I: **The interview will take about one and a half hours, particularly, and the interview will focus on your experience with using the app, and Diabetes Friendly Meals Community in particular. The information you provide in this interview will be used to inform…we want to evaluate the app, so that's why this interview is important. So before we begin, just, I want to ask a few introductory questions. So what made you think to participate in this interview?**

P: Well, yeah, when I got the email, I originally said I didn't think it was worth me doing it because I don't have a massive…I haven't used the app massively. But then the researcher came back and said she was happy for somebody who hadn't necessarily used it extensively to do it. So I just said well you feel like…I’m happy to help whatever research you're doing. So I said, if she felt that just because I haven't used it on a regular, regular basis or massively that I would still be of use to you, then I was happy to contribute. So I'm quite happy to do it. I don't have a problem with it. So that's really the reason why.

I: **Ah, that's great. Yeah, actually we are looking for different types of experiences and because you don't use it that much, and so the reasons why, so those are important things we’re looking for so yeah, it's really important for us to have you experiences. So how long have you been involved with the app, how long have you been using it?**

P: I can't remember. I don't even remember how I found out about it actually. I must have followed a link on something I was looking at whether it was all, I don't know where, but probably a few months on and off but I couldn't tell you exactly when, and I can't remember how I found out about it either.

I: **Alright. And which device do you use for this app, in your smartphone or computer or laptop**?

P: On the laptop, yeah.

I: **On the laptop. Did you try to use it in your phone as well or not?**

P: No, I haven't used it on the phone just on my laptop, yeah.

I: **Okay. So for this interview we need to screen share, I mean, can share your screen, opening the app or can I send …**

P: Probably erm…

I: **It's near to the share content. You see the leave button there, the red coloured one and near to that there is an arrow upward.**

P: Oh yeah, arrow upward, yeah.

I: **But before you share your screen, I have sent you the website in the chat box. Can you open the chat box here? I mean, on the left corner that you see the participant, if you move the cursor, you see the conversation. Yeah? I'm sending you again so you can see it. Yeah. It should be notified as a message.**

P: Oh here we are, yeah, got that there.

I: **Just click on there. So it will appear with the app in the computer. Yeah. Take your time, no problem. Has it opened in the computer?**

P: No, it’s coming up saying that it's not supported on the …I’ll try and open Chrome, I've got the Chrome on here, so it should be erm…

I: **Okay. I mean, in your laptop, you opened it before, so it should be there as well.**

P: Yeah, it is. Yeah. I think it's because it's picking it up on Explorer and my computer doesn’t like Explorer.

I: **Okay. I got the reason. So in your browser, if you'd just click on the app then it will automatically come I think.**

P: Yeah. I've got it open, but I just don't know how to get it so that I can share it with you.

I: **Okay. Now, let's move to the share button. So if you see in the right corner, there is a red button called Leave, before that there is an arrow button which is moving upward and if you click in there, it shows you the share content yeah? Just click on there and then move to the platform space document. Yeah. I can see, I can see. Great.**

P: Okay?

I: **Yeah. So, can you tell me which portion of this platform space have you used mostly?**

P: Mainly the recipes.

I: **Okay, particularly diabetes friendly recipes or other recipes as well?**

P: Just the recipes that are on there just to get a few ideas really. I just like, I'm somebody that looks at recipes to get ideas. I don't necessarily follow recipes, word for word, but I sometimes think, oh, you know, that's an idea I could do that. I've also used that where I've had… I subscribe to a Veg Box scheme and occasionally I get veg I’ve not really used before, or don't have a lot of experience of using, and I have some times searched for the item to see what recipes come up.

I: **Oh, great. Just, just to get your background information, do you have any diabetes issues?**

P: No, I don’t. I was told I was pre-diabetic about two years ago, and I went on preventing diabetes course, which I was put on by the doctor. But since then my blood sugar has come right down.

I: **Oh, great.**

P: So at the moment, as far as I know, everything's okay.

I: **Great. So firstly the Diabetes Friendly Community, if you cursor down, it will appear so yeah, just cursor down, yeah, go down. Okay, it doesn't come up?**

P: Maybe it’s on this one is it, a diet? [Moving down] No, I haven't got a diabetes friendly one as far as I can see.

I: **Yeah, if you go to the upper, if you see the home button, yeah you are in the home screen yeah?**

P: Yeah.

I: **That should be here. That should be here if you go – yeah, yeah, go there, yeah, community…yeah, yeah, we’ve got it. Great. So there are lots of diabetes friendly recipes. I hope you have seen that. So how often did you use the platform, since you first uploaded it in the computer, how often did you use it?**

P: Initially I used it quite a lot just to get a few ideas really, but like I say, I've really just used it to look at recipes and I have come back to it when, for instance, I got a load of aubergines and I was like, I don't really know what to do with these. And the only recipes I could find were aubergine curry and I don't eat curry. So I was like okay, what else can I find that I might be able to do with them.

So I use it as one of a number of sites that I use because I also use things like the [unclear 0:09:04] site that's quite useful for recipes and things and BBC Good Food and those sort of recipes. So I used it as one of a number of sites, just to look at what options I might have really.

I: **Oh, okay. So, when was the last time you used it, one month before, or this month?**

P: I have looked at it once, yeah, I did, I think I looked at last week. Well, I looked, I did actually load it again last week after I said I would do this. Prior to that, yeah, I probably did look at it maybe in January, February time.

I: **Okay. So did you ever share any recipes in the community base or you're just looking at other people’s…**

P: No I haven’t.

I: **Okay. And have you ever saved any recipes in your laptop to prepare something?**

P: No, I haven't.

I: **Okay. I mean, you did see some recipes, but you didn't make anything from it.**

P: I haven't… I've used them as ideas. I wouldn't say I’ve necessarily followed the recipe, but I’ve used it as an idea. So I saw a recipe that said that you, well, I think it was on here, that it was like based on like the vegetable soup recipe and then I kind of adapted it a little bit to what I had. So I’ve done things like that, but I haven't followed any of the recipes word for word.

I: **Okay. Did you see there’s a shopping list in the space as well?**

P: Yes.

I: **Yeah. So did you ever open the shopping list menus?**

P: I’ve opened it and looked at what it can do, I've never used it because I tend- I'm afraid I stick to a piece of paper. I do write a shopping list and I do take the shopping list to the shop when I go, well, particularly when I'm doing a large shop, but I haven't resorted to putting it onto an app really if I’m honest. [unclear 0:10:59] when you want to walk around the supermarket … I mean, I know if I downloaded it onto my phone, I could obviously walk around the supermarket with my phone, but I don't really like doing that.

