

Thematic interview guide: Weight Loss and Weight Loss Maintenance after Severe Obesity

Tema	Interview questions, potential follow-up questions
Opening, part of briefing	<p><i>First, I would like to ask you a couple of questions concerning your background.</i></p> <p>Year of birth, marital/cohabiting status, family, housing, education, occupation, height, body weight (current, highest, lowest), magnitude of weight loss.</p>
<p>Central topics</p> <p>Seeking concrete descriptions of lived experiences, situations and events.</p>	<p>«The weight loss journey» From severe obesity to successful weight loss maintenance.</p> <p><i>Can you tell about your weight trajectory throughout life?</i></p> <p>Weight gain, weight loss, weight regain, plateauing/stagnation, weight stability.</p> <p><i>Are there any other aspects of your life circumstances that are important?</i></p> <p>Specific events, experiences or situations that has evolved and related to the weight loss journey, or somehow have been meaningful.</p> <p>Has your weight at any point been a threat to you, or your life situation?</p> <p>Have you ever risked losing something that is valuable to you, related to your body weight?</p>
Own body (psyche and soma, relational)	<p><i>How do you experience your own body in daily situations?</i></p> <p>The relational body, embodiment related to others, the body in the public space, the body undressed, intimacy, the body in movement.</p> <p><i>What has it meant for you that your body has become smaller?</i></p> <p>Esthetics, excess skin, movement, practices of everyday life, social encounters, participation/withdrawal, challenges.</p>
Meaningful habits	<p><i>What changes have you made to your life to keep your body weight as it is now?</i></p>

	<p><i>What has been important for you to carry out these changes over time?</i></p> <p><i>How do you relate to food and eating? How has this changed?</i></p> <p><i>Can you tell about a day as it typically is, regarding food, meals, snacks and the like?</i></p> <p><i>Can you tell about your movement and physical activity in an ordinary day/week? How is this at present? How was it before?</i></p> <p><i>What does being in movement/ physical activity mean to you? How did it use to be?</i></p> <p><i>How do you experience times allowing less focus on diet and physical activity? Can you tell about what you do in a such situation?</i></p> <p><i>From where have you drawn support to manage long-term weight loss?</i></p>
Participation/social encounters	<p><i>How do these live changes affect your daily life and situations in which you are together with others?</i></p> <p><i>How do these live changes affect your working life or situation related to education?</i></p> <p><i>How has the changes affected you in your spare time?</i></p> <p><i>How is your relationship to others?</i></p> <p>Partner, family, friends, colleagues or strangers.</p> <p><i>What has been the most important consequence of the life changes you have made and experienced, as you see it today?</i></p>
Health (physical- and psychological)	<p><i>What does “living the good life” mean for you? How do you experience your health at present, physical- and mental health?</i></p> <p><i>What does the word «health» mean to you?</i></p> <p><i>What other aspects, beyond life changes and weight loss, may have affected how you experience your health?</i></p> <p><i>In case of persistent challenges related to health</i></p>

	<p><i>and illness: Can you tell about how you live with it? Can you tell about an event or situation describing how you deal with your health problems on a good or a bad day? What do you think about the future?</i></p>
<p>Summing up, closing, part of debriefing</p>	<p>The interviewer sums up the main topics of the specific interview.</p> <p><i>Is there anything more you would like to tell or add about own weight loss journey that I have not asked about?</i></p> <p><i>Is there anything more you would like to tell about own weight and body before we end this interview?</i></p>