

## Phase 3 – P1

1 P1 So hi, P2. If you remember the last time we met, I spoke to you about when you're active  
2 and when you're not active, and then I asked you to try out two different activity monitors, and one  
3 was the Actigraph, the one that went round your waist, and the other one was the pedometer, and  
4 that clipped onto your belt. I'm here today to ask you thirty short questions about what you thought  
5 about the devices you tried out, like what you liked about them and what you disliked about them.  
6 There's no right or wrong answers, so don't worry. I'm interested in what you have to say, and may I  
7 ask for some examples if you can, because this'll help me to understand your experiences better. If  
8 you need to think for a little bit before answering a question that's ok. We won't try and answer for  
9 you. We'll just wait until you feel ready to answer, or if we move past a question and then you  
10 remember something that you wanted to say, that's fine too. You can add things at the end. That's  
11 not to exclude your Mum. There are some specific questions for your Mum also, so watch out for  
12 these. It should take around forty minutes, depending on your answers, and I'll be recording our  
13 conversation on the Dictaphone just to help me remember everything we say. Also I'll be ticking off  
14 the questions that I ask as we go along so I don't say the same question twice, or if you or I happen  
15 to mention someone's name as we go through the questions, or anything that might let someone  
16 else know who you are or other people, I'll be taking this out of the transcript of our conversation,  
17 and this is just a document where we write out the conversation. If you're happy to begin?

18 P2 Yes.

19 P1 OK. In this first section I'm going to ask you about the times and places that you wore the  
20 activity monitors we asked you to wear. On the feedback questionnaire that you completed after  
21 wearing each physical activity monitor, you said that you agreed that you enjoyed wearing the  
22 physical activity monitors. Can you tell me a bit more about that?

23 P2 Well, on the clip-on one, it was fun, because one night when I went to footie training, when I  
24 was running round I just kept looking at it, and it was like, I hadn't really done that many steps, so...

25 P1 So was that the pedometer, was it?

26 P2 Yes, the clip-on one.

27 P1 And how about the Actigraph, so the one that went round your waist on the belt?

28 P2 You couldn't see how many steps you did, and that one did like twist and everything, didn't  
29 it?

30 P1 Oh, right.

31 P2 So I didn't like that, so...

32 P1 So what did you like about wearing the activity monitors?

33 P2 Well, on the clip-on one you could see how many steps you did and stuff like that, and then  
34 on the other one it got all like all your twists in, so it was like cool.

35 P1 What was that, sorry?

36 P2 It was like cool, because if you like bend down, like they'd get that, wouldn't they?

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- 37 P1 Yes, it measures three different types of movement.
- 38 P2 Yes.
- 39 P1 So it was quite cool. And what did you dislike about the activity monitors, about wearing  
40 them?
- 41 P2 Maybe on the clip-on one, sometimes it'd fall off, so when I went to footie training I'd put it  
42 on my shorts, but then I'd put my underwear on there over it, and I'd tuck that part of my tee-shirt in  
43 so it wouldn't fall off, and then maybe on the other one, I don't know, maybe with the strap, when  
44 you tightened it, it got like a bit loose, so you had to always try and tighten it again.
- 45 P1 Ah, so was that a bit annoying?
- 46 P2 Yes.
- 47 P1 Aaah. Thanks for that, P2. what physical activity monitor did you enjoy wearing the most?
- 48 P2 Maybe the clip-on one, because it was fast and easy to get off, and you could see how many  
49 steps you did and all that.
- 50 P1 Ah, right. But that was kind of my next question, What was it about the pedometer you  
51 enjoyed compared to the Actigraph? So you could see how many steps you had done.
- 52 P2 Yes.
- 53 P1 And also you could take it on and off quite easy. Brilliant. On the feedback questionnaire you  
54 said that you agreed that the Actigraph and pedometer were comfy to wear. What was it about the  
55 Actigraph and pedometer that you felt was comfy to wear?
- 56 P2 I'd say maybe the clip-on one was just comfy just because it clipped on, and then the strap  
57 one, I don't know. I just think it didn't dig into you if you had it in the right position, and stuff like  
58 that.
- 59 P1 Yes. What was uncomfy about them?
- 60 P2 Maybe if the strap one, if you were just sitting in the car and your seatbelt was pressing on it,  
61 and that was like digging into you, something like that, or I don't know.
- 62 P1 That's ok. That's a really good answer. So when you were wearing a seatbelt, sometimes it'd  
63 dig into you. How about the pedometer?
- 64 P2 The small one?
- 65 P1 Yes. Yes, the small one. What was uncomfy about that?
- 66 P2 I don't know really.
- 67 P1 That's ok. That's fine. Thanks. you said that you strongly disagreed that the Actigraph and  
68 pedometer got in the way of what you were doing. Can you tell me a bit more about that?