I: **Okay. Great. And in terms of the meal planner, there is a meal planner option in here as well. So have you ever seen it or used it?**

P: I've seen it. I haven't used it. Again, I do meal plan, but again, I tend to do it on a piece of paper.

I**: Okay. Particularly meal planning as well in the piece of paper?**

P: Sorry?

I: **I mean the meal planning also...I mean how do you actually meal plan?**

P: I tend to do it on a piece of paper. I kind of sit down and I think, right, okay, what am I going to eat for the rest of the week? I tend to meal plan a lot, partly because I don't like wasting food. So I tend to look at what I've got and think, right, what can I do with this? And I meal plan. And particularly before I go shopping I meal plan so that I can look at what I've got or what I might need to get, and at least, I tend to plan for like a couple of weeks with maybe some… I don't necessarily stick to it religiously, you know, if something changes or I fancy something else, then I will do that. But it gives me an idea. The reason I find it useful is it gives me an idea of what to buy particularly with fresh stuff and then think, okay, you know…I mean, not so much at the moment, but, you know, if something comes up and I end up going out for a meal with a friend or something, in normal times when you're allowed to do that, then I'm not too bothered that I will adapt it or I might just think, oh, I don't really fancy that tonight, or I've run out of time to cook something or whatever. And I might just tweak, you know, move it around the days and stuff, but it just gives me an idea of the sorts of things I can cook, and what ingredients I've got so that I don't waste, particularly fruit and veg, so I don't waste that. And I then think, okay, I'll have this as an idea for where I'm kind of headed in terms of what to buy when I'm going shopping really.

I: **Yeah. So there are lots of communities in the piece, we have seen that. So among the communities, particularly vegan or diabetes friendly meals, which communities do you mostly use, I mean which community recipes?**

P: The ones I save at the top. I've got slow cooking [life], I’ve got healthy eating, every day healthy, 10 ingredients or less [unclear 0:13:39] meals, keto for beginners, home comfort food, vegan-friendly, diabetes friendly, one pot wonders. So I saved a few cos they were the ones that kind of, you know, they’re sort of things that I just thought of initially. I have looked at some of the others, just because I saved those doesn't mean I haven't looked at any of the others,

I: **Okay.**

P: I don’t bake cakes and things like that. So I'm not into baking. I’m more into… I'm not vegetarian, but I'm pretty close to vegetarian, to be honest, I probably eat vegetarian more than I don't. Although I do eat meat well, mainly chicken and fish to be fair. I don't eat a lot of red meat. So they were the ones that kind of, you know, the healthy veg stuff really is what…like I say, I subscribe to a veg box, I get it every two weeks, so I tend to look at what I've got and make a lot of veg based meals based around what I've got really.

I: **Okay, great. So let's talk about the usability of this app. Is there any feature of the app that you enjoyed most, or did you enjoy anything from the app?**

P: I do find the recipes a good idea. I mean, I liked the idea that they’re all, I think what I do like is that they're sort of sectioned up in the various different categories. So you haven't got to plough through, you know, if you're looking at, say, the diabetes friendly meals or particularly like the healthy eating or the ones like the 10 ingredients or less, they're all recipes that meet that criteria, rather than you having to say, search for a recipe for, I don't know, you know, vegetable curry or something and then you end up with loads of stuff and sometimes it then picks up one of those words. So it just picks up, say curry, and you end up with loads of meat based curries as well. So I like the way that it's, you know, like the different communities that it's kind of split down into, that I found quite useful. There was one where it was all about stuff I wasn't ever going to eat so I just never bothered looking at that. So that's quite useful.

I: **Okay. So, I mean, which one did you mostly enjoy?**

P: Just I like the idea that they're split into different categories of recipes. So, you know you've got the various different, like, as you call it, the communities on here, then I quite like the fact that you've got all the different like communities so that there's different…all the recipes are kind of lumped together, if you like, that are the same sorts of recipes, if that makes sense.

I: **And so which part of the app did you dislike, or you don’t like that much?**

P: Nothing that I don't like, I don't think I would use the shopping list as such, but I think for some people that would be really good. If you're somebody that lives on your mobile phone and you, you know, you kind of a very much into that sort of thing then …but I’m not, I don't live on my mobile phone but if you're somebody that likes to have an option of thinking, I'm going to do this recipe, and I need to go and buy five of the ingredients out this recipe, I need to translate them over to the shopping list then actually that would be quite… I think that would be a really useful tool for somebody. So I wouldn't say I don't like it. I just haven't as yet embraced wandering around the supermarket with my phone in my hands. I'd rather walk around with a piece of paper. I don't want somebody to pinch my mobile phone if I lose my concentration, whereas if I dropped by shopping list it’s not the end of the world.

I: **Yeah. Do you find it relatively easy or difficult to use the app?**

P: I find it relatively easy to use. I don't find it difficult to use. I think it's quite user-friendly, I would say, because you open up your section and you find, and you do have the search facility so the search facility does enable you to find recipes and things if you put in the right thing. So I think it's quite easy and it does give you loads of options under each of the different categories. If you put something in, like, as I say, I put in, I think I put avocados in on one occasion and I got various recipes up that included avocados. So I found that quite useful. So I don't have any issues with the app. I just don't think I'm using it as full as I could purely because I still resort back to a pen and a piece of paper when I'm meal planning or when I'm shopping listing. And I haven't loaded any recipes onto it, but I know, I mean, in theory I could if I wanted to, but I tend to just either, if I want to follow a recipe I either printed out or if I've got a recipe I've taken out of a magazine or something, I just follow it off the paper.

I: **Okay. And has it ever happened that you looked for something in the space and you couldn't find it?**

P: Not for me no.

I: **Okay, great. And, for example, maybe people of different ages or race or different computer learning capacity, so for some people maybe it could be difficult. So if I ask you to find some difficulties of the app, what would you say? Just general observations, not personalised for you, but a general observation here.**

P: I think if people are relatively computer or smart app literate, I think they could navigate it quite well. Clearly it’s going to be a problem for people who aren’t, but then I would say that about any website then. I mean, I've worked with people who haven't got a clue how to switch a computer on and to be honest, it wouldn't matter how brilliant an app was, or, you know, a website was, if they aren't very computer literate, they're not going to be able to use it. I would say that across the … I mean, I've worked with people who are illiterate in terms of just everyday stuff so for them, it wouldn't make any difference if you know what I mean, how good it was, because they just wouldn't embrace it full stop. But I think if you're somebody that is relatively computer or app literate, I don't think it would be a problem to use it.

