

Interview Schedule – Individual Interview

Thank you for meeting with us today. I'm *[introduce everyone on the call]*.

Today we want to chat with you about physical activity and your experiences with physical activity in your community. We sent you some information about the study before this meeting, do you have any questions?

We also asked you to take some photographs before this interview? If you have taken some, please have them ready if you are willing to share them as we want to use them to discuss physical activity.

The interview today should last approximately 45min to 1hour. If you need to take a break or would like to stop at any time just let me know. Before we get started, can you please confirm your consent to be audio recorded?

Question	TDF domain
Tell me a little bit about yourself. Are there any specific groups you feel you belong to (age, gender, ethnicity)?	
What does the phrase 'physical activity' mean to you? Did you take any photographs in the past few days that may show us why physical activity is important to you or what it means to you?	Knowledge Social/professional role and identify
Do you think there are any benefits to being physically active? What are some of the benefits you associate with physical activity?	Knowledge Beliefs about consequences Intentions Memory/attention/decision processes
Do you think there are any risks caused by physical activity? - Is there anything that worries you about being active? - Is there anything you're afraid of/concerned about when being active in your community?	Knowledge Beliefs about consequences Memory/attention/decision processes
Do you enjoy being physically active?	Emotions
How much physical activity do you think adults your age should be getting each week?	Knowledge Social/professional role and identity Goals Social influences

Coding Guide:

TDF domain	Definition & Construct	Code description/notes/examples
Knowledge	An awareness of the existence of something - Knowledge of condition/scientific rationale, procedural knowledge, knowledge of task environment	"I do wish I had access to a gym, to a personal trainer because it's starting to get to a point now where I'm like oh, I could see myself looking into doing weight training and improving upon what I've already started to establish within myself, by myself. So just being able to have someone there to be like of your form is actually off and do the little corrections so I can better myself in that way."
Skills	An ability or proficiency acquired through practice - Skills, skill development, competence, ability, practice, skill assessment	"I've got some old injuries from when I was younger that kind of flare up... and if I'm pushing myself too much it starts to hurt" [beliefs about capabilities] "I have chronic vertigo which then makes PA more difficult" "Some stuff triggers my vertigo more and so then I need to make more accommodations to what I'm doing. So, there are yoga classes that happen in town, not any chance you would get me out to a yoga class cause again that whole balance thing"
Social/professional role and identity	A coherent set of behaviours and displayed personal qualities of an individual in a social or work setting - Professional identity, professional role, social identity, professional boundaries, professional confidence, group identify, leadership	"So as a nurse I would say there's a lot of physical benefits to it."
Beliefs about capabilities	Acceptance of the truth, reality, or validity about an ability, talent, or facility that a person can put to constructive use - Self-confidence, perceived competence, self-efficacy, perceived behavioural control, beliefs, self-esteem, empowerment	"I am comfortable with my current level of activity; well I'm thrilled with my current level of activity—it's way better than it has been. My big thing is can I maintain it? And keep going with this, you know? Cause winter is going to come and then biking isn't really as fun or as possible" "I cannot do activity inside. I can't go to the gym, I get really, really, hot really fast so unless I have big fans and filter, I can't go into a gym to do any kind of exercise."
Optimism	The confidence that things will happen for the best or that desired goals will be attained - Optimism, pessimism, unrealistic optimism, identity	
Beliefs about consequences	Acceptance of the truth, reality, or validity about outcomes of a behaviour in a given situation	"Pretty well all of the chronic diseases that we have are in some way preventable by being active...there's also a lot of mental health benefits to it"