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- 69 P2 On the clip-on one, that didn't get in the way and stuff like that, and the strap one didn't get  
70 in the way if I played football or anything like that.
- 71 P1 Yes, For football and stuff like that. And can you give me an example of when the monitor  
72 got in the way of what you were doing?
- 73 P2 I don't know. I didn't think it ever got in the way really.
- 74 P1 Ah, that's fine. Thank you. And what would you do to change the pedometer and Actigraph if  
75 you could do anything to make it better?
- 76 P2 I don't know. It's like pretty simple, like just put the strap on. The other one was just put the  
77 clip on. Maybe like the clip-on one, it wasn't just clips on the front, it was clips underneath as well.  
78 You had to cut a hole in your trousers, and then put it on that way and that way.
- 79 P1 Oh, right. So maybe changing the way it's clipped on for the pedometer.
- 80 P2 Yes.
- 81 P1 And how about the Actigraph? Would there be anything that you'd change for that to make  
82 it better, if you could change anything?
- 83 P2 Not really.
- 84 P1 No. And did you ever have to be told to remove the monitors?
- 85 P2 Well, when I went in the shower, obviously, or when I went swimming or something like that.
- 86 P1 When you went swimming. And who told you to remove the devices?
- 87 P2 My Mum.
- 88 P1 And what reasons did they give you to remove the devices?
- 89 P2 Say like, "Take it off. You're getting in the bath now."
- 90 P1 OK, so it doesn't get wet?
- 91 P2 Yes.
- 92 P1 Yes. Oh, that's brilliant. Thanks. Next I'd like to talk about other people like friends and  
93 family, and how they may have influenced you to wear the physical activity monitors. Did you ever  
94 forget to put the physical activity monitor on?
- 95 P2 Well, no. That one, the small one, I don't think I ever, no I didn't, but I think one day with the  
96 big one, I think one day I didn't when I went to Stoke, and then one day I was going to my friend's  
97 house, not house, we went to this place called Madeleine Mere, and it's like all muddy there, and  
98 you could get like across water and stuff like that, so I didn't put it on then.
- 99 P1 Ah, right. And how come you didn't put it on then, when you went to Madeleine Mere?
- 100 P2 Because if I fell in the water, or something like that.

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- 101 P1 I see. And how about when you went to Stoke. You said that you forgot to put it on then?  
102 Can you tell me a little bit more about that?
- 103 P2 I don't know. I think I was just in a hurry, I just didn't get it on.
- 104 P1 Those things happen, don't they? I always forget things when I'm in a hurry. On the feedback  
105 questionnaire you said that you strongly disagreed that you kept forgetting to put the physical  
106 activity monitor on. How was it for you remembering to wear the monitor each day?
- 107 P2 I don't know. I just think it feels like a natural thing, like say you're getting ready for school in  
108 a morning, it's like you get your tee-shirt on, and you just put it on basically, like natural.
- 109 P1 Oh yes. Sounds like you're saying it was part of your routine in the morning putting the  
110 monitor on. How was it for you remembering to wear the monitor each day?
- 111 P2 Yes.
- 112 P1 And that was my next question. Can you tell me how you remembered to wear the monitor  
113 each day?
- 114 P2 Yes, it was just like you just kind of remembered, because it was like part of what you do in  
115 the morning. It was like, get washed, get dressed, put your monitor on, go downstairs and get your  
116 bag sorted and all that, so I just remembered.
- 117 P1 Yes. Ah, brilliant. And you said that you agreed that other people noticed that you were  
118 wearing a pedometer. What did people say to you?
- 119 P2 I don't know, my friend, the small one that you could see the steps, like, "How many steps  
120 have you done now?" and I'd be like, "I don't know".
- 121 P1 So they'd ask you how many steps you'd done and things like that.
- 122 P2 Yes.
- 123 P1 What did you think about what they said?
- 124 P2 I don't know. It was like, "How many steps have you done?" I was just like, "Oh, I'll check,  
125 Two thousand and four". Yes.
- 126 P1 How did it make you feel when they were asking you?
- 127 P2 All right. Like it didn't bother me or anything.
- 128 P1 So it didn't bother you. Thanks. And did you notice a change in the amount of active  
129 activities you normally do as a family, while you were wearing the physical activity monitors?
- 130 P2 No.
- 131 P1 No? And how about with your friends? Did how your friends are involved in you being active  
132 change?
- 133 P2 No.

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- 134 P1 No? So did the way that you play with your friends change while you were wearing the  
135 monitors?
- 136 P2 Well, I don't know really. No, not really, because we usually just sit there and talk.
- 137 P1 Yes. On the feedback questionnaire you said that disagreed that other people like friends or  
138 family kept asking how much activity you did while you were wearing the pedometer. What do you  
139 think about that?
- 140 P2 What do you mean?
- 141 P1 So you know on those feedback questionnaires, I think there's a question there, and it asks  
142 whether friends or family kept asking you how much activity you did while you were wearing the  
143 pedometer. I was just wondering what you thought about that, whether you've got any thoughts?
- 144 P2 Not really.
- 145 P1 No, not really? How about for the Actigraph? You agreed that other people like friends and  
146 family kept asking how much activity you did while you were wearing it. What do you think about  
147 that?
- 148 P2 Well, it was like, "How many steps have you done?" and I was like, "I don't know. You know  
149 you can't look on that one".
- 150 P1 And what do you think it was about the Actigraph compared to the pedometer that made  
151 friends and family keep asking you how much physical activity you were doing?
- 152 P2 Well, on the small one you could check, like you could see, so they asked me a bit more on  
153 that one, because you couldn't check. It was like, "There's no point asking, because we can't see".
- 154 P1 Aaah, I see. So it was more the other way round, people asked you when you were on the  
155 pedometer, rather than the Actigraph?
- 156 P2 Yes.
- 157 P1 Yes, so the Actigraph was the one that went round the waist.
- 158 P2 Yes.
- 159 P1 OK, thanks for that. OK, thank you for your answers. I'm learning a lot about what wearing  
160 the activity monitors was like for you. In this last section I'm going to explore how wearing the  
161 physical activity monitor may or may not have affected the activities that you do. Do you think that  
162 wearing a physical activity monitor encouraged you to be more active?
- 163 P2 Well, not really like. Well, maybe. I don't know. I just did like natural things I do.
- 164 P1 You just did the things that you normally do.
- 165 P2 Yes.

