Appendix 1. One-on-one structured interview guide questions

1. Please complete the following sentence (interviewer to circle answer).

“The online program...

… was better than expected”.

… matched expectations”.

… was worse than expected”.

2. Please answer the following question using a scale of 1 ‘*Very dissatisfied*’ to 5 *‘Very satisfied’* (interviewer to circle answer). How satisfied were you with the online program overall?

1 - Very dissatisfied

2 - Somewhat dissatisfied

3 - Neutral

4 - Somewhat satisfied

5 - Very satisfied

* Please describe why you have scaled it … e.g. somewhat satisfied?

3. Which parts of the program did you find MOST useful? You can say more than one.

The self-compassion focus

The goal-setting and monitoring

The nutrition guidance

Our online support

None

Other

* Describe why you find it useful?

4. Which parts of the program did you find LEAST useful? You can say more than one.

The self-compassion focus

The goal-setting and monitoring

The nutrition guidance

Our online support

None

Other

* Describe Why you find it not useful?

5. Which aspect of the self-compassion focus did you find MOST useful?

* Please describe why you found it most useful.

6. Which aspect of the self-compassion focus did you find LEAST useful?

* Please describe why you found it least useful.

7. Which aspect of the goal setting and monitoring did you find MOST useful?

* Please describe why you found it most useful.

8. Which aspect of the goal setting and monitoring did you find LEAST useful?

* Please describe why you found it least useful.

9. Which aspect of the nutrition guidance did you find MOST useful?

* Please describe why you found it most useful.

10. Which aspect of the nutrition guidance did you find LEAST useful?

* Please describe why you found it least useful.

11. Which aspect of the online support did you find MOST useful?

* Please describe why you found it most useful.

12. Which aspect of the online support did you find LEAST useful?

* Please describe why you found it least useful.

Supplementary questions

13. Did you find that the self-compassion information and goals:

* helped you in your life in general - YES/NO with comments (describe it how…)
* indirectly helped you to change your dietary habits - YES/NO with comments (describe it how…)

14. Can you tell me what you think about the number of goals that you were guided to set, i.e. 1-3 nutrition goals and 1 self-compassion goal per week – was this amount manageable – YES/NO with comments?

15. Did you find that goal setting and self-monitoring (i.e. the online goal sheet) helped you to change your dietary habits? Please describe it.

16. Were the below study components convenient for you?

* + Online goal sheets? YES/NO with comments
  + Email communications? YES/NO with comments
  + Meeting in-person? YES/NO with comments
  + Nutrition information? YES/NO with comments (e.g. as it clear enough to understand? If no, which part/s was not clear or confusing?)
  + Self-compassion information? YES/NO with comments

17. Will you continue practising self-compassion now that the study is over? YES/NO with comments

18. Will you continue goal-setting now that the study is over? YES/NO with comments

19. Had you ever heard about self-compassion before the study? YES/NO with comments (e.g. did you ever practice it before the study?)

20. Do you have any suggestions for improving the program?

21. Is there an unaddressed need that we should include or focus on? If yes, what is it?

22. Is there anything else that you would like to mention?