

## **Supplemental File 1. Semi-structured interview guide**

*To start the discussion, we are interested in the current role of promoting a healthy lifestyle as treatment for hip and/or knee osteoarthritis (OA) within your daily practice.*

**Question 1:** To what extent is attention being paid to promoting a healthy lifestyle, such as more physical activity or healthy nutrition, in patients with hip and/or knee OA within your current daily practice?

- Probe:
  - How do you discuss a healthy lifestyle in your medical office?

*As mentioned in the introduction, currently lifestyle interventions (LIs) are not yet optimally utilized on a large scale for the treatment of patients with hip and/or knee OA. Various factors might influence whether healthcare professionals (HCPs) implement certain treatment modalities. We would like to gain more insight into those factors specifically relevant to influencing the physical activity and/or eating behavior of patients with hip and/or knee OA. This involves both stimulating and impeding factors.*

**Question 2:** Could you write down at least two stimulating and two impeding factors for promoting a healthy lifestyle, such as more physical activity or healthy nutrition, in patients with hip and/or knee OA which you experience in your daily practice?

- If requested, formulate the question differently:
  - Factors that make it easy/difficult for you as HCP to promote a healthy lifestyle
  - Reasons for you as HCP to promote or not promote a healthy lifestyle
  - Reasons why, from the perspective of the HCP, there is or isn't attention toward promoting a healthy lifestyle
- Probes (after the researchers categorize the factors):
  - Could you tell more about that?
  - Can you give an example of what you mean?
  - Are there any factors related to [domain of the Tailored Implementation for Chronic Diseases checklist<sup>1</sup>] that influence whether you as HCP do or do not promote a healthy lifestyle in patients with hip and/or knee OA?

*Before the break, we discussed the various factors that influence whether or not a healthy lifestyle is promoted in patients with hip and/or knee OA. We have made an overview of your answers and seen that a variety of factors play a role in influencing physical activity and/or eating behavior, such as [examples]. In the second part of the discussion we would like to pay attention to your needs in relation to this topic and the possibilities in daily practice to improve promoting a healthy lifestyle in patients with hip and/or knee OA. We will ask several questions about this.*

*Just as the perceived stimulating and impeding factors can differ between HCPs, there may also be differences in the needs of HCPs when it comes to promoting a healthy lifestyle in patients with hip and/or knee OA.*

Question 3: What would you as HCP need in order to be able to influence the physical activity and/or eating behavior of patients with hip and/or knee OA?

- Probe:
  - Is there anything else that you as HCP need in relation to promoting a healthy lifestyle, such as more physical activity or healthy nutrition, in patients with hip and/or knee OA?

*As mentioned in the introduction, the results of the focus group discussions are intended to form the basis for a program or tool that can support HCPs in promoting a healthy lifestyle in patients with hip and/or knee OA. We are therefore curious as to whether you have any ideas or advice on the design and setting of such a program.*

Question 4: What could a program that aims to support HCPs in promoting a healthy lifestyle in patients with hip and/or knee OA look like?

- Probes:
  - What should such a program consist of?
    - If requested, mention possibilities: training, (online) module, communication structure, overview of referral options, etc.
  - What should be the focal setting of a program to support HCPs in promoting a healthy lifestyle in patients with hip and/or knee OA?
    - Primary care, secondary care, or both?
  - What is needed to implement a program to support HCPs in promoting a healthy lifestyle in patients with hip and/or knee OA?

*It is time to finish the discussion. We would like to have a final round.*

Question 5: What is your most important advice for us in the context of this project?

## **Reference**

1. Flottorp SA, Oxman AD, Krause J, et al. A checklist for identifying determinants of practice: a systematic review and synthesis of frameworks and taxonomies of factors that prevent or enable improvements in healthcare professional practice. *Implement Sci.* 2013;8:35. DOI:10.1186/1748-5908-8-35