

Interview Script

Hello Mr./Mrs. _____,

My name is _____. I am an UNC physical therapy student collecting information for a research study about exercise programs and I was given your phone number by Kayla/Erin/Ann to contact so that I could ask you some questions about your experience with the Otago exercise program/Otago group exercise class. You are being asked to complete this interview because you participated in a home-based Otago exercise program/a group Otago exercise class at Pennybyrn/Carol Woods. If you have time, this interview is expected to take about 20-30 minutes. I will ask about any history of falls, but I will not ask for any additional personal information. Do you mind answering some general questions about the exercise program?

If yes: Thank you. (continue)

If no: Is there a better time that I could call?

If no: Thank you for your time. I hope you have a nice day.

You should know that being in a research study is completely voluntary. You can choose not to be in this research study. You can also say yes now and change your mind later.

If you agree to take part in this research, you will be asked to answer several questions regarding your experience with the exercise program. We expect that about 20 people will take part in this research study. Do you agree to participate by answering these questions?

If yes: Thank you. (continue)

If no: Thank you for your time. I hope you have a nice day.

You can choose not to answer any question you do not wish to answer. You can also choose to stop the interview at any time.

We promise to maintain confidentiality of any information that you provide during this interview and your information will not be shared with anyone outside of the study. We are asking to record this interview so that the information you provide can be reviewed at a later time. If you agree to allow us to record the conversation you will be identified only by a number on the recording, and the audio of the recording will be destroyed one year after the end of the research project. Do I have your permission to make an audio recording of our conversation?

If yes: begin recording.

If no, but participant agrees to continue, make written notes of the interview.

Interview # ____.

1. Please tell me why you decided to participate in the Otago program/class?
2. How did you feel about taking part in the Otago program/class?
 - a. Were there things about the program that you enjoyed?
 - b. Were there things about the program that you did not like?

3. How did you feel about doing exercises as part of the program/class?
 - a. Had you had any experience with this type of exercise before participating in this program/class?
 - b. Were you confident about your ability to complete the exercises you were assigned? If not, what were your specific concerns?
 - c. Do you think the exercises affected you in a good/positive way, in a bad/negative way, or made no difference either way? Why?
 - i. If response is good/positive: Given that you think the exercises had a good or positive effect for you, we'd like to understand more about that effect. Please rate the exercises on a scale of 0 to 10, with zero being no effect at all, and 10 being the best or most positive effect possible.
 1. Circle the response: 0 1 2 3 4 5 6 7 8 9 10
 2. What are some examples of these good/positive effects that you have experienced?
 - ii. If response is "bad/negative effect": Given that you think the exercises had a bad or negative effect for you, we'd like to understand more about that effect. What are some examples of these bad/negative effects that you have experienced?
4. What factors made you more likely to complete your exercises/attend the exercise class?
 - a. Answer "X". On a scale of 0 to 10, with 0 being no influence and 10 being full influence, how strong a factor would you say X was in your decision to complete the exercises/attend the exercise class? Note response for each factor provided.
 - b. Circle the response: 0 1 2 3 4 5 6 7 8 9 10
5. What factors made you less likely to complete your exercise/attend the exercise class?
 - a. Answer "Y". On a scale of 0 to 10, with 0 being no influence and 10 being full influence, how strong a factor would you say Y was in your decision not to complete the exercises/attend the exercise class? Note response for each factor provided.
 - b. Circle the response: 0 1 2 3 4 5 6 7 8 9 10
6. Have you done any of the Otago program/class exercises since the Otago program ended/in addition to the exercise class?
 - a. If participant answers "yes" → please describe your usual exercise activity.
 - b. If participant answers "no" → please describe the main reasons why you have not been exercising.
7. Have you done any additional/independent exercises or physical activity since the Otago program ended/in addition to the exercise class?
8. Would you participate in this type of program/class again?
 - a. Why or why not?
9. Is there anything that you can think of that would have made you more likely to participate, or to participate more fully/frequently in the program/class?
10. Do you have any recommendations for improving the program/class?
11. Have you had any falls since completing the program/since participating in the Otago classes?
 - a. If so, how many?
 - b. Any injuries sustained?

Questions adapted from questionnaires used in the following studies:

1. Haas R, Haines TP. Twelve month follow up of a falls prevention program in older adults from diverse populations in Australia: a qualitative study. *Arch Gerontol Geriatr.* 2014;58(2):283-292. doi:10.1016/j.archger.2013.10.010
2. Valenzuela T, Razee H, Schoene D, Lord SR, Delbaere K. An Interactive Home-Based Cognitive-Motor Step Training Program to Reduce Fall Risk in Older Adults: Qualitative Descriptive Study of Older Adults' Experiences and Requirements. *JMIR Aging.* 2018;1(2):e11975. Published 2018 Nov 30. doi:10.2196/11975