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- 166 P1 OK. That's great. and how about other young people with CF? Do you think wearing the  
167 Actigraph and pedometer would encourage them to be more active?
- 168 P2 Yes, probably.
- 169 P1 Probably? Can you tell me a little bit more about that?
- 170 P2 Maybe because they want to know how many steps they've done in a day. So yes.
- 171 P1 And which device or which monitor do you think would be better for other people with CF  
172 out of the ones that you tried?
- 173 P2 Maybe like how I started. I did it with the small one first, so maybe that one, and then if you  
174 want to, you can do the strap one.
- 175 P1 OK, so maybe start off with the pedometer, and then if you wanted a little bit more  
176 information you could go onto the Actigraph.
- 177 P2 Yes.
- 178 P1 OK. And how do you think using the Actigraph and pedometer could help you to be more  
179 active?
- 180 P2 Maybe, say on Monday you do on the small ones, and you do one thousand steps, like you  
181 could say, "Tomorrow I want to get two thousand steps," and like push you to get a goal.
- 182 P1 Oh yes, so like pushing you on to do like bigger goals or do more steps.
- 183 P2 Yes.
- 184 P1 OK, that's brilliant. And how about the Actigraph? How do you think that could help you to  
185 be more active?
- 186 P2 I don't know.
- 187 P1 That's fine. You're doing really well. Thanks. Can you tell me how you think using the  
188 Actigraph and pedometer was useful or not useful at encouraging physical activity?
- 189 P2 I don't know.
- 190 P1 OK. What was it about the Actigraph and pedometer that you feel encouraged you to be  
191 more active?
- 192 P2 Well, I still did like the natural things I did, stuff like that.
- 193 P1 Yes. Ah, so maybe it didn't encourage you to be more active. You just did what you normally  
194 do.
- 195 P2 Yes.
- 196 P1 That's great. And what was it about the Actigraph and pedometer you feel stopped you from  
197 being active?

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- 198 P2 Well, it didn't really stop me. I still went to dance and stuff with it on.
- 199 P1 Yes.
- 200 P2 And everything, so it didn't stop me.
- 201 P1 Yes. Ah, that's brilliant. Thanks for those answers. You can have a little rest. I'm just going to  
202 ask your Mum a couple of questions if that's all right.
- 203 P3 Yes, that's fine.
- 204 P1 I'm just going to ask you some questions if that's ok. What do you think the benefits of  
205 wearing a physical activity monitor are for P2?
- 206 P3 I think she's curious about, she knows that she's really active, but she is quite curious. P2  
207 likes measuring things, and she likes challenging herself, so like she said with the pedometer, you did  
208 that, didn't you? If you did so many steps you'd go, "I'm going to see if I can do more tomorrow",  
209 and so I think that was good.
- 210 P1 Yes, so it'd be like goal setting, and things like that.
- 211 P3 Yes.
- 212 P1 And what do you think the negatives of wearing a physical activity monitor are for P2?
- 213 P3 I think only just remembering, and we only forgot once, I think. It's like for tablets, you know,  
214 and all the rest that goes with CF. You forget it very occasionally, because you're human, but I think  
215 once it becomes part of your normal routine, then it's just something you do every day, so I suppose  
216 that's the only negative, that you do have to remember it, but other than that, I don't there were.
- 217 P1 That's brilliant. Model participant.
- 218 P3 Yes, she is.
- 219 P1 And thinking about P2, do you feel that the activity monitors encouraged her to be more  
220 active?
- 221 P3 Yes. Well, she is really active anyway, like I say, so it's hard, but yes, I do think they did. I  
222 think if she was getting to the point where she was a little less eager to, you know, a bit more  
223 reluctant with her exercise, it would give her the push, that she'd have a look and go, "Well, I'm not  
224 doing that much, so yes, let's do a little bit more" Yes.
- 225 P1 Yes. Ah, thanks. And what is it about the activity monitors that P2 tried out that you feel  
226 encouraged her to be more active? So she tried the pedometer and the Actigraph.
- 227 P3 Yes. I think the visual of the pedometer's good, and being able to see, and being able to  
228 measure for herself. I think that was good. I think the other one, if there's a way, if it was a regular  
229 thing wearing it, if there was a way of getting feedback, that would be different, but I think you  
230 haven't got the visual straight away, the immediate visuals, so...

