

Version 1, January 2025

Interview guide for individual interviews with patients

INTRODUCTION

Objective: Establish a common foundation and ensure the participant feels secure.

- Review the written information/consent form with the participant.
- Introduce the interviewer's background and role in the project.
- Outline the interview structure, including expected duration and format.
- Emphasize the importance of understanding patients' experiences for improving healthcare services.
- Collect demographic details (i.e., type of surgery, time since surgery, education level, marital and employment status).
- Clearly state the purpose of the interview.

EXPECTATIONS AND PREPARATION TO SURGERY

1. What were your expectations of bariatric surgery before the operation?
 - What aspects of life did you expect to become easier or more challenging?
 - Were there any surprises—either positive or negative—after surgery?
 - Looking back, what information or preparation do you wish you had?

LIFE ROLES, SOCIAL NETWORKS AND COMMUNITY RESOURCES

2. How has your role in your family and social circle changed after surgery?
 - What challenges have you faced as a parent, spouse, or friend after surgery?
 - How has your partner/family/friends supported or struggled to understand your changes?
 - Do you feel your partner/family (including children) were adequately prepared for your changes?
 - Have your family members' or friends' expectations of you changed?
 - In what ways, if any, has your ability to support others been affected?
3. What changes has the bariatric surgery brought to your social life?
 - Are there any social situations that feel different or more challenging now?
 - Have you found strategies that help you navigate these challenges?

Version 1, January 2025

4. How has bariatric surgery affected your work life?
 - Have there been changes in how you manage your work schedule, physical tasks, or relationships with colleagues?
 - Have you received support from your employer or colleagues?
5. Have you discovered any new activities, hobbies, or routines that help with your well-being after surgery?
 - How do people around you react to these changes?
 - Do you feel any pressure to engage in new activities, and how do you handle that?

SELF-MANAGEMENT CAPABILITY AND DAILY ROUTINES

6. What do you do on a daily basis to manage your health after surgery?
 - What routines or habits have been most helpful?
 - Have you had to change your approach over time? If so, how?
7. Can you think of a time when it was particularly difficult to manage your health?
 - What made it difficult?
 - What, if anything, helped you get through that period?
 - Was there a specific person, resource, or strategy that made a difference?
8. Can you describe a time when you felt particularly successful in managing your health?
 - What factors contributed to that success?
 - Were there specific supports or strategies that worked well?
9. Over time, have you developed new skills or knowledge that help you manage your health?
 - Where did you learn these strategies—from healthcare providers, other patients, trial and error?
 - Are there things you know/have learned now that you wish you had known/learned earlier?

SUPPORT FOR SELF-MANAGEMENT

10. What support do you receive to help manage your health?
 - From family, friends, or social networks?
 - From healthcare professionals?

Version 1, January 2025

- From other sources, such as online communities or local organizations?

11. Have you found it difficult to access support when you needed it?

- What barriers have you encountered?
- Have you had difficulty knowing when or how to ask for help?

12. Have your support needs or the support you receive changed over time?

- What adjustments have you had to make?
- Are there additional resources or services that would have been helpful?

13. Have healthcare services provided you with the tools and knowledge to manage your health?

- Have you been offered structured self-management programs or follow-up care?
- How well do healthcare services meet your needs?

14. Have you connected with any patient support groups, online communities, or local organizations? If so, how have they influenced your self-management?

PSYCHOLOGICAL AND EMOTIONAL ADJUSTMENT

15. How have your thoughts and feelings about yourself changed since surgery?

- Have there been moments when these changes felt overwhelming or difficult?
- Have you developed ways of coping with emotional ups and downs? (for example, talking to others, focusing on small goals, using relaxation techniques)

16. What advice would you give to someone preparing for surgery about managing changes in their life?

- Is there something you wish you had been told in advance?

SUMMARY AND FINAL REFLECTIONS

- Summarize the discussion and confirm understanding.
- Ask the participant: Is there anything we haven't discussed that you expected or hoped to talk about?
- Invite any final reflections or advice for other patients.
- Thank the participant for their time and contribution!

Version 1, January 2025

Interview guide for focus groups with healthcare professionals

INTRODUCTION

- Welcome participants, introduce the study purpose, and outline objectives by going through the written information/consent form.
- Emphasize the focus on healthcare professionals' experiences in fostering patient self-management and shared responsibility in bariatric surgery (BS) follow-up care.
- Explain the structure of the discussion, confidentiality protocols, and the voluntary nature of participation.
- Ensure participants feel comfortable sharing their insights.

OPENING QUESTIONS

1. Please introduce yourself and describe your role in BS follow-up care.
2. How long have you been involved in this field, and what led you to work with BS patients?
3. What are your initial thoughts on patient self-management after BS?

MAIN DISCUSSION TOPICS

1. Perspectives on patient self-management

- How do you define self-management in the context of BS aftercare?
- What skills or knowledge do you believe are essential for patients to manage their health effectively?
- What strategies or interventions have been effective in supporting patient self-management?
- What are the most common barriers patients face in maintaining self-management?

2. The role of healthcare professionals

- How do you perceive your role in guiding patients toward long-term self-management?
- What approaches have you used to encourage patients to take an active role in their follow-up care?

Version 1, January 2025

- What are some challenges you encounter when trying to support patients' self-management?
- What additional resources, training, or support do you think healthcare professionals need to improve patient self-management support?

3. Shared responsibility in follow-up care

- What does shared responsibility mean in BS follow-up care?
- How do you establish a collaborative relationship with patients regarding their long-term care?
- What factors influence the success or failure of shared responsibility in practice?
- How can communication between patients and healthcare professionals be improved to foster shared responsibility?

4. Barriers and facilitators to effective self-management support/follow-up care

- What organizational or systemic factors impact long-term BS follow-up care?
- How do psychological, social, or cultural factors affect patient engagement in follow-up care?
- What are the key facilitators that help patients adhere to long-term BS follow-up care?
- How could follow-up care services be improved to better support long-term self-management support in BS care?

5. Future directions and recommendations

- What do you think the future of BS follow-up care should look like?
- What innovations, policies, or structural changes could improve long-term self-management support in BS follow-up care?
- What advice would you give to new healthcare professionals working in BS follow-up care?

SUMMARY AND CLOSING

- Summarize key points from the discussion and invite any final reflections.
- Thank participants for their valuable insights and time.
- Provide details on how findings will be used and any potential follow-up communication.