

Supplementary File 1. Semi-Structured Interview Guide

Study Title: Barriers and Facilitators to Fall Prevention among Older Adults: Insights from Healthcare Practitioners in Saudi Arabia

Introduction and Ethical Information

This interview guide was used in a qualitative study exploring healthcare practitioners' perspectives on barriers and facilitators to fall prevention among older adults in Saudi Arabia.

Participants were informed of the study's purpose, the voluntary nature of participation, and the confidentiality of all information shared. Before beginning the interview, the researcher introduced themselves as a Doctor of Physical Therapy researcher and explained the objectives of the study.

The study aimed to understand challenges that hinder fall prevention among older adults, as well as to identify potential solutions and professional insights to overcome these barriers. Participants were invited to share their direct experiences and opinions openly and honestly.

Each interview session was audio-recorded with the participant's permission to ensure accurate documentation of the discussion. The recordings were used solely for transcription and analysis purposes and were permanently deleted approximately one year after the completion of the study.

All data were anonymized to protect participants' identities. No personal identifiers (e.g., names, job titles, or institutional affiliations) were included in any reports or publications resulting from the study.

Before starting, participants were asked the following question: ***“Do you consent to participate in this interview and to have it audio-recorded for research purposes?”***

The interviewer explained that there were no right or wrong answers. The goal was to gather diverse viewpoints and experiences regarding fall prevention. Participants were encouraged to share their thoughts freely, whether they agreed or disagreed with previous statements.

Confidentiality was emphasized: all information shared during the interview was accessible only to the research team and was used exclusively for research purposes.

Before beginning the discussion, participants were asked: ***“Do you have any questions before we start?”***

Interview Questions

1. Do you believe that falls among older adults in your facility can be prevented or reduced? Why do you think so?
2. Which do you find more challenging: preventing falls among older adults or reducing their risk of falling?
3. For each mentioned barrier, how does this barrier cause the problem, and how difficult is it to overcome?
4. For each mentioned barrier, what do you think is the solution?
5. Based on your experience, what could help you reduce fall incidents or fall risk?

6. For each mentioned facilitating factor, how does it work? Can it be applied in your workplace? What would be required to implement it?
7. What other factors could help reduce fall incidents, and why?
8. Do you have any additional comments or suggestions to help reduce falls among older adults?

Closing Statement

The interviewer concluded each session by thanking the participant for their time and contribution:
“Thank you very much for participating in this discussion. Your valuable input will contribute to improving fall prevention strategies and the quality of care for older adults.”