

# Interview guides for qualitative analysis

---

## in “Randomised controlled trial of vigorous aerobic group exercise versus leisure group activities for mild to moderate depression in adolescents”.

### 1. Guide for interviewing participants

1. What is health for you?
  - a. How do you perceive your health?
  - b. What do you do to maintain / promote your health?
  - c. How does exercise (or leisure activities) affect your health?
2. What does the term lifestyle mean to you?
  - a. How would you describe your lifestyle?
  - b. How do you feel your lifestyle affects your health?
3. How does the training (or leisure activities) affect
  - a. Your lifestyle?
  - b. Your habits?
  - c. Your physical activity?
  - d. Your diet / eating habits / cravings?
  - e. Your sleep?
  - f. Your fatigue?
  - g. Your well-being?
  - h. Your feelings of uneasiness?
  - i. Your feelings of stress?
4. How do you estimate that your life at home is affected by the training (or the leisure activities)?
  - a. Family
  - b. Activity / rest

5. How do you estimate that the training (or the leisure activities) affects:
  - a. Life at school?
  - b. School results?
  - c. Socializing with friends at school?
6. How do you estimate that your leisure time is affected by the training (or leisure the activities)?
  - a. Leisure activities?
  - b. Friends?
7. How do you estimate that the training (or the leisure activities) affects: *(Further in-depth questions based on the previous qualitative study)*
  - a. Your commitment to different things?
    - i. Your joy?
    - ii. Your energy?
    - iii. Your belief in the future?
  - b. Your feeling of being in control of your life and your illness?
    - i. Your self-confidence?
    - ii. A security and a calm?
  - c. Your sense of participation
    - i. A balance in life?
    - ii. A structure in everyday life?

Follow-up probes will be used to encourage the participants to provide more in-depth information by asking them: "Please tell me more" or "How do you mean?" or "What do you have in mind when you say ...?"

## 2. Guide for interviewing parents to participants in exercise group

1. What is health for your child?
2. What does exercise mean for your child?
3. Do you estimate that the training has led to any changes? How?
4. How do you estimate that group training has affected your child's depression?
5. How do you estimate that group training has affected your child's life at home?
6. How do you estimate that group training has affected studies for your child?
7. How do you estimate that your child's leisure time has been affected by group training?
8. What helped your child stick to the training?
9. What do you think has helped your child the most or been the best when it comes to group training?
10. How did your child experience the intensity of the training?
11. Do you estimate that the training in the training group has affected your child's self-confidence?
12. Do you estimate that the training in the training group has affected your child's balance in life?
13. Do you estimate that the training in the training group has affected your child's structure in everyday life?

## 3. Guide for interviewing parents to participants in leisure group

1. What is health for your child?
2. Do you estimate that the leisure group has led to any changes? How?
3. How do you estimate that group leisure activities has affected your child's depression?

4. How do you estimate that group leisure activities has affected your child's life at home?
5. How do you estimate that group leisure activities has affected studies for your child?
6. How do you estimate that your child's leisure time has been affected by group leisure activities?
7. What helped your child stick to the group?
8. What do you think has helped your child the most or been the best when it comes to group leisure activities?
9. Do you estimate that the training in the group leisure activities has affected your child's self-confidence?
10. Do you estimate that the group leisure activities has affected your child's balance in life?
11. Do you estimate that the group leisure activities has affected your child's structure in everyday life?

#### 4. Guide for interviewing coaches to participants in exercise group

1. What is health for an adolescent with depression?
2. What does exercise mean for an adolescent with depression?
3. Do you estimate that the training has led to any changes? How?
4. How do you estimate that group training has affected participants depression?
5. How do you estimate that group training has affected participants life at home?
6. Did the participants explain how group training has affected their studies? How?
7. Did the participants explain how group training has affected their leisure time? How?
8. What helped participants stick to the training?

9. What do you think has helped the adolescents the most or been the best when it comes to group training?
10. How did the adolescents experience the intensity of the training?
11. Do you estimate that the training in the training group has affected the adolescents self-confidence?
12. Do you estimate that the training in the training group has affected the adolescents balance in life?
13. Do you estimate that the training in the training group has affected the adolescents structure in everyday life?

## 5. Guide for interviewing coaches to participants in leisure group

1. What is health for an adolescent with depression?
2. Do you estimate that the training has led to any changes? How?
3. How do you estimate that group leisure activities has affected participants depression?
4. How do you estimate that group leisure activities has affected participants life at home?
5. Did the participants explain how group leisure activities has affected their studies? How?
6. Did the participants explain how group leisure activities has affected their leisure time? How?