



Supplementary Materials: “You Can’t Manage What You Can’t Measure”: Perspectives of Transplant Recipients on Two Lifestyle Interventions for Weight Management

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1. Semi-structured Interview Guide - Questions

Questions 2-5 are based on the attitude construct of the Theory of Planned Behavior (TPB) [1], incorporating both instrumental and affective attitudes. The quantitative NOW-Tx study collected data on the TPB constructs of attitudes, subjective norms, and behavioural control (perceived and actual) to assess the impact of the nutrigenomics-based guidance on these behavioural antecedents, as proposed by Horne et al [2]. Questions based on participants’ attitudes (instrumental and affective) in the qualitative study were anticipated to provide an effective framework for exploring participants’ perspectives on and experiences with the two interventions, and to complement quantitative data on attitudes.

Q1. What motivated you to join the study?

Q2. What do you believe are the advantages of following the nutrition recommendations for weight management provided for you in the study?

Q3. What do you believe are the disadvantages of following these nutrition recommendations?

Q4. What did you like about following these nutrition recommendations?

Q5. What did you dislike about following these recommendations?

Q6. Is there anything else that comes to mind about the nutrition recommendations, or anything else you feel it’s important to say?

References

1. Ajzen I. The theory of planned behavior. *Organ Behav Hum Decis Process* 1991, 50, 179–211.
2. Horne J, Gilliland J, Vohl M-C, Madill J. Exploring attitudes, subjective norms and perceived behavioural control in a genetic-based and a population-based weight management intervention: A one-year randomized controlled trial. *Nutrients* 2020, 12, 3768. doi:10.3390/nu12123768.