

INPUTS

ACTIVITIES

BEHAVIOURS / OUTPUTS

OUTCOMES

Slimming
World

Midwife

Physical
Activity

Tailoring of advice/information
Give dietary information
Share tips
Encourage goal setting, action planning and problem solving
Support self efficacy
Boost motivation
Give information on physical activity
Provide encouragement
Provide professional support
Encourage self regulation/self monitoring
Give feedback and reinforcement
Encourage peer support (including modelling)
Give pregnancy specific diet and physical activity and general lifestyle advice
Weight change monitoring
Establish baseline and encourage physical activity
Give safety advice
Give pedometers and walking diary
Give information on physical activity in pregnancy

Goal setting
Action planning to achieve goals
Improved skills and knowledge
Increased motivation
Increased self efficacy
Established peer/social support (in group and externally)
Increased self monitoring
Increased behavioural self regulation (e.g. monitor progress in relation to goals)
Increased problem solving
Improved self esteem
Eat more fruit and veg
Eat more fibre
Eat less fat
Eat less sugar
Do more physical activity
Less time in sedentary behaviour
Attend group
Problem solve

Weight loss
Moderated weight gain in pregnancy
Habit formation
Improved self-image/self esteem
Increased problem solving and planning skills
Improved health outcomes for Mum and baby (including breast feeding)
General improvement in lifestyle factors
Established social support networks

Theorised mediators that are being tested in the mediation analyses.