

Interview Guide

Introduction

Hello, my name is *[your name]*. I am *[your title]* at the Hebrew SeniorLife Marcus Institute for Aging Research working with the surgical team at BIDMC. Thank you for calling into our secure conference line to participate in today's call. As a reminder, this conversation will be recorded and transcribed for later analysis by our research team.

Today we will ask about your experiences participating in an intervention created to help you prepare for the challenges of surgery. As a part of the total intervention, you were encouraged to participate in three (3) programs: one on physical therapy, one on nutrition, and one on meditation. We will talk about each of these programs one at a time.

I. PHYSICAL THERAPY - *As a part of the intervention you were asked to participate in physical therapy guided by a clinician and in self-directed exercise at home. This next set of questions pertain to that program within the intervention.*

- Please tell me which type of physical therapy you received for this intervention: *prompt (options are center-based, hybrid, home-based or virtual)*
- Please tell me first about working with a physical therapist using [mode of delivery].
 - What made it hard or easy to stick with this part of your physical therapy program? [probe separately about each of the following, as needed]:
 - [CAPABILITY: Physical factors]: Such as your physical abilities and/or your physical symptoms, etc.?
 - [CAPABILITY: Psychological factors]: Such as your knowledge about the topic, mood, and/or your current memory skills, etc.?
 - [OPPORTUNITY: Physical factors]: Things in your environment like having necessary access, having enough time or enough financial support or other resources, etc.?

- [OPPORTUNITY: Social factors]: Things in your life like the influence of other people, feelings of trust, identifying with peers with health needs like your own, etc.?
 - [MOTIVATION: Automatic]: Things like your usual habits, feelings about physical therapy, etc.?
 - [MOTIVATION: Reflective]: Things like what impact you thought instructional physical therapy would have, what you think about your current state of health, etc.?
- Please tell me how much exercise did you do on your own?
 - What made it hard or easy to stick with this part of your physical therapy program? [probe separately about each of the following, as needed]:
 - [CAPABILITY: Physical factors]: Such as your physical abilities and/or your physical symptoms, etc.?
 - [CAPABILITY: Psychological factors]: Such as your knowledge about the topic, mood and/or your current memory skills, etc.?
 - [OPPORTUNITY: Physical factors]: Things in your environment like having necessary access, having enough time or enough financial support or other resources, etc.?
 - [OPPORTUNITY: Social factors]: Things in your life like the influence of other people, feelings of trust, identifying with peers with health needs like your own, etc.?
 - [MOTIVATION: Automatic]: Things like your usual habits, feelings about physical therapy, etc.?
 - [MOTIVATION: Reflective]: Things like what impact you thought self-directed physical therapy would have, what you think about your current state of health, etc.?

II. NUTRITION - *As a part of the total intervention package you were asked to participate in on-line nutrition classes taught by a clinician and to follow a high-protein diet at home which included supplements. This next set of questions pertains to that program within intervention.*

- Please tell me first about the **instructional** part of your on-line nutrition program.

- What made it hard or easy to stick with this part of your nutrition program? [probe separately about each of the following, as needed]:
 - [CAPABILITY: Physical factors]: Such as your physical abilities and/or your physical symptoms, etc.?
 - [CAPABILITY: Psychological factors]: Such as your knowledge about the topic, mood, and/or your current memory skills, etc.?
 - [OPPORTUNITY: Physical factors]: Things in your environment like having necessary access, having enough time or enough financial support or other resources, etc.?
 - [OPPORTUNITY: Social factors]: Things in your life like the influence of other people, feelings of trust, identifying with peers with health needs like your own, etc.?
 - [MOTIVATION: Automatic]: Things like your usual habits, feelings about nutrition, etc.?
 - [MOTIVATION: Reflective]: Things like what impact you thought instructional nutrition program would have, what you think about your current state of health, etc.?
- Please tell me know about the **self-directed** part of your nutrition program (e.g., following a high-protein diets including using supplements).
 - What made it hard or easy to stick with this part of your nutrition program? [probe separately about each of the following, needed]:
 - [CAPABILITY: Physical factors]: Such as your physical abilities and/or your physical symptoms, etc.?
 - [CAPABILITY: Psychological factors]: Such as your knowledge about the topic, mood, and/or your current memory skills, etc.?
 - [OPPORTUNITY: Physical factors]: Things in your environment like having necessary access, having enough time or enough financial support or other resources, etc.?

- [OPPORTUNITY: Social factors]: Things in your life like the influence of other people, feelings of trust, identifying with peers with health needs like your own, etc.?
- [MOTIVATION: Automatic]: Things like your usual habits, feelings about nutrition, etc.?
- [MOTIVATION: Reflective]: Things like what impact you thought self-directed nutrition program would have, what you think about your current state of health, etc.?

III. MEDITATION - *As a part of the total intervention package you were asked to participate in on-line meditation classes taught by a wellness educator and meditation performed on your own at home. This next set of questions pertains to that program within the intervention*

- Please tell me first about the **instructional** part of your on-line meditation program.
 - What made it hard or easy to stick with this part of your meditation program?
[probe separately about each of the following, as needed]:
 - [CAPABILITY: Physical factors]: Such as your physical abilities and/or your physical symptoms, etc.?
 - [CAPABILITY: Psychological factors]: Such as your knowledge about the topic, mood, and/or your current memory skills, etc.?
 - [OPPORTUNITY: Physical factors]: Things in your environment like having necessary access, having enough time or enough financial support or other resources, etc.?
 - [OPPORTUNITY: Social factors]: Things in your life like the influence of other people, feelings of trust, identifying with peers with health needs like your own, etc.?
 - [MOTIVATION: Automatic]: Things like your usual habits, feelings about meditation, etc.?
 - [MOTIVATION: Reflective]: Things like what impact you thought instructional meditation program would have, what you think about your current state of health, etc.?

- Please tell me know about the **self-directed** part of your meditation program (e.g., following a meditation practice at home).
 - What made it hard or easy to stick with this part of your meditation program?
[probe separately about each of the following, as needed]:
 - [CAPABILITY: Physical factors]: Such as your physical abilities and/or your physical symptoms, etc.?
 - [CAPABILITY: Psychological factors]: Such as your knowledge about the topic, mood, and/or your current memory skills, etc.?
 - [OPPORTUNITY: Physical factors]: Things in your environment like having necessary access, having enough time or enough financial support or other resources, etc.?
 - [OPPORTUNITY: Social factors]: Things in your life like the influence of other people, feelings of trust, identifying with peers with health needs like your own, etc.?
 - [MOTIVATION: Automatic]: Things like your usual habits, feelings about meditation, etc.?
 - [MOTIVATION: Reflective]: Things like what impact you thought self-directed meditation program would have, what you think about your current state of health, etc.?

FINAL QUESTIONS:

- Please tell me how having someone check-in on your progress affected your participation in the total prehabilitation program: was the check-in call more effective for one or two of these programs over the other(s)? In what way?
 - Such as: discussing and writing out your goals, discussing expected/actual barriers, and/or discussing expected/actual facilitators (or helpers).
- What, if anything, could be done to improve the effectiveness of the check-in call in helping other older adults stick with the total intervention as they prepare for surgery?

- Were there any programs within the total intervention [list the 3 intervention components] that you feel were not necessary to prepare you for the challenges of surgery? Which programs? Why do you think that about each of the programs you mention?
- Please tell us how you think we could improve the 3 programs [list the 3 intervention components] that are offered through the total intervention.
- Are there any other thoughts you would like to share?

Thank you very much for your time and important feedback.