

Supplementary materials

Supplementary material, S1

COREQ (CONSOLIDATED criteria for REPORTING Qualitative research) Checklist

A checklist of items that should be included in reports of qualitative research. You must report the page number in your manuscript where you consider each of the items listed in this checklist. If you have not included this information, either revise your manuscript accordingly before submitting or note N/A.

Topic	Item No.	Guide Questions/Description	Reported on Page No.
Domain 1: Research team and reflexivity			
<i>Personal characteristics</i>			
Interviewer/facilitator	1	Which author/s conducted the interview or focus group?	8
Credentials	2	What were the researcher's credentials? E.g. PhD, MD	6
Occupation	3	What was their occupation at the time of the study?	6
Gender	4	Was the researcher male or female?	6
Experience and training	5	What experience or training did the researcher have?	6
<i>Relationship with participants</i>			
Relationship established	6	Was a relationship established prior to study commencement?	6
Participant knowledge of the interviewer	7	What did the participants know about the researcher? e.g. personal goals, reasons for doing the research	6
Interviewer characteristics	8	What characteristics were reported about the interviewer/facilitator? e.g. Bias, assumptions, reasons and interests in the research topic	6
Domain 2: Study design			
<i>Theoretical framework</i>			
Methodological orientation and Theory	9	What methodological orientation was stated to underpin the study? e.g. grounded theory, discourse analysis, ethnography, phenomenology, content analysis	6
<i>Participant selection</i>			
Sampling	10	How were participants selected? e.g. purposive, convenience, consecutive, snowball	7
Method of approach	11	How were participants approached? e.g. face-to-face, telephone, mail, email	7
Sample size	12	How many participants were in the study?	9
Non-participation	13	How many people refused to participate or dropped out? Reasons?	9
<i>Setting</i>			
Setting of data collection	14	Where was the data collected? e.g. home, clinic, workplace	8, 9
Presence of non-participants	15	Was anyone else present besides the participants and researchers?	N/A
Description of sample	16	What are the important characteristics of the sample? e.g. demographic data, date	10, 11
<i>Data collection</i>			
Interview guide	17	Were questions, prompts, guides provided by the authors? Was it pilot tested?	7
Repeat interviews	18	Were repeat interviews carried out? If yes, how many?	N/A
Audio/visual recording	19	Did the research use audio or visual recording to collect the data?	8
Field notes	20	Were field notes made during and/or after the interview or focus group?	8
Duration	21	What was the duration of the interviews or focus group?	9
Data saturation	22	Was data saturation discussed?	8
Transcripts returned	23	Were transcripts returned to participants for comment and/or	N/A

Topic	Item No.	Guide Questions/Description	Reported on Page No.
		correction?	
Domain 3: analysis and findings			
<i>Data analysis</i>			
Number of data coders	24	How many data coders coded the data?	8
Description of the coding tree	25	Did authors provide a description of the coding tree?	N/A
Derivation of themes	26	Were themes identified in advance or derived from the data?	8
Software	27	What software, if applicable, was used to manage the data?	8
Participant checking	28	Did participants provide feedback on the findings?	N/A
<i>Reporting</i>			
Quotations presented	29	Were participant quotations presented to illustrate the themes/findings? Was each quotation identified? e.g. participant number	13-31
Data and findings consistent	30	Was there consistency between the data presented and the findings?	13-31
Clarity of major themes	31	Were major themes clearly presented in the findings?	13-31
Clarity of minor themes	32	Is there a description of diverse cases or discussion of minor themes?	13-31

Developed from: Tong A, Sainsbury P, Craig J. Consolidated criteria for reporting qualitative research (COREQ): a 32-item checklist for interviews and focus groups. *International Journal for Quality in Health Care*. 2007. Volume 19, Number 6: pp. 349 – 357

Once you have completed this checklist, please save a copy and upload it as part of your submission. DO NOT include this checklist as part of the main manuscript document. It must be uploaded as a separate file.

