

Semi-structured interview for each participant (post- intervention):

Participation in the “ACT-IC” intervention								Reflection
1. I enjoyed the collaborative goal-setting with the motivational coach	1	2	3	4	5	6	7	Why/why not? - Possible points for improvement?
2. The action list for my goals helped me to structure a way to change my undesired situations	1	2	3	4	5	6	7	Why/why not? - Possible points for improvement?
3. I think the weekly coaching was a good addition to the program	1	2	3	4	5	6	7	Why/why not? - Possible points for improvement?
4. Weekly talk to the coach motivated me to follow my goals	1	2	3	4	5	6	7	- Possible points for improvement?
5. I found the duration of the coaching sessions (~20 minutes) sufficient	1	2	3	4	5	6	7	- - Shorter or longer?
6. I think one week interval between coaching sessions was enough	1	2	3	4	5	6	7	- Shorter or longer?
7. I made use of:								
7a. Conversations with the coach	1	2	3	4	5	6	7	- Why/why not? - What did/didn't appeal to you in this?
7b. The step-by-step plan toward my goals	1	2	3	4	5	6	7	- Why/why not? - What did/didn't appeal to you in this?
Open reflection								- How did you find the intervention? - Did you struggle with or miss any web features? - Would you delete any certain features? Which/why?
8. I could read the text on the website well	1	2	3	4	5	6	7	- points regarding text size, contrast, amount?
9. I liked the amount of information offered per module	1	2	3	4	5	6	7	- Points regarding length of the video, amount of text in the introduction?

10. I found the content of the modules clear and easy to understand	1	2	3	4	5	6	7	- Easy to understand/follow? - Why/why not?
11. I found the modules useful	1	2	3	4	5	6	7	- Why/why not? - Possible points for improvement?
12. I liked the amount of time I spent on each module	1	2	3	4	5	6	7	- How much time did you spend per module? - What did you spend the most time with? - Would you have preferred to spend more/less time on it?
13. I found one week interval between modules enough	1	2	3	4	5	6	7	- Possible points for improvement?
14. I liked the number of modules (9)	1	2	3	4	5	6	7	- More or less?
15. I made use of:								
15a. The introductory videos	1	2	3	4	5	6	7	- Why/why not? - What did/didn't appeal to you in this regard?
15b. The assignments	1	2	3	4	5	6	7	- Why/why not? - What did/didn't appeal to you in this regard?
Open reflection								- Did you find it complete? - Did you miss any features? Suggestions? - Would you delete certain features? Which?
16. I liked the structure of the modules (action list, step-by-step plan, modules, coaching).	1	2	3	4	5	6	7	Logical structure - Did you follow all the components? Why/why not? - What part(s) of the intervention did you find most helpful or effective and what parts not? - Did you miss any component?
17. I am generally satisfied with what was offered to me during the intervention	1	2	3	4	5	6	7	- Why/why not? - Possible points for improvement?

18. I have used the information offered during the intervention in my daily life	1	2	3	4	5	6	7	- Why/why not? - What was that about?
19. After taking the course, it is easier for me to find the balance between my personal needs and my caregiving responsibilities	1	2	3	4	5	6	7	- Why/why not? - What was that about?
20. The course helped me to critically evaluate my situation	1	2	3	4	5	6	7	- Why/why not? - Possible points for improvement?
21. After following this program I know how to deal with unwanted situations more easily in the future	1	2	3	4	5	6	7	- Why/why not? - Possible points for improvement?
22. I would recommend the program to other carers of people with dementia	1	2	3	4	5	6	7	-Why/why not? - Which aspects in particular?
23. I experienced privacy issues:								
23a. In general	1	2	3	4	5	6	7	-What did you (dis)like? - What was that about?
23b. During communication with my coach	1	2	3	4	5	6	7	-What did you (dis)like? - What was that about?
24. Open reflection - Is there anything else you would like to say about using the program or your satisfaction with the program?								