

Additional files

Additional file 1: Table S1. Interview guide.

This table displays the lead interview questions and potential prompts developed for physical activity and sedentary behaviour.

Interview route	
Physical activity	Sedentary behaviour
- Describe what physical activity means to you? - Is staying active more or less important to you? - Can you give me some examples of type of activities you experience in a typical day? - Context of physical activity: When? Where? With whom? - At present what helps you to engage in physical activity? (facilitators - prompt) - What challenges you to engage in physical activity? (barriers - prompt)	- Describe what the term sedentary behaviour means to you? - Can you give me some examples of sedentary activities you experience in a typical day? - Context of sedentary activities: When? Where? With whom? - Describe benefits to engaging in such sedentary activity (E.g., sitting, lying/sleeping)? - Describe negative effects/limitations of engaging in such sedentary activities? - How has current work-life impacted the level of sedentary activity? (facilitators/barriers - prompt)
Prompts as necessary	
Psychosocial: Perceptions, values, attitudes, definitions	
Institutional: Occupational setting, workplace facilities	
Social & cultural: Social support, Indian /non-Indian community, traditional/cultural modes/practices	
Social & material resources: Area deprivation, opportunities in life	
Physical environment & opportunity: Neighbourhood, parks, open spaces, safety, facilities	
Migration: Acculturation, equal opportunities, past-present comparisons	
Health & health communication: Health information, overall health	