

Semi-Structured Interview Guide

1) How did you find wearing the accelerometer?

Prompt: Did you have any difficulties with it?

2) After looking at the data obtained from the accelerometer, do you feel this reflects a typical working day/week for you?

Probe: If not, why not?

3) How do you feel about your overall levels of physical activity?

Probe: (If happy with levels of physical activity) How do you manage to achieve your desired levels of physical activity?

Probe: (If unhappy with levels of physical activity) What is stopping you from achieving your desired levels of physical activity?

4) In general, are you aware of any health risks regarding levels of physical activity?

Prompt: Can you give some examples?

5) How do you feel about the amount of time you spend sitting down in work?

Probe: (If happy with time spent sitting) How do you manage to achieve this?

Probe: (If unhappy with time spent sitting) What is stopping you from being less sedentary?

6) How do you feel about the amount of time you spend sitting down outside of work?

Probe: (If happy with time spent sitting) How do you manage to achieve this?

Probe: (If unhappy with time spent sitting) What is stopping you from being less sedentary?

7) In general, are you aware of any health risks regarding sedentary behaviour/time spent sitting?

Prompt: Can you give some examples?

- 8) Are you aware of any workplace interventions that could reduce sedentary behaviour/time spent sitting and/or increase physical activity?
- 9) Would you ever consider using workplace interventions that could reduce sedentary behaviour/time spent sitting and/or increase physical activity?

Probe: (If yes) What interventions would you consider?

Probe: (If no) Why would you not be interested in using workplace interventions that could reduce sedentary behaviour/time spent sitting and/or increase physical activity?

- 10) Do you think the levels of physical activity and sedentary behaviour among GPs will be different in the post-COVID-19 era than prior to the COVID-19 pandemic?

Probe: If not, why not? If so, how?

- 11) Do you have any other comments?

- 12) Do you have any questions related to this study / would you like any further information?