- 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?

² Only group A and B

¹ Only group A