

## PEIA 18-month Interview Protocol

### **Initial contact**

I am conducting interviews of individuals who have participated in the PEIA weight loss program and you responded to the survey that you would be willing to participate in a follow-up interview. The goal of the interview is to better understand what works and doesn't work with the PEIA program, as well as learn from you what you think makes a good weight loss program. The focus of this interview will be learning from you. The interviews take about 30 to 45-minutes to complete.

Would you be willing to participate?

### **Informed consent**

Thank you for taking the time to share your experience. Your time will greatly help us in improving this program for future members. The interview may cover some questions that could be personal in nature. All of your responses will be kept confidential, no one will be able to connect your responses with who you are. For example, your responses will be given a unique identifier (e.g. 150) in order to keep your identity separate from your responses.

While I hope that you will feel comfortable sharing your true thoughts and feelings with me, I understand that you may not feel comfortable answering a question. While we expect these questions to produce more good than harm, if there is a question that you don't want to answer just let me know and we will skip it. Finally, if at any point you wish to end the interview, for whatever reason, that is okay. We will end the interview and none of your responses will be used.

### **Experience in first 12-months of program**

- What did you expect to achieve through this program? How did you measure success?
- What aspects of the program did you find most useful at the beginning?
  - What did you learn in the program that helped you succeed?
- How did you handle setbacks or challenges?
  - What do you notice doing when stressed or worried?

### **Experience over past 6-months**

- What aspects of the program did you find most useful in the past 6 months?
- How have you handled setbacks and challenges during the past 6 months?
  - What do you notice doing when stressed or worried?
- What role does how you feel emotionally play in losing weight and exercising more?

### **Personal trainer experience**

- Describe your relationship with you personal trainer
  - How did they help you succeed?
  - What did you wish your trainer had done to help you succeed?

### **Dream program discussion**

- If you could design your own program to help people improve their health by changing their lifestyle, what would it look like?
  - What would help the most?

- What would you leave out?
- What support roles would you include, if any, and why?

# highlight

## Attachment assessments

**Relationships Questionnaire:** Following are 4 general relationship styles that people often report. As you read the descriptions think about how much this style relates to you personally. After you have read the brief descriptions please rate the style from 1, not at all like me, to 7, very much like me. Finally, after ranking each of the 4 styles please pick the one style that you feel best describes you or is closest to the way you are.

<p style="text-align: center;"><b>Style A</b></p> <p>It is easy for me to become emotionally close to others. I am comfortable depending on them and having them depend on me. I don't worry about being alone or having others not accept me.</p> <ul style="list-style-type: none"> <li>When I'm upset I tend to seek out the support I need but know that I can handle it if the support is not there.</li> </ul> <div style="display: flex; justify-content: space-between; align-items: center;"> <span>1 Less like me</span> <span>2</span> <span>3</span> <span>4</span> <span>5</span> <span>6</span> <span>7 More like me</span> </div>	<p style="text-align: center;"><b>Style B</b></p> <p>I am uncomfortable getting close to others. I want emotionally close relationships, but I find it difficult to trust others completely, or to depend on them. I worry that I will be hurt if I allow myself to become too close to others.</p> <ul style="list-style-type: none"> <li>When I'm upset I want support from others but worry that they will not help me.</li> </ul> <div style="display: flex; justify-content: space-between; align-items: center;"> <span>1 Less like me</span> <span>2</span> <span>3</span> <span>4</span> <span>5</span> <span>6</span> <span>7 More like me</span> </div>
<p style="text-align: center;"><b>Style C</b></p> <p>I want to be completely emotionally intimate with others, but I often find that others are reluctant to get as close as I would like. I am uncomfortable being without close relationships, but I sometimes worry that others don't value me as much as I value them.</p> <ul style="list-style-type: none"> <li>When I'm upset I need support from others but I worry that they won't be able to give me the amount of support I need.</li> </ul> <div style="display: flex; justify-content: space-between; align-items: center;"> <span>1 Less like me</span> <span>2</span> <span>3</span> <span>4</span> <span>5</span> <span>6</span> <span>7 More like me</span> </div>	<p style="text-align: center;"><b>Style D</b></p> <p>I am comfortable without close emotional relationships. It is very important to me to feel independent and self-sufficient, and I prefer not to depend on others or have others depend on me.</p> <ul style="list-style-type: none"> <li>When I'm upset I prefer to handle things on my own and don't want others to help support me.</li> </ul> <div style="display: flex; justify-content: space-between; align-items: center;"> <span>1 Less like me</span> <span>2</span> <span>3</span> <span>4</span> <span>5</span> <span>6</span> <span>7 More like me</span> </div>

The one style that best fits me is \_\_\_\_\_

Experiences in Close Relationships-Relationship Structures Questionnaire: This questionnaire is designed to assess the way in which you think about important people in your life. Please indicate the extent to which you agree or disagree with each statement.

Please think about a significant other in your life (husband, wife, or any other person who is a significant part of your life) and answer the following questions about this person.

1. It helps to turn to this person in times of need.	1 Disagree	2	3	4	5	6	7 Agree
2. I usually discuss my problems and concerns with this person.	1 Disagree	2	3	4	5	6	7 Agree
3. I talk things over with this person.	1 Disagree	2	3	4	5	6	7 Agree
4. I find it easy to depend on this person.	1 Disagree	2	3	4	5	6	7 Agree
5. I don't feel comfortable opening up to this person.	1 Disagree	2	3	4	5	6	7 Agree
6. I prefer not to show this person how I feel deep down.	1 Disagree	2	3	4	5	6	7 Agree
7. I often worry that this person doesn't really care for me.	1 Disagree	2	3	4	5	6	7 Agree
8. I'm afraid that this person may abandon me.	1 Disagree	2	3	4	5	6	7 Agree
9. I worry that this person won't care about me as much as I care about him or her.	1 Disagree	2	3	4	5	6	7 Agree

Please answer the following questions about your personal trainer in the PEIA program (if you had multiple trainers answer these questions about the trainer you worked with most).

1. It helps to turn to this person in times of need.	1 Disagree	2	3	4	5	6	7 Agree
2. I usually discuss my problems and concerns with this person.	1 Disagree	2	3	4	5	6	7 Agree
3. I talk things over with this person.	1 Disagree	2	3	4	5	6	7 Agree
4. I find it easy to depend on this person.	1 Disagree	2	3	4	5	6	7 Agree
5. I don't feel comfortable opening up to this person.	1 Disagree	2	3	4	5	6	7 Agree
6. I prefer not to show this person how I feel deep down.	1 Disagree	2	3	4	5	6	7 Agree
7. I often worry that this person doesn't really care for me.	1 Disagree	2	3	4	5	6	7 Agree
8. I'm afraid that this person may abandon me.	1 Disagree	2	3	4	5	6	7 Agree
9. I worry that this person won't care about me as much as I care about him or her.	1 Disagree	2	3	4	5	6	7 Agree