

Interview guide – Prevention of cardiovascular disease / dementia through self-management of healthy lifestyles

Introduction of participant

Before we get started, I want to get to know you a little better. Would that be ok?

- Could you please tell me something about yourself and your health? [*l.e. marital status; (grand) children; family; friends; working status; former job(s); hobbies; daily activities?*]
 - o Are you happy with your current lifestyle?

View on self-management of a healthy lifestyle

- How do you view your lifestyle?
 - o How healthy do you live? Can you give this a grade? Why not lower? What is going well? What doesn't go so well? What do you need to live healthily?
 - o Have you ever tried to change certain aspects of your lifestyle, i.e. your diet, physical activity, smoking?
 - o What habit did you change? When was that? Why then? Was there a certain trigger? How did it go?
 - o Was it easy for you to persist in your new habit? What factors made it easy? [*what kind of rewards, rewards on short/long term, support from peers?*]
 - o Did you sometimes have a hard time to persist in your new habit? What factors made it difficult? What did you do when you were having a hard time? Which external factors, such as financial constraints, were barriers for you?
- Did you ask for support of others?
 - o Who did you ask for support? Why? (How) did that help you?
- Do you have any experiences with such coaching? [*i.e. diabetes nurse; cardiovascular nurse etc.*]
 - o What does he/she help you with? What aspects do you like? Are there aspects you dislike?

Experiences with / views on cardiovascular disease & dementia

I'd like to know what your experiences are with cardiovascular disease, such as heart attacks.

- Could you tell me something about your own experiences with cardiovascular disease, or experiences of family / friends with CVD? [*l.e. consequences of cardiovascular disease for daily life, perceived causes of disease*]
- How do you see your own risk to suffer (again) from such disease? Do you fear that?
- How do you see your own influence on your CVD risk? How do you think you can influence that?

Another disease we study is dementia.

- What are your experiences with dementia? Family? Friends? [*l.e. consequences of dementia for daily life, perceived causes of disease*]
- How do you perceive your own risk to suffer from dementia?
 - o Do you think you can influence your own dementia risk? How? When?

In recent years research has established that dementia is partially caused by the same risk factors as CVD. So dementia risk is increased for people who smoke cigarettes or people with obesity or hypertension etc.

- For some people, this knowledge could perhaps change their motivation to change their lifestyles. For others, this knowledge doesn't seem to change their motivation to change. Would this knowledge change your motivation to change your lifestyle?

View on sustained lifestyle changes through mHealth / lifestyle apps + remote coach

Like I said in my introduction, we aim to design a smartphone or tablet app that could help you to improve your lifestyle if you so wish and to decrease cardiovascular risk.

- Do you have a smartphone?
 - o What do you use your smartphone for? When do you use it? *[use at home, or also use in public transport / while shopping etc.]*
 - o What things do you prefer to do with your computer / laptop / tablet instead of your smartphone? Why?
- Have you ever used your smartphone to improve your lifestyle? *[I.e. apps to count calories; to improve physical activity; quit smoking]*.
 - o What kind of app / website was that? When did you start using it? How did that go? How did the app help you? What aspects did you like? What did you dislike? Why did you stop using the app?
- What kind of lifestyle app would you want to use?
 - o What should such an app be able to do for you?
 - How do you view peer contact?
 - o What would withhold / stop you from using the app?
 - o How would you use it? Only when at home, or also outside the house? Would you prefer an app for smartphone or tablet? Or both? Why?
 - o How would you prefer to receive feedback? *[Automatic? SMS? Message from coach?]*
- Would a lifestyle coach embedded in that app be of any help?
 - o Why would(n't) that be helpful? What do you expect from such coaching?
 - o How would you like to stay in contact with the coach? How often? How important is face-to-face contact for you?
 - o How important is it of you that the coach has a medical background?
 - o How would you like it if the coaching through the app is performed by your nurse practitioner / diabetes nurse? What are advantages? What are potential pitfalls?

End of interview

We have come to the end of our interview. Thanks so much for your help!

- Are there any things that you would want to add? Do you have any questions?
- We'd like to invite you in the near future to join one or two panel discussions to test the app we're building, so that we can see if it meets your wishes. Would you be willing to join? *[Write down e-mail address]*