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231 P1 Yes. So with the Actigraph you haven't got that visual, whereas with the pedometer you  
232 have.

233 P3 Yes.

234 P1 Yes? And do you think it's feasible that for P2, wearing a physical activity monitor might  
235 influence the amount or type of activity that she does?

236 P3 Yes, I think so. I think if it was something that she did, if she had to do all the time, it would  
237 definitely influence, because you'd know when, I think as well, if she's had a lazy day in the holidays,  
238 and sat watching TV quite a lot, I know she'd look and say, "Ooh, I haven't done much today", so in  
239 the evening she'd be out and about playing football and doing extra stuff, just to make up for that,  
240 so yes.

241 P1 Sounds like your saying it'd act as a bit of a prompt.

242 P3 Yes, I think it would, yes.

243 P1 Ah, that's brilliant. Thanks very much. Back to you, P2, if that's ok. Last few questions now.  
244 You're doing really, really well. Thank you very much. So the Actigraph shows that on average you  
245 did a hundred and eighty-nine minutes, which is three hours and nine minutes of moderate to  
246 vigorous activity each day. It's recommended that children and young people should do sixty  
247 minutes of moderate to vigorous activity each day to stay healthy. You did more than this. What do  
248 you think about that?

249 P2 I don't know.

250 P1 I can see your face.

251 P2 Yes, because some people are just lazy.

252 P1 Some people are just lazy?

253 P2 They should admire me.

254 P1 I can see a big smile on your face when I said how many minutes you did. How did it feel  
255 hearing that?

256 P2 I don't know. Proud.

257 P1 Proud? You should be proud. You've done really, really well. How did you find doing that  
258 much activity?

259 P2 It was all right. Like good.

260 P3 I think what's really interesting in that is that that was in holiday time.

261 P1 Yes, it was.

262 P3 So if you put it on in school time I think you'd be like...She never keeps still in school.

263 P1 Yes.



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- 264 P3 So I think it's really interesting that that was in holiday time.
- 265 P1 Yes. Oh, so that's a good indicator really, isn't it, that you're still doing triple the  
266 recommended amount even in holiday time.
- 267 P3 And I think it's good for us to be able, sorry interrupting on your questions, P2. I think it's  
268 good, because we can correlate with some hard evidence. We do believe, and the team believe, that  
269 P2 is well because of her physical activity levels, but that's given her the evidence that her physical  
270 activity levels are way up there, and that probably is the most influencing factor.
- 271 P1 How do you feel, hearing what your Mum said? What do you think about that?
- 272 P2 Good.
- 273 P1 Good? Do you think your Mum's right, or do you think your Mum's wrong?
- 274 P2 I think my Mum's right.
- 275 P1 Yes? So it sounds like you maybe agree with what your Mum's saying?
- 276 P2 Yes.
- 277 P1 Brilliant. So the Actigraph shows that you did the most moderate to vigorous activity on  
278 Wednesday. What do you think helped you to be more active on this day?
- 279 P3 That's quite a while ago.
- 280 P2 Yes. I don't really know.
- 281 P1 You don't really know. So it was the school holidays. I think it might have been half term  
282 when you wore the Actigraph. Did you do anything different on that day than you normally do?
- 283 P2 I can't remember.
- 284 P1 No. That's fine. I don't think I could remember either.
- 285 P3 Do you know what, from what I remember, we didn't either. It wasn't particularly a... We  
286 didn't go anywhere special or do anything special. It was just a normal day.
- 287 P2 Wednesday. Dance!
- 288 P3 No dance, with them being off.
- 289 P1 So no dance during the holidays. You only do dance during term time. OK. So the Actigraph  
290 shows that on average you spent four hundred and eleven minutes, which is six hours fifty-one  
291 minutes, being sedentary, which means doing things while you're still, like sitting and watching TV.  
292 what do you think about that?
- 293 P2 I don't really know. Yes.

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- 294 P1 Yes. So being sedentary means being still and well, I was just thinking, you've done on  
295 average about six hours fifty-one minutes, which is fine, and I was wondering what you thought  
296 about that. Have you got any thoughts?
- 297 P2 No, not really.
- 298 P1 Not really? That's fine. And the Actigraph shows that you were more sedentary on Tuesday  
299 and Thursday. What do you think about that?
- 300 P2 Does sedentary mean still?
- 301 P1 It means just like you could be sitting watching telly, or having a little rest, lying down,  
302 playing on computer games, that type of thing.
- 303 P2 Yes. I don't know. I was probably playing FIFA or something.
- 304 P1 Yes.
- 305 P2 Like I always do.
- 306 P1 Do you like FIFA?
- 307 P2 Yes. As soon as I wake up in the morning you do it. She comes down at probably about seven  
308 and does FIFA.
- 309 P1 Oh, so is FIFA your favourite game?
- 310 P2 I like Minecraft.
- 311 P1 Oh, I've heard about Minecraft. I don't really know what it is, though. Is it good?
- 312 P2 It's a game. It's good.
- 313 P1 Is it? And what was different about Tuesday and Thursday compared to Wednesday when  
314 you were most active?
- 315 P2 Well, on Tuesday and Thursday I was kind of still, but on Wednesday I was like hypo. I don't  
316 know. I must have just done an easy day, and then I must have pushed myself at Wednesday.
- 317 P1 Yes. Oh no, that's fair enough. That's the school holidays. Thanks, P2. Did you change the  
318 amount of activity you normally do while you were wearing the physical activity monitors?
- 319 P2 No, not really. I think one of them I had to stop dance, because it was like for half term.
- 320 P1 Oh, yes.
- 321 P2 Yes, but not really, though.
- 322 P1 So you stopped dance, but apart from that, not really. Can you give me an example of how  
323 the physical activity monitor made a difference to the activities you do?
- 324 P2 What do you mean?

