Supplemental material

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BMJ Open Sp Ex Med

Imperial College London

Supplementary File 2: topic guide for semi-structured interviews

Setting

Thank you for joining an interview regarding the digital rehabilitation tool for returning to fitness following illness such as Covid-19 infection. Please note that we will be collecting information from your study number only, and would be grateful that you do not refer to names, places or any other information that could identify you personally.

Questionnaire

(i)   <u>Entry</u>

How did you feel about your initial assessment and starting exercises?

Can prompt with:

- How did you find the initial assessment (sit to stand) and how you were started with exercises?
- Did you feel that you were placed into an appropriate level for your capability?

(ii)   <u>Exercises</u>

How did you feel about the exercise suggestions you were given?

Can prompt with:

- Did you feel they were appropriately easy to follow and do?
- Did you feel that they were beneficial to you?

(iii)   <u>Daily checks</u>

How did you feel about the daily questions you were asked to complete?

Can prompt with:

- Did you feel that they captured how you felt at the time?
- Did you feel that they were appropriately easy to complete or too time consuming?
- Too many questions, missing any obvious questions?
- Did you understand what they were asking?

(iv)   <u>Feedback</u>

How did you feel about the feedback you were given in response to the questions?

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Can prompt with:

- Did you feel it accurately captured how you were feeling?
- Did you feel that it was easy to interpret?
- Did it change what you did?

(v)   Progression

How did you feel about your progression through the exercises?

Can prompt with:

- Did you feel that you were advised appropriately with regards progressing, staying put or stepping back?
- Did you feel that your progressions were reasonable, or too big a step?

(vi)   Engagement

How did you feel about the level of engagement required from the web app?

Can prompt with:

- Did you feel that it was asking too much or a reasonable amount of your time?
- Did you feel motivated to engage with the app, and why or why not?

(vii)   Interface

How easy did you find it to use the web app?

Can prompt with:

-Was it clear?

-Could it be improved in any way?

(viii)   Fitness

Did you feel that using the web app had an effect on your fitness?

Can prompt with:

-Did it impact on your physical strength (feeling stronger)?

-Did it impact on your capacity to do things in daily life eg. running for a bus/walking distance/stairs?

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-Impact on mental health (feeling positive or low/anxious)?

-Impact on fatigue (energy/tiredness levels)?

(ix)   Recommendation

Would this be something you would consider recommending to a friend or family member to use?

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