**Semi-structured interview guide: Patients**

Thank you for agreeing to take part in this interview. You are one of a number of patients who have kindly agreed to help us. We are interested in your behaviour (in choosing and managing your diabetes), your perception of the impact of diabetes on your health and well-being and ways to help more people with diabetes in the future.

|  |
| --- |
| 1. **Choosing and managing your diabetes: Your barriers and enablers as patients**
 |
| **Becoming involved in the ‘You’ve Got This’ project** | **The shared decision making process** | **Supporting your health behaviour changes** |
| Intentions and goals |
| * How did you hear about the You’ve Got This project? (doctor / nurse, friends, family, community, word of mouth)
* What would be a good health outcome for you? (get rid of diabetes, lose weight, feel healthier)
* How motivated are you to make healthy choices? Where does that motivation come from? (personal interest in HE, other people, word of mouth)
 |
| Reinforcement |
| * How important is it to you to do well? To control your diabetes?
* Have you received any feedback on your progress? (from doctor / nurse, friends, family, community)
 |
| Knowledge |
| * What knowledge do you believe you need to successfully manage your diabetes through dietary and lifestyle changes? Where have you gained this knowledge? (online, doctor / nurse, news, social media, friends / family)
* Do you understand how to eat healthily? If not, how would you like to gain that knowledge?
 |
| Optimism and beliefs about consequences |
| * Can you tell me about a recent conversation with your nurse at which the diet options available were discussed?
* What was the outcome? (TDR / TDR-Food / Usual care) Did you know you were going to make that choice before discussing the options?
* How did you feel at the end? Did the consultation feel worthwhile? How involved in the process did you feel?
* How confident are you that you made the right decision?
 |
| Social influences |
| * Practically are there social or cultural pressures which make a decision to alter eating habits easier or more challenging? (childcare, carer, sport, religion, commute to work, disability, financial constraints, lack of time)
* Do you feel influenced by what other people with diabetes choose to do?
 |
| Beliefs about capabilities and skills |
| * How confident are you in your ability to make dietary changes to manage your diabetes?
* Of the diets on offer, did you feel more confident to follow one rather than another of them?
 |
| Behavioural regulation, attention and decision processes |
| * If you have tried to alter eating habits or lose weight in the past, what makes you start? How do you prepare for such changes?
* Does a change to your diet affect other people around you? If so, how?
* What happens if you break your diet? Is this something you have experienced in the past? How have you handled this?
 |
| Environmental context and resources |
| * How convenient is this venue for you?
* Is there anything else about this venue that is important to you?
* Do the facilities meet your needs?
 |
| Professional / social role and identity |
| * How would you describe your primary role in life? Job title?
* How is your role viewed by your family, friends, community?
* Do you have other competing roles?
 |
| Emotion |
| * Do you personally know anyone with diabetes or the risk factors for diabetes? How does this influence you?
* What do you feel about people who are overweight or obese?
* How do you feel after attending a diabetes appointment at which your diet and weight are discussed? Happy? Frustrated? Angry? Motivated?
 |
| Anything else which you feel influences how you choose and manage your eating habits?  |
| 1. **Impact of dietary change: Your perceptions as a person with diabetes**
 |
| **During initial decision making conversation** | **During the 12 week intervention** | **Maintaining dietary changes** |
| Intentions and goals |
| * Why do people with diabetes opt to make changes to their diet? Opt to undertake the low calorie diet?
* What influenced your decision? (family, friends, community, news, your doctor / nurse)
 |
| Reinforcement |
| * What helps people with diabetes stick to their diet? What do you think helps people make lifestyle changes?
* Are there rewards for doing so? Have you experienced any benefits to making changes to your eating habits or losing weight?
 |
| Knowledge |
| * What knowledge do people gain from opting to follow the low calorie diet?
* Was the information you received enough for you to make an informed decision? To follow your chosen treatment option?
* Did anything hinder this process? Is there anything the nurse / dietitian could have done differently / better?
 |
| Optimism and beliefs about consequences |
| * The low calorie diet (LCD) options offer people the chance of putting their diabetes into remission. Was this made clear to you? Did you believe this to be possible?
* If you chose the LCD option, what influenced your choice to follow the shakes based LCD or food based LCD?
* Are there other diets you would have liked to be offered? Believe to be better?
* What do you believe is the best way to look after your health? Your diabetes?
 |
| Social influences |
| * What makes it easier or more difficult for your to alter your health behaviours (such as eating more healthily, taking exercise)? (live alone, childcare, carer, sport, religion, commute to work, long working hours, disability, financial constraints)
* Have you had the opportunity to meet other people with diabetes? Has this influenced the decisions you have made?
 |
| Beliefs about capabilities and skills |
| * How confident are you about following a diet and changing your eating behaviour? On a scale of 1-10 where 10 is extremely confident?
* Do you understand what is (the dietary change) being asked of you?
* Do you know how to obtain dietary information and support if you need it?
 |
| Behavioural regulation, attention and decision processes |
| * How convenient is it to come to appointments or sessions relating to your diabetes?
* What makes you decide to attend? Or not?
* How useful do you find these sessions / appointments? Can you give examples?
 |
| Environmental context and resources |
| * How convenient is the venue to you?
* Is there anything else about this venue that is important to you?
* Is written dietary information provided helpful? If not, why not? What would be more helpful?
 |
| Professional / social role and identity |
| * Who is generally responsible for cooking your meals? Who does the shopping and plans those meals?
* Does your health (ongoing health) affect other people?
* How important is it to you to sit down to eat together with family / friends? Does anything else influence how / why you choose to eat what you eat?
 |
| Emotion |
| * Has a relative or friend with diabetes influenced your decision on how to manage your diabetes?
* Do you perceive yourself to be overweight or obese? If so, does this stop you from doing anything?
* How does this offer of diabetes remission through changing diet and weight loss make you feel?
 |
| Any other personal thoughts which relate to the impact of making this dietary change? |