Appendix 1: Semi-structured interview schedule

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| **1.     Perceptions of the exercise intervention** |
|   | a.     Why did you decide to participate in the Fit2Quit study?  |
|  | b.    When the exercise programme was first explained to you what did you think of it? |
|  |  | Prompts: | i.    Did you think it would be useful for you? |
|  |  |  | ii.    Did you understand what was involved when you started the study? |
|  |  |  | iii.    Did you know what being in the exercise group involved?  |
|  | c.     What did you like/dislike about the exercise intervention? |
|  |  | Prompts  | i. Did it help you to exercise more? Did it help you to quit smoking?  |
|  | d.    Was it what you expected it to be? |
|  | e.     Was there any information you felt was missing?  |
|  | f.    How supportive was your PSP?  |
|  | g.     Are there any aspects of the intervention you would like to see changed/improved?  |
|  | h. Is there anything you would like to see the PSP do differently? |
|  | i.     What did you think of the amount of calls you received?  |
|  |  | Prompts: | i.    Did you like the frequency of calls? |
|  |  |  | ii.    Were calls made at times that didn’t suit you? |
|  |  |  | iii.    Did you screen the calls? |
| **2.     Lifestyle changes** |
|  | a.    What (if any) lifestyle changes have you made since you started the study? |
|  |  |  Prompts: exercise, eat healthy, quit smoking?  |
|   | b.    Do you think the intervention/PSP helped you make these changes? |

Appendix 2: Themes and sub-themes for intervention participants’ perceptions of the Fit2Quit intervention

**Related participant beliefs and perceptions**

**Sub-themes**

**Key themes**

*The support people were genuinely interested in what I was achieving*

PSPs were genuinely interested in behaviour change processes

PSPs provided unwavering encouragement

Type of support provided

Intervention focused on unique barriers specific to the individual

Level of individual tailoring

*New awareness, new attitude, new lifestyle: I could see the benefits*

Exercise

Increased knowledge of benefit of exercise for smoking cessation

Making exercise part of routine

Programme helped alter smoking behaviour

Experienced relief from cravings following exercise

Substituted exercise for more healthy behaviours

Smoking behaviour

Diet and alcohol

Improved diet to avoid weight gain when quitting

Reduced alcohol intake as a result of quitting

Lack of intrinsic motivation to exercise

Facilitating the support network

Individually tailored call schedule

Greater Face-to-face contact

External stressors

Lack of time

Financial barriers

Bad weather

Injuries

*Lack of time, willpower, and money stopped me from changing*

Internal motivation

*I would have preferred a “more hands on” approach: Recommendations for future programmes*

To increase accountability, build greater rapport, and allow for greater monitoring

Increased frequency of contact at specific times around the quit attempt

A support group or buddy system approach may have been beneficial for some