	- Beliefs, outcome expectancies, characteristic of outcome expectancies, anticipated regret, consequences	"I think it makes me feel content and strong and I think I grew up in a culture that PA was a really positive thing so it almost makes me feel productive and satisfied with my day too."
Reinforcement	Increasing the probability of a response by arranging a dependent relationship or contingency, between the response and a given stimulus - Rewards, incentives, punishment, consequences, reinforcement, contingencies, sanctions	"Doing movement makes my body and mind feel good" "It makes me feel more positive about myself, makes me feel strong again and makes me feel like I'm not defined by the vertigo..." - Affects Automatic Motivation
Intentions	A conscious decision to perform a behaviour or a resolve to act in a certain way - Stability of intentions, stages of change model, transtheoretical model	"So then this spring I was like well there's no reason I can't still sort of walk to work, even if work is just down in the basement. So I take my dog, it's usually for at least a 20 minute walk before I get started on work in the morning," (setting a routine) "it's just hard to actually figure out what stops me from doing anything physical cause my friends go even in the rain, sun or snow, I still will do things. But I've always been like that so I don't know for someone that is not as physical what incentive it would be for them to do something" (talks about incentives to be physically active) - Affects Reflective Motivation
Goals	Mental representations of outcomes or end states that an individual wants to achieve - Goals, goal priority, goal/target setting, action planning, implementation intention	"I am comfortable where I am at right now because I had to build up my endurance from where I was so I'm happy with where I am right now" (both barrier and facilitator) "Setting some goals for what I'd like to do and seeing some of those be met"
Memory, attention, and decision processes	The ability to retain information, focus selectively on aspects of the environment and choose between two or more alternatives - Memory, attention, attention control, decision making, cognitive overload/tiredness	"And then as for my need to add some activity into my workday I used to try to set a little timer to say, okay in half an hour get up and do a little 15 seconds of something...But I keep forgetting to set the timer and it's like 2 or 3 hours later and you go oh, alright."
Environmental context and resources	Any circumstance of a persons' situation or environment that discourages or encourages the development of skills and abilities, independence, social competence, and adaptive behaviour - Environmental stressors, resources/material resources, organization culture/climate, salient events/critical incidents, person and environment interaction, barriers and facilitators	Examples of nature trails by their house, facilities and other services they have access to.

Social influences	Interpersonal processes that can cause individuals to change their thoughts, feelings, or behaviours - Social pressure, social norms, group conformity, group norms, social support, power, intergroup conflict, alienation, group identity, modelling	“that having time with family—particularly with my husband and yea, just feeling connected.”
Emotion	A complex reaction pattern, involving experiential, behavioural, and physiological elements, by which the individual attempts to deal with a personally significant matter or event - Fear, anxiety, affect, stress, depression, burn-out	“I suffer with depression as well as anxiety and find that movement helps me get through difficult bits in my life”
Behavioural regulation	Anything aimed at managing or changing objectively observed or measured actions - Self-monitoring, breaking habit, action planning	“And then as for need to add some activity into my workday, I used to try to set a little timer to say okay in half an hour get up and do a little 15 seconds of something” “I mean I probably wouldn’t bike down the highway at night and that’s where a lot of people live, so they just wouldn’t be able to go out then. Like I have to cross the highway from my house but I don’t have to bike down it for a long time or walk down it or whatever it might be to be able to commute actively. All I have to do it cross it and I’m back on a street that either has a bike lane or has less traffic.” - Affects Psychological Capability

Notes:

- things can be coded as both barrier AND facilitator if appropriate.
- may be coded under multiple domains if appropriate.

Based on this, do you think you get enough physical activity each week? • What types of activity do you like to do? • Who are you typically active with? • Did you take any photographs while you were doing these activities?	Skills Beliefs and capabilities Behavioural regulation Social/professional role
Do you want to be more active? • <i>[if yes]</i>, what do you think would help you be more active? • <i>[if no]</i>, why not?	Beliefs about capabilities Optimism Intentions Goals Behavioural regulation
Can you think of anything that makes it difficult for you to be physically active? • Do you think any of these groups you belong to or identify with impact <i>[insert examples provided by participant]</i> your physical activity?	Beliefs and capabilities Optimism Reinforcement Goals Environmental context/resources Social influences Behavioural regulation
Can you think of anything that makes it easier for you to be physically active?	Beliefs about capabilities Optimism Reinforcement Goals Environmental context/resources Social influences Behavioural regulation
Do you think that living in <i>[participants' community]</i> affects your ability to be physically active? • Do you think it would be easier if you lived somewhere else?	Environmental context/resources Social influences Beliefs and capabilities
Do you have access to enough spaces to be physically active? • Did you take any photographs of you being active in these spaces? • Is there anything that prevents you from using these spaces? • Is there anything you wish you had access to that would help you be more active?	Environmental context/resources Social influences Beliefs and capabilities Skills
Are there any resources or supports that you think could be put in place to help you get or stay active?	
Is there anything you would like to add or mention that I didn't ask you about?	

Finally, we have a brief demographic and physical activity behaviour questionnaire that will give us information to describe our participants. It should take less than 10 minutes to complete. We can do that together now or I can email/mail it to you to complete on your own. Do you have a preference?