factor if the patient has an appointment for anything other than a weight issue?
- What would help you to overcome the barriers that prevent you from making the referral?
6. Is there anything else that you would like to tell me about your expectations and experiences of the weight management programme?

**Focus Group Topic Guide**

*Set group at ease; explain purpose of the focus group; offer a better understanding of what works for people in terms of tier 2 weight management and what doesn’t, aiding development of an effective programme for Northumberland residents; explanation about how the focus group will be recorded; reaffirmation of consent; and how the information will be analysed and stored; rules of confidentiality/anonymity etc.*

1. Tell me a bit about what sort of weight management activity you have taken part in, in the past.

**Prompts**

- What influence have others had on your weight management?
- Do you have any particular likes/dislikes of physical activity/managing weight/nutrition
- Has there been anything else that has influenced your management of weight?

2. So thinking about the weight management programme you have undertaken, how did you find out about it?

**Prompts**

- Who / what motivated you to attend?
- What made you decide that this is the right time to look at managing your weight?
- Did the time of year make a difference?
3. Thinking about your experience of when you were referred to the weight management programme, how did you find the process?

Prompts

- What type of health professional referred you? (GP / Practice Nurse)
- Did you specifically attend Primary Care to discuss your weight?
- How was weight raised?
- What did the referrer explain to you about the programme? Did you get enough information?
- How long was it from your referral from Primary Care to the first assessment in the weight management programme; was this what you expected? Were you still motivated?

4. How did you feel about being referred?

Prompts

- How confident did you feel about taking part in the programme?
- Was there anything that you were particularly looking forward to?
- Was there anything that you were worried about?

5. What did you hope to achieve by taking part in the weight management programme?

Prompts

- What were your expectations when you start attending the scheme?
- Have there been changes to your health that you expected happen as a result of participation?
- How quickly did you expect to see these changes? And did this happen?

6. Thinking about after you were referred, what happened next?

Prompts
- How long after referral did it take to be contacted by the Active Northumberland?
- What information did you receive prior to the initial consultation?
- How comfortable did you feel coming to the initial consultation?

7. What influenced you most to attend the weight management programme?

Prompts
- What did you expect from the staff?
- How important to you were changes in health or weight?
- Why were the influences raised important?

8. What things were most likely to prevent you from attending the programme?

Prompts
- Tell me about any worries you might have had about health issues.
- Tell me about any other things, such as other commitments, that might have stopped you from attending
- Did any of these issues arise? How did you overcome these issues?

9. Now that you have completed the programme, tell me how did you felt about undertaking the weight management programme?

Prompts
- Did you achieve the health / weight outcomes you expected?
- Why do you think it worked or not for you?
- Do you feel you now have the tools to continue to make positive lifestyle choices?
- Is there something that will prevent you to continue to make positive lifestyle choices?
10. Is there anything else that you would like to tell me about your expectations and experiences of the weight management programme?