I: **Okay. Now let's talk about the personalization capacity of this app. What do we think that about the ability of the app to personalize what is relevant to you? For example, suggested recipes or communities, could anything be improved in your view?**

P: No. So I think you can like recipes can't you and add them to your recipe book, I haven't tried to do it, but I saw at the bottom of one of the screens there was an option to do that, I think. So, I think if that isn't an option, and I misunderstood that then I would say if you find a recipe, you know, on the recipes page, I think you could pull up recipes, can't you, from the main community into that page. But if you call do that, then that would be quite useful so that you can add your own favorite recipes if you like. So if I saw a recipe for something that I thought, oh yeah, I really like this and then if you could have your sort of favorite recipes saved on a tab somewhere, I'm not saying you can't do it, I haven't tried to do it, but I think that would be quite useful because if you then went back and thought oh I’m going to make that again, then you don't have to plough through all the different recipes.

So to have a facility to save or like a recipe and then [put] it even into your own recipe folder, if you like. But I think you can do that. I haven't tried, as I say, but I think you can't do it if my understanding of how it works is correct.

I: **Yeah. If you just click one of the recipes, yeah, I think you can easily do it. You can also add any recipes in your meal planner directly. So I mean, yeah, it could easily come up, so yeah, you're correct.**

P: I think so. I think that’s a very good facility actually. And I think that would be the thing that I would find very useful if I was to do that. I think that's the one thing I would say. And maybe the other thing, and again, I haven't tried to do this and you might tell me that you can do it is if you are looking for…I know, it does it on some of the supermarket apps or websites where if you're looking at a recipe and you think, oh, I haven't got, I don’t know, lentils or something that I need, that you can then transfer it from the recipe and the planner across to the shopping list, so that the three kind of bits all talk to each other. So they can then say, okay, I need that so I need to add it to my shopping list. I know Tesco's, you can do that. I know it only works if you've done a shop at Tesco’s online, I appreciate that, but it does give people the option to add the ingredients to their shopping basket. So whilst this is different because obviously you're not linked to a supermarket, but if they are going to create a shopping list on here then having that facility to say, right, I need the ingredients for this recipe added to my shopping list, then that could be quite useful. I'm not saying it doesn't do it. It might already do it, but if it doesn’t that’s something that I think you might want to look at.

I: **Yeah, the recipes and the shopping list are very connected and if you go to the shopping list, even, you can see the option from different supermarkets as well. So you can have Asda, Waitrose and all the options will automatically come up and you can also see the prices. Those options are already there in the shopping button.**

P: Yeah. So I would think that's really useful for people.

I: **Yeah. Great. So let's talk about the shopping list. So did you try to open the shopping list?**

P: I’ve opened it, but I haven’t actually added anything to it.

I: **Okay, let’s try. You can add anything there, and there is the check-out button, another thing, as well and you can create your list, and you can see everything there. Yeah?**

P: Yeah.

I: **Yeah. So it should automatically come and you can calculate everything there. So, you didn't use these that much but looking at it now, do you think it is easy to navigate and to find whatever you're looking for?**

P: Yeah, because obviously it comes up with popular items, doesn't it? And then obviously, I guess obviously, it's got the reset button on there. So if you have added things in, obviously if you've got populars and favourites, it will presumably populate those for you. And then obviously you could just type in presumably can't you?

I: **Yeah. Try something.**

P: So if I put lentils, for example. Yeah, I could add that in, yeah.

I: **Great. And do you think there are any changes or improvements needed in this shopping list button?**

P: No, I think it's quite good because obviously you've got all the, you know, I think it's quite useful if people want to make a shopping list. The only…I don't know, does it – and this is going to sound really pathetic but does it actually enable you to actually put them together in different themes? So you've got maybe all your fruit and veggies together, so you can start sort of – what’s the word? Sort it. Because particularly at the moment when obviously we're being asked to be in and out of shops more quickly. I tend to revise, I write my shopping lists as I go through the month or whatever, as I run out of something and I think, well, next time I go shopping, I must buy some more butter or something and I write it down. But before I go shopping what I tend to, because I know my way around the supermarket, I then tend to do it so I put all my fruit and veg together, all my kind of grocery bits together and all my cleaning products together or whatever, so that I know they’re in that section of the supermarket so I'm not kind of over by toilet rolls and then think, oh, I meant to pick up a can of tomatoes and I’ve walked past the aisle. Because I know where they are in the supermarket, I tend to, you know, kind of put everything together so all my fruit and veg is together, all my dairy products are together and so on. I don’t know if it allows you to do that, but if it doesn't, that might be quite useful, so that you haven't got tomatoes here, and you've got cabbage further down the list and then you end up getting half way around the supermarket and realise you forgot to pick the cabbage up when you were walking around fruit and veg.

I: **Okay. Yeah. That's a nice suggestion. I hope it is already in there, but yeah, that's indeed a nice suggestion.**

**Let's go to the recipes button, if you click the recipes button and let's try to share a recipe, something like that. So learn how to save yeah? You can click in there.**

P: Okay. So say for the desktop, given that I'm on a laptop…

I: **Yeah, So it asks you to get the app, but yeah, it is okay.**

P: Yeah. So obviously they’re not giving me the app or whatever, yeah.

I: **But it's getting downloaded. Do you have your own app account, particularly your log-ins from somewhere?**

P: So I log in on here. Where I'm on and the pages I'll be sharing with you, I'm actually logged in, yeah.

I: **Yeah. So it should be automatically …yeah, copy and paste a link from somewhere. Yeah, you can do that. So seeing these setting options of this app, do you think it's okay or furhter improvement is needed?**

P: Yeah, again, I haven't tried to do it, but I guess, I mean, I presume them you could just pull recipes from elsewhere can you?

I: **Yeah.**

P: Yeah.

I: **Let's get back to the home page we can see all the recipes and if you just click one of the everyday or healthy, something like that, yeah click on there and just try any recipe from there and save it - there is a save button on the top, the left corner of the recipes.**

P: I see, right, okay.

I: **So that should be saved in your …**

P: So if I go to recipes now, oh right yeah I see, okay.

I: **Yeah. That would be automatically saved in your list. So how do you find it? Is it okay?**

P: Yeah. Very, very easy.

I: **And you can also customize your recipes, particularly for the person you're cooking for, for example, 10% or 5%, whatever you can do. So is there anything you can suggest to improve this?**

P: Yeah. I mean, I think that's a good thing to do if you find the recipe that you want. Like you say, you then can save the ones that you might come back to another day. I think that’s quite useful.

