

User interview script

1. How many hours per day do you spend sitting at work (on average)?
2. What impact – if any - do you think prolonged sitting at work has had on your health?
3. How would you feel about setting goals around your sitting?
 - a. What types of goals would you set?
4. Do you take breaks during the workday (outside of your lunch hour)?
 - a. Yes – how often?
 - i. How often do you take breaks by yourself? (prompt: once/day, several times/day, x times/week)
 - ii. How often do you take breaks with other people? (prompt: once/day, several times/day, x times/week)
 - iii. What do you typically do on your breaks?
 - iv. Does/would it differ when you take breaks with other people?
 - b. No – why not? (prompt: what do you feel stops you from doing so?)
5. How much time do you typically spend on each of your breaks?
6. How do the actions of others around you (for example, your colleagues) influence your sitting behaviours? (prompt: Would you sit less depending on the actions or opinions of your colleagues?)
7. Do you use or have you used* technology such as activity trackers, mobile apps? (prompt: FitBit, Strava)
 - A. Yes - for what purpose?
 - i. Yes - for how long?
 - a. Think back to your last experience with the technology. Can you list 3 things that you enjoyed most?
 - i. If you had to pick 1 thing from this list, what would it be?
 - b. What would you change about your experience?
 - c. Do you feel it influences your behaviour?
 - d. Do you ever use it to track how long you sit?
 - B. No – why not?
 1. What would encourage you to use one?

*if have used, why did you stop using it? What would have influenced you to keep using it?

8. If you used/were to use an app to influence your sitting behaviour, what features would you see to be helpful?
9. Do you use social media? Please describe your experience.
10. Is there anything else you would like to add?