

Supplementary Material

Mixed-Methods Study on Caregiver Strain, Quality of Life, and Perceived Health

Interview schedule for caregiver(s) of participant with dementia

General questions

1. How are you getting on with the programme of increased physical activities given to the person you care for?
2. Is the programme achieving your expectations?
3. What are your views on the programme? Do you think it is successful?
4. Can you describe the programme activities that (person you care for) is doing?
5. I would like to know more about your involvement in PrAISED and to ask you some questions.

Motivation

- Could you tell me about why you decided to be involved in the research study and its activity programme?
- What had a positive impact on your involvement?
- What had a negative impact on your involvement?

Autonomy and control

- Are you interested in being involved in the design of different aspects of the activity programme?
- (If happy to be involved), Do you feel that the therapists listened to you and worked with your suggestions when designing the activity programme?
- (If unhappy to be involved), do you think that the therapists' expected too much of you? In what way?

Self-efficacy

- Do you give (person you care for) practical support with their physical activities (e.g., how, when, what)?
- (If yes), Do you feel confident doing this?
- Are there any ways you could be better supported to carry out your activities of daily living?

Independence

- How has the study programme affected you? (e.g., on your health and activity)
- Have you noticed a change in your quality of life?

Expectations

- How did you feel about (Person you care for) taking part in PrAISED?
- Did you have any thoughts about what might be achieved?
- What do you think the effects have been?
- Was there anything that made it difficult for (Person you care for) to carry out the programme activities?
- Was there anything that helped (Person you care for) carry out the programme activities?

Support (Practical and emotional)

- Did you have any support which enabled you to be involved in the programme?
- How well did the therapists explain how the programme worked and how to support the person you care for when taking the programme of exercises and activities in the PrAISED study?
- Do you think you could have been better supported and have you had any thoughts on how we could do this?

Personal beliefs

- What are your views around physical activity (e.g., benefits, challenges, risks) in dementia?
- Did your views change during the programme?
- Do you plan to continue with the programme of activities with the person you care for, after the study has ended?

Intervention characteristics

- Has (person you care for) taking part in PrAISED had any impact on you? (e.g., increased, decreased, same level of care or other aspects)?
- Were there parts of the programme that you liked? Could you tell me why?
- Were there some you disliked? I would value knowing what these are and if you have any suggestions for change.

Final remarks

- We would value any further thoughts and comments that you would like to make. These are an important contribution to our evaluation of the study.
- Would you be happy to meet up again in three months' time for further feedback?