I: **And you can also see that add button on top of the – yeah, yeah…So you can also add from here as well. So just try to add yeah. You can try …create, you can create your own, yeah. Great**.

P: Oh, I see right. Yeah. So you could just put that in, yeah.

I: **Yeah, that’s a folder for you. Can you suggest any improvements or is it okay?**

P: I think it's fine as it is, yeah. You just need to put in whatever recipes you want. So you've got your own collection. Yeah.

I: **Yeah. Let's go to the weekly meal planner button. So you can see for everyday there’s something. So if you collect something or add something here yeah, try to add there, yeah, save recipes, yeah, the saved recipes if you click there, it will come and you can choose a day yeah? Yeah? You can save it for any day.**

P: Okay. Does that go to a specific day…oh, yeah.

I: **Yeah, yeah, wherever you want, you can do that, yeah. And so, yeah, there’s the option of meal planning here. Would you suggest this needs any improvement in this meal planning option?**

P: So do you have to add…oh you can…so if I, say, just wanted to put something on to Tuesday, but say maybe not something that was a recipe off here, so I don’t know, I was gonna…

I: **Yeah, yeah, you can add your own list. Yeah. If you click add there as well. So create own recipe yeah. I think you could do it easily on your own, yeah.**

P: Okay. So if I just put, I don't know, chicken soup maybe.

I: **And if you want, you can add a source of that recipe or you can do it on your own as well [unclear 0:32:40] put there.**

P: So if you didn't want to actually put a whole recipe on there, so say, I just wanted to put chicken soup because I was going to [unclear 0:32:54] taking it up top there…So if I was thinking, I don’t know, I'm not going to have time to cook on Tuesday and I'm just going to open a tin of chicken soup, let’s say, then I could just put that down there without me having to actually put a recipe as such on there.

I: **Okay.**

P: Yeah that's why, and I don't think that's difficult and then obviously if it comes on then you could just move it, and presumably you can then just move it around. So if your plans changed and you couldn't do it on Tuesday, you could move it to Wednesday and that would be fine. So I think that's very good, yes.

I: **Are there any changes or any scope for improvement?**

P: No I don’t think so, because I think it works quite well. So you could, you know, I can see… obviously just it would all look …yeah, it all seems to interlink and it's quite easy to do once you've done it a bit and played with it, I would be dead easy to do. You’ve got [unclear 0:33:56] at at the top and presumably you can move forward, yeah, if you move forward and whatever, so that’s fine.

I: **Yeah. And if you want to segregate it into three meals, so yeah, probably that thing doesn't…so do you need those changes also required, for example, if you divide Monday for three meals, something like that so there are options?**

P: Yeah, that would be quite…I mean you could do, yes. I mean, if you could do it that way, that would be quite useful so you could have a sort of breakfast, lunch and dinner or whatever.

I: **Okay. So you can plan for every meal of the day as well**.

P: Yeah.

I: **Okay, great. So let's talk about how did you find the diabetes friendly meals community? Go to the diabetes friendly meals, recipes?**

P; Okay.

I: **Some of the recipes which are here may be relevant to people who are prone to diabetes or have pre-diabetes status or also those with type one, type two type diabetes. I mean there are probably 150 recipes there.**

P: Yeah. There's quite a lot aren’t there, yeah.

I: **So if you just click any one of the recipes and see what else it shows, any of the recipes. So in terms of people with diabetes or are prone to diabetes, what else should be needed and what else do you want to see in this space for those people? There is a meal planning thing, and you can see the nutrition information, health score of the food and…**

P: Yeah. The thing I always look at now when I'm looking at it is that the percentage of carbs and from a diabetes perspective is what percentage that is. And also what the percentage is overall for the day. So the nutrients bit, oh right, yeah. So yeah, I mean, I think that's quite useful information. That's very useful information actually. That's what I tend to look at if I'm looking at a recipe, it's not what just the sugars are, but what the total carbs are.

I: **If you click on the health score, there are some other things as well.**

P: Just click on the what, sorry?

I: **Health score, there is a button there, just click on that.**

P: Oh yeah.

I: **It shows the other things as well so carbohydrates will come up now, nutrients with negative impact with positive impact, that information is also there.**

P: Yeah, that’s useful yeah.

I: **So some people still have some objection in terms of whether it is diabetes friendly or not, but have you found anything that we can do? Is there are any scope to improve this space particularly for people with symptoms of diabetes, or having diabetes issues?**

P: No, because my knowledge of diabetes and stuff is very much about carbs and sugars isn't it really managing that. So provided that's the information they’re looking for and it's not all the basic stuff there that you would have. I mean, I'm not, I know that under diabetes they say that you shouldn't look at, you know, the food labels, like the traffic light labels on the front of…and I know on this one here, it had obviously green and red down on here but I mean, I don't know whether there's…I mean, I know that when I did the preventing diabetes course, they told us not to look at the traffic light system, but given that a lot of government stuff and this obesity strategy and stuff like that is very much focused on that, I just wonder if there's…so for the recipes you could put on, you know, like, so that people know it’s either high fat or …because I feel a lot of people are used to, I mean, I don't tend to buy many ready meals, but, you know, people are used to saying, oh, I only buy stuff that's mainly green or mainly orange and green or whatever, whether there's a way that you could incorporate at least for maybe some of the recipes the traffic light system, because if people are used to wandering around the shops looking at that then maybe if it was a way of introducing it on this as well so that people have got a comparison because I mean the one thing I would say to anyone is cook from scratch, don't buy ready meals, because they tend to be healthier aside from the diabetes link. So I think if people are used to looking at traffic lights, maybe if there's a way of doing it, that you could incorporate a traffic light system on to the recipes so that people could say, well, this is, you know, this is mainly red and therefore I only need to eat it very occasionally. And this is predominantly green and therefore I could eat it more regularly, particularly if the government push that more strongly as they looked at the obesity strategy going forward, then I would suggest that that might be one simple thing that you could do. I'm not saying the information isn't there. It is there.

I: **I think here in this space, the health score actually is indicating or is symbolic of that, particularly So here it is 9.4 out of 10. So yeah, it’s high so it looks a very healthy option or if something, for example, the score is 5 out 10 than it is on the medium level of the health score of the food. So maybe it reflects through the health score index.**

P: I mean I don’t know whether…you know, the health score’s quite good, it is a good system. But I just wonder if that could also then be translated into using the traffic light system, particularly if the government goes down that road in pushing the traffic light system, as they have done up to now and I know it's not compulsory at the moment, and I know that as I say with diabetes, when I did this course, it kind of just said, well, don't necessarily focus on that, you need to turn over the packet and look at the back to see the percentage of carbs and stuff. So I get all of that. But I just think for ease, if people don't understand reading labels, the nutrition stuff, at least if they had adjust…in addition to your 9.4, if you could just have a green or red or amber sort of button next to it as well, that would kind of translate to that so that people would just think oh well okay, if I was buying this in a supermarket, I would know it was predominantly red or predominantly green or whatever.