- a. Content of sessions.
 - b. Relationships (with facilitator, other members in your local group, group members from across sites)
 - c. Delivery method (face to face, virtual, telephone).
6. Were you able to incorporate what you have learned into your daily life? How or why?
 7. What were your thoughts about the goal setting activity each session?
 8. Did you find online sessions easier/ more difficult to fit into your schedule? Why? What are your thoughts about a future 'blended' programme combining face-to-face and online elements? Why?
 9. Were you in a group with the same people you had been through pulmonary rehabilitation with? How did you feel about that?
 10. Tell me what you thought about the:
 - d. Number of sessions.
 - e. Number of group members (if received group sessions).
 - f. Duration of sessions.
 - g. Facilitators.
 - h. Venue/accessing and using the virtual platform
 - i. Session reminders.
 11. During the programme, did you utilise any other services i.e. community exercise groups or other support? Other than the one for the study? If so, tell me more about it/them.

The manual

"Now let me ask you about the other component of the study, the manual."

12. What did you think about the manual?
13. What are your thoughts about having the manual alongside the sessions? What would you think about only being given the manual as a maintenance option after PR?
14. How would you feel about having the same information as a smartphone app or website rather than a hard copy?
15. What do you think we could do to improve the sessions, the manual, or the programme as a whole?
16. Have you contacted the clinical team for any help relating to the programme? If so, how did you approach them? and were you satisfied with the help you received? If not, may I ask why?

“I have asked all the questions I need to. Do you have anything else you would like to add? Thank you very much for your time and participation in today’s interview. I will turn off the Dictaphone now. Do you have any questions?”

Supplementary material, S3

Welcome and Greeting;

- Introduce yourself and your role in the study (The interviewer):
“Hi all, thank you for coming today, my name is _____ your name _____ and I am assisting in conducting this focus group as part of this study.”
- I shall now proceed to ensure that I have reconfirmed your consent to taking part in this interview individually.
- “It is a chance for you to tell me anything that you think is relevant.”
- “Are you happy for me to turn on the Dictaphone to record this FG as it takes place?”

“For the benefit of the tape it is _____ and present there is me _____ and _____ and we are based remotely”.

“If anything we speak about today does make you feel uncomfortable you are free to not answer a particular question, you can; (1) ask for the recorder to be switched off (2) to resume after a short break or (3) you can ask to terminate the interview all together at any point”.

1. What is your professional background and role in this study?
2. How do you feel about the experience of being part of a research study? Prompt: in this type of intervention?
3. How did you feel about the training you had to deliver the programme? Or what do you think about the training you...?
4. How beneficial was the facilitator’s manual?
5. Was two hours enough to deliver the contents of each session and interact with participants face to face? What about the time required delivering the sessions virtually?
6. What was your experience of delivering sessions online to patients across the study sites? How did it differ from previous face to face delivery? What do you identify as the main three positives and the three main negatives?
7. Did you have to re-organise the contents of the sessions or extend the same topic to another session? Why or what impact would it have on the programme if it was done?
8. How interactive were participants? Were there any differences across sessions? Did group numbers influence this? Did delivering the sessions virtually have an influence (positive or negative)?
9. How did you find delivering the sessions using a motivational interviewing style?
10. Who would be best to deliver the programme in practice or what do you think a good skill mix might be?
11. How did you find participants calling to make inquiries about something related to the programme/ their health from home?
12. What elements of the programme do you think worked ‘well/not well’ that we might/might not want to take forward in the future? Why? Is there anything you would change?
13. How did the Covid-19 pandemic affect the programme?
 - a. Preparing the sessions
 - b. Delivering the sessions

c. Post session contact with patients

14. Tell me what you thought about the:

- a. Venue.
- b. Number of group sessions.
- c. Group sizes.
- d. Delivery method (face to face, virtual)

Thank you very much for your time and participation in today's focus group meeting
Thank you all, I have discussed all the matters regarding the study. Do you have
anything else you would like to add before I turn the Dictaphone?