Supplementary Table 1. Consolidated criteria for reporting qualitative studies (COREQ): 32-item checklist [11]

Topic and Item No.	Guide Questions/Description	Reported on Page No.
Domain 1: research team and reflexivity		
Personal Characteristics		
1. Interviewer/facilitator	Which author/s conducted the interview or focus group?	Gina Cleo
2. Credentials	What were the researcher's credentials? E.g. PhD, MD	Gina Cleo, MNutrDiet (Hons), APD, PhD Jolyn Hersch, BLibStud (Hons), MApplSc (Hlth Psych), PhD Rae Thomas, Bed, Grad Dip Couns Psych, PhD
3. Occupation	What was their occupation at the time of the study?	Dietitian, PhD scholar, Teaching fellow
4. Gender	Was the researcher male or female?	Female
5. Experience and training	What experience or training did the researcher have?	The researcher gathered data in face-to-face interviews at Griffith University prior to this study in 2008. She has also worked in clinical practice where in-depth data collection is required
Relationship with participants		
6. Relationship established	Was a relationship established prior to study commencement?	GC implemented the weight loss intervention with the participants prior to the qualitative interviews. The interventions ran for 9-12 weeks, 6 months prior to the interviews
7. Participant knowledge of the interviewer	What did the participants know about the researcher? *e.g. personal goals, reasons for doing the research*	Participants were provided with an information sheet and consent form which outlined the aim of the study
8. Interviewer characteristics	What characteristics were reported about the interviewer/facilitator? e.g. *Bias, assumptions, reasons and interests in the research topic*	Participants knew the researcher was a dietitian and PhD scholar with an interest in weight loss maintenance
Domain 2: study design		
Theoretical framework		
9. Methodological orientation and Theory	What methodological orientation was stated to underpin the study? *e.g. grounded theory, discourse analysis, ethnography, phenomenology, content analysis*	Thematic analysis
Participant selection		
10. Sampling	How were participants selected? *e.g. purposive, convenience, consecutive, snowball*	Purposive maximum variance
11. Method of approach	How were participants approached? *e.g. face-to-face, telephone, mail, email*	Face-to-face
12. Sample size	How many participants were in the study?	16
13. Non-participation	How many people refused to participate or dropped out? Reasons?	1, due to illness

Setting		
14. Setting of data collection	Where was the data collected? *e.g. home, clinic, workplace*	Bond University clinic room
15. Presence of non-participants	Was anyone else present besides the participants and researchers?	No
16. Description of sample	What are the important characteristics of the sample? *e.g. demographic data, date*	Gender, age, education level and weight percentage change during the program
Data collection		
17. Interview guide	Were questions, prompts, guides provided by the authors? Was it pilot tested?	Yes, participants were asked to reflect on their personal experience of the respective program. The questions were pilot tested amongst work colleagues
18. Repeat interviews	Were repeat interviews carried out? If yes, how many?	No
19. Audio/visual recording	Did the research use audio or visual recording to collect the data?	Data were audio recorded using a digital recorder
20. Field notes	Were field notes made during and/or after the interview or focus group?	No
21. Duration	What was the duration of the interviews or focus group?	Ranged between 35-60 minutes
22. Data saturation	Was data saturation discussed?	Yes
23. Transcripts returned	Were transcripts returned to participants for comment and/or correction?	No
Domain 3: analysis and findings		
Data analysis		
24. Number of data coders	How many data coders coded the data?	2
25. Description of the coding tree	Did authors provide a description of the coding tree?	Yes (S2 Table)
26. Derivation of themes	Were themes identified in advance or derived from the data?	Themes were derived from the data
27. Software	What software, if applicable, was used to manage the data?	Data were transcribed verbatim into Word documents by GC, and grouped by cutting and pasting between documents
28. Participant checking	Did participants provide feedback on the findings?	No
Reporting		
29. Quotations presented	Were participant quotations presented to illustrate the themes / findings? Was each quotation identified? *e.g. participant number*	Yes
30. Data and findings consistent	Was there consistency between the data presented and the findings?	Yes
31. Clarity of major themes	Were major themes clearly presented in the findings?	Yes
32. Clarity of minor themes	Is there a description of diverse cases or discussion of minor themes?	Yes