I: **Great suggestion, yeah. So you said you didn't that much use the app or those features. So can you just elaborate a little bit more about why you didn't use it that much?**

P: I think because, as I say, I tend to stick with using a piece of paper and a pen really. I mean, I'm very computer literate, and I use the computer for all sorts of things, but when it comes to meal planning, quite often, I'll just sit down…Because I haven’t used…if I used it on my phone… I possibly would do it a bit more on my phone but because I tend to use the laptop, I don't always have the laptop on so sometimes in the morning I might just not have the laptop on, but be sat down with a cup of coffee and think oh I'm gonna go shopping tomorrow, you know, what should I have? It's a kind of, you know, what should I…I mean I'll have a shopping list, as I say, of things that I’ve maybe run out of, or I'm getting low on, but I’ll kind of then sit and meal plan and it's just a cozy kind of sit down for half an hour with a cup of coffee and jot a few notes on piece of paper, which is easier for me than getting the laptop out and sitting here and thinking right what am I gonna do…and a meal plan on the laptop if you like.

Maybe if I had a tablet, which I don't have, I've only got the laptop and the phone, I haven’t bothered with a tablet because I don't really have the need for one really. But I guess I might be more inclined to do it because it would be a bit like writing on a piece of paper for me then. But like I say I'm also not very good, I know people that do. I mean, when I go to Sainsbury's, I smart shop, you know, I scan my shopping and actually on that app, which is on my phone although I use the in store scanners as opposed to my phone, but on that you can actually set a shopping list up on that app so that it will tell you that you need to buy whatever, if you're scanning on your phone. But I haven't, because I'm not really that comfortable wandering around with my phone in my hand, I haven't used the shopping thing. I haven't used the shopping list because like I say, I jot it down on a piece of paper as I go through the week and then when I'm going shopping, I then rewrite the shopping list so that it's in the order that I'm going to hit it in the supermarket and that for me is just easier. Again, it's the sort of thing I might sit down and I think I'll have a cup of coffee or I’ll just one my shopping list for tomorrow. So I don't necessarily have it…but again if I'm following the recipe, the likelihood is, I would print it off because I'm not gonna take the laptop into the kitchen and work my way through a recipe.

So I guess it's just, but again, as I say, maybe if I had a tablet, I might be more inclined to do that or as I say, if I did download the app onto my phone, then I guess again, it would be easier to do that. And I don't doubt at some point I will probably embrace that, but I still am a little bit old fashioned and have just stuck with, when it comes to shopping lists and meal planning, I've just stuck to doing it on a piece of paper. But I don't necessarily think there's anything wrong with the app, I just haven't kind of embraced it from a perspective of convenience, I guess, of not always having the laptop on, but like I say, maybe if I had had a tablet I don't doubt I would end up doing a lot more things like that. I do keep notes of things on my phone, but I haven't actually got round to doing those sort of things on my phone yet really.

I: **Okay. That's really, really helpful getting your experiences. So let's talk about the content of the piece. Do you think that there is enough instruction in this app, how to use this app, is there enough instruction there?**

P: Yeah. I mean, I think it's quite straightforward and it has thought things about how to do it, hasn't it, so if you say look at the shopping list, no not the shopping list, is it on the planner it said, or something I looked at, it told you how to do it. It gave you an option of how to do this.

I: **How it works, yeah, here.**

P: Yeah, I knew I’d seen it somewhere. Personally, I think it's quite straightforward. It tells you how to do it, how to add recipes. And again, I think if you're the sort of person that's into this sort of thing, then I don't think he would have difficulty understanding it.

I: **Yeah. But people who have never used it, who just open the app, for those kind of people do think there should be a couple more instructions or other user-friendliness should be there?**

P: Yeah, I mean on the face of it it looks quite straightforward. Again, the sort of people that are likely to use this are people that are relatively computer savvy I would say, or app savvy. I mean, if you’re not, then it probably doesn't make any sense whatsoever, but my gut instinct here, is that people who…I mean, I know when I was doing some work last year, you know, some of the people that I worked with had not got a clue about anything technological, quite frankly, this would just be complete, you know, it would be a foreign language to them. But I think that those of us who have embraced technology to a greater or lesser extent, and I think with a lot of these things, once you’ve got used to one or two different apps, they all tend to work in much the same sort of way.

So I think if you're familiar, then I don't think it would necessarily be difficult. I mean, I don't know, I guess it's hard for me to come at it as somebody that wouldn't have a clue where to start, because I’m not in that situation if you know what I mean, I have got a clue where to start with some of these things and I’ve followed help pages on different websites and things. So, I think, for me it looks okay, but then I'm not coming at it as somebody that is not computer literate and hasn't got a clue what some of these things would mean. I'm not saying I'm super, super whatever, I mean obviously ….

I: **No, you're doing really good.**

P: … I’ve had to learn this as opposed to grow up with it like today's youngsters have done, you know, I didn't have computers until I was well into my twenties and thirties, but the reality is I picked it up and used it both from a work perspective and on a personal level and I guess I'm relatively familiar now. But I do know having worked with people who have very little computer knowledge, they would just look at it and go I don't understand, but that's probably because they don't understand how the basics work. Once you’ve got beyond that…and I don't know that there's anything you could do to help those people, other than help them to try and use a computer and then obviously understand how these things work and if they're willing to embrace it, but if they're not willing to embrace it, there's not a lot you can do.

I: **Yeah. But do you think anything should be put into the home page more clearly, around the instructions of using this app? You can find it when you just go through the recipes or meal planner on that and then right click and it comes up but do you think that it should be relatively easily visible in the home [page]?**

P: Yeah, I suppose the only thing would be… is there …I guess the only thing might be is if you had a help, you know like on some websites they have a help button at the top, that would automatically or a bit where they ask questions or something. So on the top navigation bar where it's got recipes, planners, [unclear 0:50:11] I mean, I don't know whether there would be some benefit perhaps in putting a help or frequently asked questions, tab there if you like that would automatically take you through to that, if people wanted to. So, if they wanted to ask the question on, you know, how do I add something to the…rather than having to go through the system and then think, how do I do this? Maybe, I know sometimes when I've looked at something I've actually sometimes gone through the frequently asked questions on a website to have a look and just get a feel for how maybe …I mean this veg box I subscribe to, I explored all the various questions that were on there before I…to just find out how it worked. So I mean, maybe that would be something to put a direct link to that page that I was on a minute ago on that top navigation bar. Because I'm just looking, that's why I whizzed down to the bottom to see if it was on the bottom, but I don't think it is. You know like sometimes they’re on the bottom here. There’s feedback and support, I don't know, what does that do, no that’s just provides you the feedback.

