

Table 1. Interview guide

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1. What was the reason that you signed up for the Sophia Step Study?
 2. Could you tell us about your experiences from participating in the Sophia Step Study?
 3. Is there anything that you can think of that has been particularly helpful/positive during the time you participated in the study?
 4. Is there anything that you can think of that has been particularly obstructive/negative during the time you participated in the study?
 5. You were assigned to Group A/B/C. What do you think about that?
 6. Have the group sessions helped you to be physically active? In which way?¹
 7. Have the individual consultations with the diabetes [specialist] nurse helped you to be physically active? In which way?¹
 8. Do you think that the pedometer has been a support for your physical activity? In which way?²
 9. Now that the study is completed, what are your thoughts about your participation in the Sophia Step Study?
 10. Is there anything else that you would like to share based on your experiences as a study participant in the Sophia Step Study?
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¹ Only group A

² Only group A and B