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325 P1 So I was just wondering did wearing the physical activity monitors make a difference to how  
326 much activity you did?

327 P2 No, not really.

328 P1 No? Ah, thanks. And on the feedback questionnaire you said that you disagreed that you  
329 tried new activities out while you wore the activity monitors. Can you tell me a bit more about that?

330 P2 Well, I do drama and modern on a Monday, and nothing on Tuesday, and I do tap and jazz  
331 on a Wednesday, nothing on a Thursday, training on Friday, and then the season's stopped now. Like  
332 I don't have matches on a Saturday any more training on Friday, and then the season's stopped now.  
333 Like I don't have matches on a Saturday any more, because the season's stopped, but yes, because I  
334 just kept like that, I didn't do any more activities or anything like that.

335 P1 You've got a routine that you stick to, no matter what.

336 P2 Yes.

337 P1 Ah, that's brilliant. And did you notice a change in how strenuous the activities you typically  
338 do are, like how fast you ran when you were playing football?

339 P2 No, not really. Well, I get to the line as fast as I ran.

340 P1 Yes. Brilliant. And can you tell me how it was for you seeing how many steps you did each  
341 day, you know, when you were using the pedometer?

342 P2 Yes, it was good, like surprising, because you were like, "Oh, have I really done that many  
343 steps?" But yes.

344 P1 So it was good and surprising. What was good about it?

345 P2 It was like, maybe you've set a goal, and then you've done it, you would be like, "Oh, yes. OK,  
346 tomorrow I'm going to do something else. Yeah, yeah, yeah, beat my goals" like that.

347 P1 And what was surprising about it?

348 P2 Like maybe if you've just been sitting on the couch all day, and then maybe in the afternoon  
349 I'll go out and play footie with my sister or something, you'd be like, "Did I really do that many steps  
350 just by running round in like the garden?"

351 P1 Sounds like that surprised you a little bit, how much you can do just by running round.

352 P2 Yes.

353 P1 Ah, that's brilliant, P2. And what did you like about seeing how many steps you did each day  
354 while you were using the pedometer?

355 P2 Well, I liked it because it was maybe like interesting, because I'd just keep sitting there  
356 looking at it, seeing how many I do, and then you'd just be running round, you'd just be like, "Two  
357 thousand and ninety-nine, and I'd be like, "Three hundred and ninety-six". I just kept looking at it,  
358 and yes, just interesting.

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- 359 P1 Really interesting. And what did you dislike about seeing how many steps you did each day?
- 360 P2 I didn't really dislike anything.
- 361 P1 No. And what would you do to make the pedometer better if you could do anything at all?
- 362 P2 Not much.
- 363 P1 Not much? And what other information would you like to see on the pedometer apart from  
364 the number of steps that you do?
- 365 P2 The small one?
- 366 P1 The small one, yes.
- 367 P2 I don't know. Maybe it could do, like when you sit down, like how long you've sat down for,  
368 and then how long you stand up for, and then how long, like if you go running, obviously if I say I do  
369 three hundred steps a day, I'm not going to kept running non-stop until I've got to that number. I've  
370 obviously had breaks and just did what I mainly do, so yes.
- 371 P1 So you're saying that it might be good if you had...
- 372 P2 If it said like how long you've been running for, like one section. Do you get what I mean?
- 373 P1 Oh, yes. So like every time you ran, like how long you ran for and how many steps you did in  
374 that run, rather than the total amount of steps that you did in one day.
- 375 P2 Yes.
- 376 P1 I see. So maybe break it down a little bit.
- 377 P2 Yes. So like you'd see how many rests you had, and how long you sat on the couch for, and  
378 stuff like that.
- 379 P1 Oh, that's a really good idea. Thanks, yes. Brilliant. And how about the Actigraph, you know,  
380 the one round your waist? What would you do to change that if you could do anything?
- 381 P2 I don't know. Maybe you could like open it, if you get what I mean. Like on it, because it's  
382 like that thick, maybe you could have like another little layer on top that you could just open, and it  
383 tells you like how many steps, like all the stuff it did, like you know how it turned, it told you like that  
384 on it.
- 385 P1 Yes. So that you could actually see the information, rather than it be kept secret?
- 386 P2 Yes.
- 387 P1 Brilliant. And you mentioned on the feedback questionnaire that you agreed that getting  
388 some information each day would encourage you to do more activity. Can you tell me a bit more  
389 about that?
- 390 P2 Maybe like seeing it, you can set like your goal, which encourages you, like seeing it, so like  
391 the one that you couldn't see, it's like you don't know if you've set your goal or anything, and you

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392 don't know if you're doing good or bad. But on the thingy one, you could be like, "Oh, I'm not doing  
393 good today", but something like that, if you get what I mean. It encourages you, because you can  
394 actually see it.