I: **Yeah. I have also the same feeling about what you said, yeah.**

P: Sometimes they're at the bottom. I sometimes, if I can't find it at the top on a website, I look at the bottom, the bottom of the home page sometimes has the help. So maybe just having a link direct from the top bar a help and frequently asked questions page might quite useful.

I: **Yeah. I also agree with that. For example, when I first opened this app, I was also looking for something like that because I didn't know how to save the recipes or how to…I mean converting recipes into a meal plan or something like that. But when I had used two, three times then I got everything, yeah. So, people in the first instance, if they find it difficult, they may not come back again to the app, so yes that’s a really good suggestion you made, and it’s really useful thank you.**

P: Yeah, I mean, what I used to say to people when I was working in the group l was working with is play with it because you generally can't do any damage and some of it's having the confidence to play with an app. Like you say, you did it two or three times and then [you'd could do it.] And I would say that that's true for most websites really, you just have to practice and have the confidence to be able to say, I can do… do you want mean? I'll have a play with this and see how this works. And you need to have enough knowledge and just general knowledge around computing if you like to be able to do that. But I think maybe for those who aren’t perhaps so confident then maybe having a help page if they do get frustrated then at least if they go to that they can then find out how it works, that might help them.

I: **Yeah. Great. So do you think that enough information was put into this app? Should there be more, or should there be less in terms of displaying all the information, in all those recipes**?

P: I think there's enough information. I wouldn't say there's too much. I mean what it might need at some point is kind of a bit of compression because if you're not careful, you could end up with loads of different groups and it could become too unwieldy and people could then just think oh there's too much and I'm not going to go through them all. And maybe there might be some duplication in some of the different categories. So I think maybe at some point, I think like a lot of websites, they can become quite big, and particularly if people can add stuff into them, if you're not careful, you end up with duplication in the different groups. And whilst there might be some element of helpfulness in that…I mean I was looking at a recipe site recently, I can’t remember which one it was now, it wasn't this, but I tried three different tabs and I ended up with the same recipes under each of them, which actually wasn't that helpful. So I was just like, it needs tidying up a little bit. I don't want to say that necessarily about this at the moment, but if you've got so many groups, then if you’re not careful it becomes to unwieldy and people just think there's too much information here and I haven't got the time or the inclination to plough through it all.

I: **Yeah. That's really a good suggestion. Do you think there are recipes which actually come from external links?**

P: Yeah there are.

I: **So what do you think about those recipes and external links?**

P: I think, it's like all these things that come from external links, some things…I don't know who moderates this, but you do have to sometimes be a bit careful and check that there… I don't know if there is some sort of quality check on this because we people can pull stuff from, I mean, I'm not into social media, but people can pull stuff from social media or whatever, and also I'm not sure whether there is any – and I guess with recipes there isn't, but I don't know about copyright rules and things, so particularly if it’s say a recipe of one of the, you know, famous chefs or something, whether they have any kind of, I don’t know, I don't know enough about it, but it copyright rules around you not copying their stuff out of books and things. So I don't know whether there is, or whether there needs to be some moderation of where these recipes come from.

The other thing is I did look on one that was clearly from an American recipe and it had loads of ingredients on it, that you might not be able to get…and I appreciate this, you know, like all these websites they're worldwide, so you could get somebody in, you know, wherever looking at it. But I think you have to be a bit careful around having things that maybe are readily available in one country, but maybe not available elsewhere, and the recipe then becomes less useful for people if you know what I mean.

I: **Yeah. So we have a lot of things to cover, so let's move on a little bit faster. Do you think that the images or contents-wise the colours in the app, is it appropriate or is there anything you would like to suggest to change in terms of colour for the pictures?**

P: No, I think they're fine. I think the colour scheme is quite good actually because he is quite bright and colourful and I think that's quite useful.

I: **Okay. And what do you think that about the variety and the diabetes friendliness of these recipes particularly based on the health score or the glycaemic index or the nutritional index? Do you think that there is enough and those recipes are good?**

P: I think so, well it comes back to what I was saying as well earlier about the [unclear 0:57:53] thing, but apart from that, yeah, I think the nutrition information is quite good, for people who are specifically looking for that, then I think that would be enough for people to look at.

I: **Okay. And in terms of the variety of the recipes for the diabetes friendly meals, is there enough variety there?**

P: Yeah, I think so. I mean, it's like, yeah, there's a variety of different things there. I think most people would probably look at different groups so don't necessarily just have to stick on this one group do you, because if you know you're looking for predominantly lower carb recipes, then there's nothing to stop you going back across the other groups as well and finding stuff, like some of the healthy meals and things like that. But you could pick from other things really.

I: **So, do you think that the navigation within this app, particularly navigating from one community to another community is really easy or difficult?**

P: I thought it was really easy, because that’s what I did, I had look at all the various different ones, the different groups to see what was on. So yeah, I would say that's very easy. You can just go back to the home page and look at the various different ones so I don't find that difficult.

I: **Okay. Do you think that this app is attractive and user-friendly for people with different backgrounds and people with diabetes with different background, particularly various ethnicities, digital literacy?**

P: It is provided they are tech savvy really, you know, it’s what I've said already really. I think if you are capable of using the… I mean, okay, they're in English, if English isn’t your first or main language, if you've got people who would struggle with basic English, then I guess it isn't going to be very helpful. But I would say that about any website really, you know, if you've got people that aren't able to fully understand… but again, it comes back to what I be saying about the tech stuff. If you are basically, or reasonably tech savvy and know how to navigate your way around basic computer stuff, then I don't think it would be difficult for people, of any background, or of any age really.

