

Supplementary File 1: COREQ- Checklist

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?	7
Credentials	2	What were the researcher's credentials? E.g. PhD, MD	6,7
Occupation	3	What was their occupation at the time of the study?	6,7
Gender	4	Was the researcher male or female?	6,7
Experience and training	5	What experience or training did the researcher have?	6,7
<i>Relationship with participants</i>			
Relationship established	6	Was a relationship established prior to study commencement?	-
Participant knowledge of the interviewer	7	What did the participants know about the researcher? e.g. personal goals, reasons for doing the research	-
Interviewer characteristics	8	What characteristics were reported about the interviewer/facilitator? e.g. Bias, assumptions, reasons and interests in the research topic	7
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	7
<i>Participant selection</i>			
Sampling	10	How were participants selected? e.g. purposive, convenience, consecutive, snowball	6
Method of approach	11	How were participants approached? e.g. face-to-face, telephone, mail, email	6
Sample size	12	How many participants were in the study?	8
Non-participation	13	How many people refused to participate or dropped out? Reasons?	8
<i>Setting</i>			
Setting of data collection	14	Where was the data collected? e.g. home, clinic, workplace	6,8
Presence of non-participants	15	Was anyone else present besides the participants and researchers?	7
Description of sample	16	What are the important characteristics of the sample? e.g. demographic data, date	8
<i>Data collection</i>			
Interview guide	17	Were questions, prompts, guides provided by the authors? Was it pilot tested?	6, supplement
Repeat interviews	18	Were repeat interviews carried out? If yes, how many?	-
Audio/visual recording	19	Did the research use audio or visual recording to collect the data?	7
Field notes	20	Were field notes made during and/or after the interview or focus group?	7
Duration	21	What was the duration of the interviews or focus group?	7
Data saturation	22	Was data saturation discussed?	-
Transcripts returned	23	Were transcripts returned to participants for comment and/or	-

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?	7,8
Description of the coding tree	25	Did authors provide a description of the coding tree?	figure 2, 8 ff.
Derivation of themes	26	Were themes identified in advance or derived from the data?	7,8,9
Software	27	What software, if applicable, was used to manage the data?	8
Participant checking	28	Did participants provide feedback on the findings?	-
<i>Reporting</i>			
Quotations presented	29	Were participant quotations presented to illustrate the themes/findings? Was each quotation identified? e.g. participant number	8 ff.
Data and findings consistent	30	Was there consistency between the data presented and the findings?	8 ff.
Clarity of major themes	31	Were major themes clearly presented in the findings?	8 ff.
Clarity of minor themes	32	Is there a description of diverse cases or discussion of minor themes?	8 ff.

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.



“AOK-Family +”

Interviewguide for study consultants

Introduction	Organisational introduction including a „thank you for participation”, important aspects of data protection and the overall organisation of the interview.
Questioning Block 1	„Please tell me about your previous experiences as a prevention specialist, separate from your work within the “AOK-Family +” consultation. “ subquestions include the patient flow to courses and the involvement of health workers such as gynaecologists, previous contact to pregnant women within courses, participation behaviour for prevention courses and characteristics of drop-outs.
Questioning Block 2	“When you think about your previous counselling experience, how would you rate the preparation for study conduction within this project?” subquestions allow insights into the training for study conduction, unmet training needs, potential lack of knowledge and the general role of conducting LRRF consultations.
Questioning Block 3	“Now that you’ve shared your experiences, what do you think might be important for shaping the future of the “AOK-Family +” counseling program?” subquestions include feasibility and compatibility of the consultations with work and physical infrastructure, engaging intervention participants (pregnant women), relative advantage of the intervention and the engagement of hard-to-reach parts of society.
Questioning Block 4	“Thinking back on what we’ve discussed so far, how do you think the “AOK-Family +” intervention could be further developed?” Subquestions address offerings of the AOK for pregnant women, improving primary prevention of LRRFs, further content for potential courses regarding later stages of life (first 1000 days of life, postpartum recovery)
Conclusion	Finding a conclusion, give space for further related content which was not addressed within the interview yet, good-bye and appreciation.



“AOK-Family +”

Focus Group Guide – consultants

Introduction	Organisational introduction including a „thank you for participation”, important aspects of data protection and the overall organisation of the focus group.
Questioning Block 1	<p>“By now, you’ve all conducted “AOK-Family +” consultations. To start things off, please tell me a bit about how these consultations typically went. “</p> <p>subquestions include the feasibility of the consultation guideline and online tool.</p>
Questioning Block 2	<p>“To prepare for conducting the consultations, you took an e-learning course. What was your overall impression of the preparation for the consultation provided by this e-learning course?”</p> <p>subquestions address content, design and clarity of the e-learning course as well as missing aspects needed for conducting the consultation.</p>
Questioning Block 3	<p>“As part of your daily work, you conduct consultations and health classes on topics such as nutrition, exercise, and stress management. Compared to your usual work, how is the “AOK-Family +” consultation compatible?”</p> <p>subquestions address compatibility as well as physical and organisational work infrastructure. Furthermore, the role of conducting the consultations within the German health system was discussed.</p>
Questioning Block 4	<p>“To what extent can counselling improve women’s health literacy and health behaviors during pregnancy?”</p> <p>Subquestions include the first reactions of study participants, design of the innovation to reach study objectives, characteristics of study participants (pregnant women) discussion of intervention components and content and design, as well as a potential relative advantage of the innovation.</p>
Conclusion	Finding a conclusion, give space for further related content which was not addressed within the focus group yet, good-bye and appreciation.