



Health
Illawarra Shoalhaven
Local Health District

Perceived usefulness of components of the physical activity intervention

How useful was:

1. The information overall:

☐ Extremely ☐ Very ☐ Moderately ☐ Slightly ☐ Not at all

Other comments:

2. The goal planning:

☐ Extremely ☐ Very ☐ Moderately ☐ Slightly ☐ Not at all

Other comments:

3. The handouts given at mother's group:

☐ Extremely ☐ Very ☐ Moderately ☐ Slightly ☐ Not at all

Other comments:

4. The WhatsApp group messages sent by researcher:

☐ Extremely ☐ Very ☐ Moderately ☐ Slightly ☐ Not at all

Other comments:

5. The WhatsApp group messages sent by other group members:

☐ Extremely ☐ Very ☐ Moderately ☐ Slightly ☐ Not at all

Other comments:

6. The WhatsApp to provide social interaction and peer support between group members:

☐ Extremely ☐ Very ☐ Moderately ☐ Slightly ☐ Not at all

Other comments:

7. The face-to-face mother's group to provide social interaction and peer support between group members:

☐ Extremely ☐ Very ☐ Moderately ☐ Slightly ☐ Not at all

Other comments:

8. The tummy time practice as a group:

☐ Extremely ☐ Very ☐ Moderately ☐ Slightly ☐ Not at all

Other comments:



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Perceived relevance of components of the physical activity intervention

How relevant was:

1. The information overall:

☐ Extremely ☐ Very ☐ Moderately ☐ Slightly ☐ Not at all

Other comments:

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Other comments:



Health
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Perceived usefulness of components of the mother's group

How useful was:

1. The information overall:

☐ Extremely ☐ Very ☐ Moderately ☐ Slightly ☐ Not at all

Other comments:

2. The goal planning:

☐ Extremely ☐ Very ☐ Moderately ☐ Slightly ☐ Not at all

Other comments:

3. The handouts given at mother's group:

☐ Extremely ☐ Very ☐ Moderately ☐ Slightly ☐ Not at all

Other comments:

4. The face-to-face mother's group to provide social interaction and peer support between group members:

☐ Extremely ☐ Very ☐ Moderately ☐ Slightly ☐ Not at all

Other comments:

5. Was there a social media group set up between mothers? (Example, WhatsApp, Facebook etc)

☐ Yes ☐ No

Other comments:

6. If there was a social media group set up between mothers, how did you perceive the usefulness of this group?

☐ Extremely ☐ Very ☐ Moderately ☐ Slightly ☐ Not at all

Other comments:



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Perceived relevance of the mother's group

How relevant was:

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☐ Extremely ☐ Very ☐ Moderately ☐ Slightly ☐ Not at all

Other comments:

2. The goal planning:

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Other comments:

3. The handouts given at mother's group:

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Other comments:

4. The face-to-face mother's group to provide social interaction and peer support between group members:

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