I: **Okay. But in terms of the choices of food or the recipes that are shown in the piece, do you think that people with different communities, particularly from Asia, Africa etc, do you think that there is enough for all communities or is it inclusive?**

P: Well, I think like all these things, it depends on what you eat. And I guess with some of these recipes you can adapt to it, can't you. For example, when you get kind of people who come from say Africa or the Caribbean who are much into spicier type, or their kind of spice type stuff, that wouldn't be any reason why they couldn't adapt these recipes to whack in their additional chili or whatever it is. I'm personally all for [total inclusion] rather than saying, having, you know, I don't know, you could say having…I mean, I guess with all of these things you could, if you wanted to have Indian based recipes or Asian based, you know, more sort of Thai or those sort of Chinese-y type recipes, if you wanted to, or you could have Mexican or whatever, you could always have one if you wanted that. We all maybe decide we're going for an Indian or something or we're all going for, say, a Thai meal so people are used to having recipes…you can buy cookbooks about one specific type of cuisine, can't you? So I wouldn't say it would be a problem for me, if there was a section with Indian recipes or Caribbean inspired recipes or whatever, but also as somebody that adapts recipes, I have to say that I would say well, if you wanted to add another three chillis and that's what you want to do, then go for it, if you know what I mean.

I: **Great suggestion, yeah really useful. Let's talk about the lifestyle changes ability of the app. Did you ever learn anything from navigating this app, is there anything new you learned from it?**

P: Anything new?

I: **Yeah.**

P: No, not really. I mean, obviously there's different recipes and stuff on here that I hadn’t necessarily thought of, but other than that, I mean, in terms of just generally, no, there wasn't anything I learned.

I: **Okay. And did the platform support you in planning your meals more efficiently? I know you didn't use it that much, but after seeing all the features, do you think that it could help for people in planning their meals more efficiently?**

P: I think it could, yes. I mean, because I tend to …the way I tend to operate and I tend to cook from scratch most of the time, I guess if you weren’t somebody that did that, then actually it would be a very good starting point. I think the recipes are easy to follow, most of them are quite straightforward, they're not difficult. So I think if, if somebody has been used to not cooking from scratch, they could find some easy, straightforward recipes on here to start with.

I: **Great. Do you think that it could support people making healthy food choices?**

P: I think it could, yes, definitely. I'm a great believer in encouraging people to cook from scratch. And I think there's a lot of recipes on here and there's also recipes that are like things that you might buy in ready-meal form or in a takeaway or whatever, but you could adapt. I think there’s such a variety of recipes on here that you could certainly find something that you could tackle that would be not dissimilar to what you're used to…wanting to eat in a more different way if you know what I mean, that I’d buy it from a restaurant or a ready meal out of a supermarket.

I: **Yeah. But in your case, did it support you a little bit or not?**

P: I wouldn't say it did, no, personally, but I think it could, I think there is scope for it to if you were to use it a lot or if you were starting from scratch then I think, yeah, it could certainly be a very good starting point.

I: **Great. Let's talk about the diabetes management aspect of the app. Do you think that the platform would support people with diabetes, particularly in managing their diabetes and their weight, waist size, blood glucose level or cholesterol, all those things?**

P: I guess it could. I'm not sure that it would at the moment, other than obviously it provides you with recipes that they say are diabetes friendly, but if people were more generally managing their condition, I'm not sure how helpful at the moment it would be. I would say that the diabetes website, whatever it's called, Diabetes UK website has got more general knowledge on it, because this is very much about recipes and meal planning as opposed to more medical based stuff but I would say that if…I mean, I don't know whether there's a link to this website on the Diabetes UK website, but if there isn't, maybe that's something that you could look at is getting Diabetes UK on board and asking them to recommend this website as a good place to go for…I mean, they do have some recipes on their website, but there could be a link into this maybe.

I: **Okay. There is a large [unclear 01:06:34] people’s food choice behaviour into their diabetes, I mean, particularly people with obesity or pre-diabetes or type one, type two diabetes. So considering those aspects, do you think that this app is useful for people for changing their food behaviour?**

P: I think it could, because I think there are lots of people, well certainly people I know who are diabetic often it's because their food choices are pretty appalling. So I think if this gave you, it does give you options of…if they're prepared to cook from scratch, really, you know, they're prepared to start cooking as opposed to just buying a packet of biscuits then the reality is yes, it could help.

I: **Yeah. Great. And I know you said you do your shopping lists by pen and paper, but seeing the feature today, do you think that it could support you in your food shopping experience in the future?**

P: At the moment I would say personally, no, but that's because as I've explained that, you know, that it’s easier with pen paper but I could see the facility would be useful for some people. I don't knock the facility for those who work in that way and are very much attached to their smart phone then I could see it being really useful tool.

I: **Yeah. I know you already know all this stuff, but seeing this app, would anything in your lifestyle or eating habits change? I know you already did that since you had the doctor's information, but do you think that after seeing this app, it helped in any way in your lifestyle or eating habits?**

P: I don't think it's helped me, but I think it could certainly help people because I think for people who may be …certainly based on some of the people I was on this course with, some of whom didn't cook, and some of the stuff that they were being told was completely new to them. You know, they'd never looked at the back of a packet and looked at the nutritional value of anything. So for people starting out from a very low start point, if you, like, I think this app would be wonderful because it gives you lots of recipes. it gives you basic recipes that are not, you know, sort of Michelin star chef type recipes that have got hundreds of ingredients that puts you off. So I think for somebody that… I probably am coming at it from a slightly different place because I've done a course in nutrition and stuff so I was coming at it from a slightly different place, but for someone coming at it completely new and fresh, I think it would be a really good app and a really good…because it's got everything in one place, it's got the recipes, it's got the meal planner, it's got the shopping.

So I'm coming at it from somebody who is coming from a fairly low starting point, but I think it would be a very good starting place.

I: **Yeah, and for actually bringing any changes to people’s lifestyle or eating habits, do you think there are any barriers to using the app, particularly the cost, or the recipes that we suggest here?**

P: Again, not really. If people are willing to do the work, then I don’t think there is. I guess like anything, there will be some things that people say it's too complicated or it's too expensive or whatever. But as somebody that has tried to heavily embrace healthy eating, I actually don't think it is expensive, but you do have to be prepared to cook. But that's something that no app or no website to change, people have got to want to change and want to embrace what eating a diabetes friendly diet looks like. If you're not willing to do to do that then it doesn't matter what apps or what you put in place it is down to people's attitude. And that's something I'm not sure that as an app, you can, you can change, other than make it as easy as possible for people to use it, which I think it is. But like anything, I guess in life, you've got to want to embrace it. And you know, I'm a trained counsellor, it's the same with that, I've counselled people who just don't want to embrace the changes that they're going to have to make, to make life better for themselves. But that's their choice at the end of the day. It doesn't matter what I might say, the reality is if I don't want to change and they don't want to do the work or whatever, there's nothing you can do about that.

