

Supplementary file S1: Interview topic guide

Personal context

- Tell me a little about your home life...
 - *Who do you live with? married/live alone/with partner/other family members/ children/grandchildren/carers/still working?*
 - *Employment/previous employment-Employment history/ sedentary jobs*
- How is your general health? [*prompts- general health information/ recurring health issues/current health issues/ anything other than stroke*]
- Is there anything related to your health that means you feel more comfortable sitting?
- How do you find getting out of a chair/ going outside – any difficulties? Can you describe them?
- What hobbies or interests do you have? [*prompts- sports clubs/ exercise/ walking/ hobbies/ interests*] Has this changed since your stroke?

Behaviour context

- Could you describe a typical day (if there is one)? Are there times of the day you sit more or less? Are there days you sit more than others?
- What do you do when you are sitting? [*prompts-chatting, watching TV, playing games*] Are these important in your daily life? Why are they important? Do you do these activities alone or with other people?
- Thinking back, how would you say the amount of time you spend sitting has changed over the years (if at all)? How have the things that you do when you are sitting changed over the years? [*prompt work/retirement/health*] Why do you think this is? How do you feel about it? [*Good/bad/not bothered*]
- How long were you in hospital after your stroke? What was a typical day in hospital like, were you sitting most of the day? [*prompts- lots of time sitting, mobilising, encouraged to stay in chair*]
- Why do you think you spend the time that you do sitting? (*prompts- tired, habit, pain*)
- When you are sitting, are you aware of how long you are spending without getting up?
- Do you plan ahead about when you might get up, or need to sit more?
- Have you noticed any difference in the way you feel when you have been sitting for a lot of the day compared with when you have been up and moving about? In what way? [*prompts: physically/ mentally*] Why do you think that is?
- Do you ever feel you have been sitting too long?
- How do you think sitting for long periods affects your health? [*Distinction between sedentary behaviour and physical activity*]
- What do you perceive to be the benefits of sitting for a long time?
- What would prevent you from sitting less through the day? [*prompts- pain, fatigue, balance*]
- What do you perceive to be the drawbacks of sitting for a long time?
- What would motivate you to sit less through the day? [*prompts- beneficial to your health*]
- How do you think stroke has influenced the amount you spend sitting? [*prompts-causes/ symptoms/ recovery/ difficulties*]
Are you happy with everything being asked so far? If you need to stop and take a break please let me know.
- If a health professional suggested that you reduced the amount of sitting you do (and stood up more), how would you feel about that? How do you think you would you go about doing this?
- Could you sit less throughout the day? Would this be difficult?

- Do you have the opportunity to sit less throughout the day? What triggers could you use to help you? *[prompts- standing during TV adverts, standing when on phone]*
- What sort of things do you think you could do to sit less? *[response may be activities]* these are all what we would call physical activity, is there anything that wouldn't necessarily be active that you could do, such as things you usually do sitting that you could so standing up? *[prompts-standing when on the phone, standing desks at work, moving telephone away from chairs]*
- Are there specific things that would stop you sitting for long periods
- Who could help you to find ways to sit less?
- Are there changes to your home environment that could help you sit less?
- What would friends/ family think about you trying to sit less? Would you be able to sit less in any of the activities you attend (if previous mention of attending day centres, clubs)? *[prompts- encourage/engage in other activities with you/ not be supportive/ fearful of falling]*
- Is sitting with friends and/or family a regular part of your day?
- Would sitting less conflict with other health advice you have received?

Future intervention

Are you happy with everything I have asked so far? There is one last set of questions, are you happy to proceed?

- Do you think trying to reduce time spent sitting is important to people after stroke?
- What do you think the best way would be to encourage less sitting after stroke?
 - *[explore, other people (in the home, or friends or other people who have had strokes) being active, encouragement from other people including doctors and nurses, attractive place/places nearby to do activities, stroke specific group classes, individual interventions, only advice on discharge, follow up from stroke outreach services]*
- Would a programme to help you reduce your sitting time be something you would be interested in taking part in?
- When do you think would be the best time for an intervention to try and decrease sitting time after stroke?

In summary- what do you think the main message for me to take home from this interview is?