395 P1 Yes.

396 P2 Do you know what I mean?

397 P1 So it's not like the other one, the Actigraph. You don't get to see it, so you don't know what  
398 you're doing, do you? So on the pedometer it counts what you're doing.

399 P2 And you can set your goals.

400 P1 Ah, I see, so maybe make yourself do more.

401 P2 Yes.

402 P1 Or do less, if you're doing too much.

403 P2 Yes.

404 P1 That's brilliant. And what was it about getting some information that tells you how active  
405 you are each day you feel would encourage you to be more active? So you've actually answered that,  
406 haven't you? I don't really need to ask that question, because you were saying by setting your goals.

407 P2 Yes.

408 P1 Is there anything more you'd like to add to that one?

409 P2 No, not really.

410 P1 No? And you said that you'd like to wear an Actigraph and a pedometer again. Can you tell  
411 me a bit more about that?

412 P2 It was just interesting, like seeing how much I actually did and everything. Yes. And because  
413 some people might want, it might make other people better, like healthier type of thing.

414 P1 OK.

415 P2 Just like running, and trying to set goals and stuff like that.

416 P1 So it might make other people healthier as well.

417 P2 Yes.

418 P1 Can you tell me a bit more about that?

419 P2 It was just interesting, like seeing how much I actually did and everything. Yes. And because  
420 some people might want, it might make other people better, like healthier type of thing.

421 P1 OK.

422 P2 Just like running, trying to set goals and stuff like that.

## Phase 3 – P1

- 423 P1 So it might make other people healthier as well.
- 424 P2 Yes.
- 425 P1 Can you tell me a bit more about that?
- 426 P2 Like if they did it.
- 427 P1 Ah, so if they used it.
- 428 P2 Yes.
- 429 P1 And how do you think it would make them more healthy?
- 430 P2 Because if they were into like set goals.
- 431 P1 Ah, I see.
- 432 P2 Yes.
- 433 P1 Ah, so for goal setting it might encourage people to be more active.
- 434 P2 Yes.
- 435 P1 Yes? Oh, that's brilliant. Thanks very much. If you could wear either one of those activity  
436 monitors again, which one would you prefer to wear?
- 437 P2 I like the little small one.
- 438 P1 The pedometer?
- 439 P2 Yes.
- 440 P1 Yes. OK. Last question now. If you could ask the clinicians, so the people at Alder Hey in the  
441 CF team, in the CF team, anything, what would you like to ask them?
- 442 P2 I don't know. Maybe... Like, anything?
- 443 P1 Anything at all.
- 444 P2 Well, I think I've already asked when I went to clinic last time I asked them can anyone take a  
445 Creon that didn't need it.
- 446 P1 Oh, right. And what was the answer?
- 447 P2 Yes.
- 448 P1 Oh, really?
- 449 P2 It wouldn't do any harm to them.
- 450 P1 Oh, I see. It's good to know these things though, isn't it? Is there anything else you'd like to  
451 ask them?

## Phase 3 – P1

- 452 P2 No, not really.
- 453 P1 Not really? That's absolutely fine. You've been absolutely wonderful. Thank you very much,  
454 P2. Thank you for speaking with me today. I've really enjoyed hearing what you thought about  
455 wearing physical activity monitors. That's the end of the interview now. Is there anything more you'd  
456 like to add?
- 457 P2 No, not really.
- 458 P1 Maybe something I've missed? No? How about you, Mum?
- 459 P3 No, I don't think so. I'm quite happy with it. I know she enjoyed being part of it, didn't you,  
460 P2?
- 461 P2 Yes.
- 462 P3 She enjoys being part of any research. We do all sorts of research.
- 463 P2 Yes.
- 464 P3 Weeing in pots, blowing in bags.
- 465 P1 Ah, you are a star. Thank you very much, P2. I really appreciate that. I'll end the interview  
466 now.
- 467 ***End of Interview***

## Phase 3 - P2

1 P1 So hi, P1. If you remember from the last time we met, I spoke to you about when  
2 you're active and when you're not active, and then I asked you to try out two different  
3 activity monitors. One was an Actigraph, and the other was a Nike Fitbit. I'm here again  
4 today to ask you twenty-eight questions about what you thought about the devices you  
5 tried out, like what you liked about it and what you disliked about them. There's no right  
6 or wrong answers, so don't worry. I'm interested in what you have to say, and may I ask  
7 you for some examples if you can, because this will help me to understand your  
8 experiences better. If you need to think for a little while before answering a question  
9 that's ok. We won't try and answer for you. We'll just wait until you feel ready to answer,  
10 or if we move past a question and then you remember something that you wanted to  
11 say, that's fine too. You can add things at the end. That's not to exclude you, Mum.  
12 There are some specific questions for you also, so watch out for these. It should take  
13 around forty minutes, depending on your answers, and I'll be recording our conversation  
14 on the Dictaphone just to help me remember everything we say. Also I'll be ticking off  
15 the questions that I ask as we go along, just so I don't say the same question twice. If  
16 you or I happen to mention someone's name as we go through the questions, or  
17 anything that might let someone else know who you are or other people, I'll be taking  
18 this out of the transcript from our conversation, and this is just a document where we  
19 write out our conversation. So if you're happy to begin.

