

Body & Mind Exit Interview

Patient ID:

Date:

Themes to enquire about:

1. How was the screening process at school experienced?
2. What made you decide to participate in the study at the time of the initial screening at school?
3. Was there anything that might have put you off participating in the study at this stage?
4. How did you feel about being weighed at school?
5. Were you aware of other people who might have participated but didn't, what do you think made them unwilling to participate?
6. What might encourage you or other people to take part in similar studies in the future?
7. Do you feel the information given to you about the study when you deciding whether to participate was appropriate?
8. How would you feel about being randomised to one treatment versus another treatment in a study?
9. Did the vouchers make a difference to your participation in the intervention part of the study?
10. How did you find the initial assessment that you were invited to after screening positive at school?

11. Was anything about this initial assessment process that you found difficult? What could be improved?
12. Were there any positive things that you would like to mention about the initial assessment?
13. Thinking about the intervention itself, what parts of the intervention did you find helpful?
14. What parts of the intervention were less helpful?
15. Was school the best place to do the intervention? Are there other places you could suggest? (Sports centres, health centres etc).
16. Was a parent or carer involved?
17. If so, how did you feel about them being involved?
18. How do you feel about the number of sessions of the intervention that were offered? Were there too few, too many, or just the right amount?
19. How did you feel about the spacing/frequency of the sessions?
20. Are there any ways we can change the materials of the intervention, such as the worksheets, so that they are more suitable to young people of your age?
21. How did you feel about the graduate therapist who worked with you?
22. Has the intervention helped with your mood?
23. Has intervention helped with the way you see yourself or improved your confidence?
24. Has the intervention helped you to increase the time you spend in healthy activities?

25. Has intervention helped to reduce the amount of time is spent in unhealthy activities?
26. Has the intervention change the way you see food or your diet in any way?
27. Has the intervention led to you doing more social activities of sports?
28. If you have made any changes to your lifestyle, how likely to think it is that you will keep these up?
29. What were the ideas or concepts that you learned in the intervention that you found most helpful?
30. Would you be likely to take part in the further research of this kind in the future?
31. Would you recommend taking part in research like this to other young people you know?
32. What sort of studies would you be willing to take part in and which would you be more reluctant to participate in? (e.g. medication trials etc).
33. Have you any further comments about your experience of taking part in the study?