I: **Yeah. Although you haven’t used this app much but if I asked you to say one or two things that you would do with the information provided in this platform in your case – you said earlier you’ve seen some of the recipes**.

P: Yeah. I think there's some many good recipes on here. And certainly I've looked at recipes and thought, oh that's a good idea, I could do that. And like I say the other thing I found quite useful was putting an ingredient in. I'm very into avoiding food waste so a bit like the Love Food Hate Waste website, where you've got ingredients, and then you put the details in, and it comes up with a variety of recipes that you might make with this packet of onions or whatever. It's the same with this, really, you can do that on the search facility, and I found that quite a useful- I didn't necessarily follow the recipe, but I though oh that's an idea, yes, I could do that. And then I just adapted it to what I wanted really.

I: **So did you buy anything as a result of seeing the app or any ingredients that you see in here?**

P: No I haven’t.

I: **Okay. And did you contact any other services for your health after seeing this nutritional information or anything else in the app?**

P: No, not directly I didn’t but I mean I'm into Diabetes UK and the British Heart Foundation and various different …the cholesterol one, I forget what they call themselves, but I do look at those websites as well. I tend to use those sort of websites to get ideas for recipes and things, or just general information about things.

I: **Great. Just a couple more questions. Do you feel people can make any difference to their health particularly using the app?**

P: Yeah, I think they could, if they're not into meal planning and things, I think they could definitely make a difference. And I also think if they're not into cooking and things, then it would be a very good starting point for people to find some healthy recipes or easy to make recipes that not difficult and that cover a whole range of different types of situation really. There's recipes for breakfast, lunch, dinner, or whatever on there so there's all sorts of things that people can make. So I think as an app, I think there's a lot of really useful information on there. And as I say, I think the meal planning would be very good for people if they're not into doing that.

I: **Hm-hm. And for diabetes management, do you think that this app would help or make any difference?**

P: Only in as much as it's got the various different recipes under this diabetes friendly meals and also the healthy ones and things more generally. So I think as I've said already for people who are maybe looking for starting on that ‘how do I start to eat healthily’, it’s a good starting point, I would say definitely, and there's a lot of recipes that means you could go with this for quite a number of weeks before you kind of…I think it would be a good place for people to start looking at to get some ideas or as a starting point, as I say, because I think most of the recipes that I've looked at are relatively straightforward. So I don't think they're too overwhelming for people if suddenly they think how am I going to go with this.

I: **Great. And do you think people would be confident in seeing these types of recipes, for their diabetes issues or diabetes management?**

P: I think they could be particularly if they choose the right recipes. I mean, like anything, there are other recipes on here that maybe wouldn't be so good. So, it still comes back to you having some understanding of what you should be eating to manage your diabetes and then looking for the recipes that are going to be supportive of that.

I: **And do you think it will make any difference in terms of people’s food shopping experiences, and also their budget for buying food?**

P: Again, it could, if they're willing to embrace it and to use the idea that they've got to change how they eat or have got to, you know, eat this way. I mean clearly if they're not willing to embrace it, it isn't gonna make a blind bit of difference.

I: **And for your case, would there be any changes in the future in this aspect?**

P: For me personally, I just would, you know, I try to eat as healthy as I possibly can and have done for a considerable time. I understand the need to eat healthily. But I think this would be a very good starting point for somebody if they were looking to do that.

I: **And did you share this app information with any family members or friends?**

P: I haven’t but that’s not to say I wouldn’t. If I had somebody that I thought would benefit from it, I would share it.

I: **Okay, great. Do you think any changes are needed in the app, say you were the administrator would you change anything in the app?**

P: Only the things I've already said really about the frequently answered questions or the help at the top. But nothing else that I haven't already said, really, no.

I: **And you'd like to keep most of the items the same?**

P: Yeah, I would. Yeah. I just think at some point it will need to be moderated and maybe tweaked a bit, but I’ve already talked about that.

I: **Yeah. Any other suggestions for improvement of the app particularly any interactive blogs in the app or anything else?**

P: Not for me personally but I could see maybe for some people that might be a benefit, I'm not really into that sort of thing so it wouldn't necessarily work for me, but there might be people who would want to share that sort of thing, but I think it would make a bit more social media-y if you were gonna do that. It would need to be properly moderated, I think.

I: **Okay. And in terms of including any other aspects of diabetes related or diabetes management, do you think it’s necessary or not?**

P: Possibly not, but you could put links into the diabetes charities and things. I mean I don't know if you could put a link into say the NHS website page on diabetes or Diabetes UK or if there are any other…I mean, they're the two that come to mind, but if there's anything else that you, unless you wanted to put some…you know, there are articles that people have written that are specifically helpful, and maybe you could have links to those.

I: **Okay. And apart from that, do you think that it's a valuable addition to the Diabetes UK learning…?**

P: Yeah. I think it could definitely be if they would be willing to put a link on their website to it, but then I think the flipside of that is that you need to put a link to their website on this as well so the two interlink. So if you're going to get clicked to the platform from Diabetes UK, or if somebody ends up on the platform first and is looking for diabetes friendly meals then obviously, you know, you could have a link on this page to the Diabetes UK website as well.

I: **Yeah. So in terms of the uniqueness of this app, do you think that any other similar application is available for diabetes friendly meals or helping people with their diabetes management in terms of food behaviour?**

P: Not that I'm aware of, but that's not to say there aren’t. I haven't looked for any, so I don't know. That's not to say there aren’t any out there, but I don't know enough about whether there are or not.

I: **And do you think that COVID-19 or lockdown could actually affect the use of this kind of app for people with diabetes?**

P: Not really, no.

I: **Okay. For example, people are mostly eating in their homes so do you think that that could also push up the uses of this kind of app?**

P: Well I think it might push up – yeah, I don't doubt that the fact that we've all been cooking at home for the best part of last year now. There's probably more people looking for recipes and stuff online than there might have been previously, but whether they’re looking at the platform or some of the other things that are available …because obviously we’ve all had to do things a bit differently over the last year and so I don't doubt that it might increase the number of people who might use it, but only because they're looking for recipes, not necessarily because they're diabetes friendly.

I: **Great. So we are at the end of the interview. Do you want to add anything else?**

P: No, it's been quite interesting, quite useful. I’m glad I participated.

I: **Great. Thank you so much for giving this time. It has been really useful. If anything comes to mind later on, please don't hesitate to write back to us.**

P: Okay.

I: **And also we will be sending you an Amazon voucher, as a courtesy gesture.**

P: Thank you.

I: **Thank you so much for the time. It was very nice talking to you. Bye.**

[ENDS]