20

21 P2 Yes.

22

23 P1 OK. In this first section I'm going to ask you about the times and places that you  
24 wore the activity monitors we asked you to wear. So on the feedback questionnaire that  
25 I asked you to complete after wearing each device, you've said that you didn't agree or  
26 disagree that you enjoyed wearing the Actigraph. Can you tell me a bit about that?

27

28 P2 Well, I liked to wear the wrist one because it was a lot comfier than the one round  
29 my waist, and the one that was on my wrist, I just preferred that more than I preferred  
30 the waistband one.

31

32 P1 OK. So you said that you preferred the Fitbit over the Actigraph one, which was  
33 the one round your waist. What did you like about wearing those activity monitors, the  
34 Actigraph and the Fitbit?

35

36 P2 Well, I liked wearing the wrist one because I just liked it more than the other.

37

38 P1 OK, so you liked it a bit more than the other.

39

40 P2 Because I knew what I was doing with that one more than with the other one.

41

42 P1 And what was it about the other one that you didn't know what you were doing?

43

44 P2 Well, it didn't have anything for me to do on it, but it kept falling down at my waist  
45 and then making my waist really itchy and stuff, so that's why I didn't really like that one.

46



## Phase 3 - P2

47 P1 OK. You didn't really like that because of that. Was there anything about the  
48 Actigraph that you did like?

49  
50 P2 No.

51  
52 P1 That's ok. That's absolutely fine. And what was it about the Fitbit that you liked?

53  
54 P2 I can't really think, because I just preferred it more than I did with the waist one,  
55 because when I was wearing the watch one I knew how I was doing, because the first  
56 time I used it I came in, and it had already said on the computer how many steps I had  
57 done, and when I tap it, it would already just tell me what I've done and stuff, how many  
58 I've done.

59  
60 P1 Ah, I see. So you liked the way it gave you some feedback on what you were  
61 doing.

62  
63 P2 Yes.

64  
65 P1 You've kind of answered my next question also, which was what physical activity  
66 monitor did you enjoy wearing the most, and would I be right saying that was the Fitbit  
67 monitor?

68  
69 P2 Yes.

70  
71 P1 OK. And what was it about the Fitbit that you enjoyed, compared to the  
72 Actigraph?

73  
74 P2 Sorry, could you say that again?

75  
76 P1 Yes, course. What was it about the Fitbit that you enjoyed, compared to the  
77 Actigraph?

78  
79 P2 Well, the Fitbit, I enjoyed that because it would give me the feedback of what I've  
80 been doing, but with the Actigraph I couldn't see anything what I was doing, and it would  
81 just keep falling down.

82  
83 P1 OK. Thank you very much, P1. On the feedback questionnaire you said that you  
84 disagreed that the Actigraph was comfy to wear, and that you didn't agree or disagree  
85 that the Fitbit was comfy to wear. What was it about the Actigraph and Fitbit that you felt  
86 made it not comfy to wear?

87  
88 P2 Well, the Fitbit, the reason I don't really like that one is just it kept falling around,  
89 but it was a lot more better than the waist one. And with the waist one, I didn't like it  
90 because that kept falling down on me, and whenever I was running or anything, it'd just  
91 keep getting in the way and kept moving about.

92

## Phase 3 - P2

93 P1 OK. So the Fitbit, it sounds it was a little bit loose.  
94  
95 P2 Yes. But it was a lot better than wearing the Actigraph.  
96  
97 P1 OK. Thank you very much. Oh well, you've kind of answered my next question as  
98 well, which was what was it about the Fitbit compared to the Actigraph that made it  
99 more comfy to wear, and was it just that it was not as loose as the Actigraph?  
100  
101 P2 Yes.  
102  
103 P1 OK, thank you. You said that you agreed that the Actigraph got in the way of  
104 what you were doing, whereas the Fitbit did not get in the way of what you were doing.  
105  
106 P2 Yes.  
107  
108 P1 Can you tell me a bit more about that? You've touched on it a little bit, but if you  
109 could tell me a little bit more.  
110  
111 P2 Well, whenever I was doing my sports or whatever in school, that kept on getting  
112 in the way, whereas wearing the Fitbit is basically just like wearing a watch or whatever,  
113 but with the, I've forgot the name if it...  
114  
115 P1 So the Actigraph.  
116  
117 P2 Yes, the Actigraph. I didn't like wearing that because whenever I'd be on the field  
118 doing PE or whatever, it'd always get in my way, because I'd always have to keep  
119 pulling it up and stuff.  
120  
121 P1 Oh, right, so you couldn't adjust it. OK. Can you give me an example of when the  
122 monitor, so the Actigraph, got in the way of what you were doing?  
123  
124 P2 Well, when I was running about, it kept twisting, so it'd be from being here to in  
125 the very front, and I kept having to twist it, and it was getting in the way of what I was  
126 really doing, because if I was running that'd stop me, because I have to keep twisting it  
127 and that.  
128  
129 P1 So did you have to actually stop your running just to fix it again?  
130  
131 P2 Yes.  
132  
133 P1 How was that for you, doing that?  
134  
135 P2 Well, it was a bit annoying at times, but I mean, I was pretty fine with it.  
136  
137 P1 Thank you very much. And where were you when you were doing the activities  
138 and it was getting in your way?

## Phase 3 - P2

139  
140 P2 Well, with the Fitbit I was just out and about with my friends, and then with the  
141 Actigraph, I was in school doing my PE, and it kept getting in the way.  
142  
143 P1 So did the Fitbit get in your way also, when you were doing your activities?  
144  
145 P2 No. The Fitbit was basically just like wearing a watch, but the Actigraph kept  
146 getting in the way of when I'd be doing my PE and stuff.  
147  
148 P1 OK. Thank you. What would you do to change the Actigraph and the Fitbit, if you  
149 could do anything to make it better?  
150  
151 P2 I don't know.  
152  
153 P1 So would there be anything that you would change? So maybe if we think about  
154 the Actigraph first. Would there be anything about the Actigraph that you'd change to  
155 make it better for you?  
156  
157 P2 Just get a smaller one, but not have it too tight or too loose around my waist. And  
158 then with the Fitbit, just tighten that up, but whenever I'd tighten it, it'd leave marks  
159 around. But then with that on, I could never turn it around, because with the Fitbit, when  
160 it was on my wrist, I kept twisting it round, because whenever I was doing running I  
161 would keep getting sweaty, and then it would be getting really itchy, so I'd have to keep  
162 twisting it round.  
163  
164 P1 Ah, so what do you think was making you itchy with the Fitbit? So it sounds like  
165 you're saying that when you were exercising, you either had to have it a little bit loose  
166 so it didn't stick and dig in you ...  
167  
168 P2 Yes, that's it, but when I was out everywhere else, like on my bike or whatever,  
169 I'd just have it not too tight and not too loose, so it wouldn't keep twisting about and then  
170 getting in the way.  
171  
172 P1 OK. Thanks very much for that. Did you ever have to be told to remove the  
173 monitor, either the Actigraph or the Fitbit?  
174  
175 P2 No.  
176  
177 P1 OK. So next I'd like to talk about other people, like friends and family, and how  
178 they may have influenced you to wear the physical activity monitor. Did you ever forget  
179 to put the physical activity monitor on?  
180  
181 P2 Yes.  
182  
183 P1 Yes? Could you tell me a bit more about that?  
184

## Phase 3 - P2

185 P2 Well, at times I'd get up in the morning, but when I'd still be a bit tired I would  
186 keep forgetting to put it on and stuff.

187  
188 P1 Yes.

189  
190 P2 Whereas with the Fitbit, it would basically just be like wearing a watch, so I'd  
191 always remember that, but with the other one, I don't know why, but I just kept not  
192 remembering to put it on.

193  
194 P1 Ah right, ok. And on the feedback questionnaire you said that you disagreed that  
195 you kept forgetting to put the Actigraph on, but agreed that you kept forgetting to put the  
196 Fitbit on. How was it for you, remembering to wear the monitor each day?

197  
198 P2 As in how?

199  
200 P1 Just, you know, did you have a specific way that you remembered to put it on, for  
201 example, or...?

202  
203 P2 No.

204  
205 P1 No? Well tried. Thank you. Can you tell me how you remembered to wear the  
206 monitor each day?

207  
208 P2 Well, after I'd worn it for about a few days, before the time was finished when I  
209 had finished them, it just kept getting used to me, so I'd stop forgetting to put it on, and  
210 then it would just always come to me.

211  
212 P1 Ah, so it sounds like it became like part of your morning routine or what have  
213 you.

214  
215 P2 Yes.

216  
217 P1 Can I just go back to that last question, when I said how was it for you  
218 remembering to wear the monitor each day? I kind of phrased that a little bit wrong. I  
219 was just wondering how it felt for you having to remember to wear the monitor each day.

220  
221 P2 Well, sometimes I would forget to remember to put it on, sometimes I'd just come  
222 down and get it.

223  
224 P1 OK. You said that you agreed that other people noticed that you were wearing a  
225 Fitbit. What did people say to you?

226  
227 P2 Nothing really, because one of my other mates had one as well, because when  
228 we were in our drama lesson, he had one on as well as a watch. But I was like, "That's  
229 the exact same as what I've got", but he'd always tap it as well, so we were basically the  
230 same.

## Phase 3 - P2

231  
232 P1 Did you notice a change in the amount of active activities you normally do as a  
233 family while you were wearing the physical activity monitors?  
234  
235 P2 No.  
236  
237 P1 No, ok. And how about your friends? Has how your friends are involved in you  
238 being active changed?  
239  
240 P2 No.  
241  
242 P1 No? OK. Did the way you play with your friends change while you were wearing  
243 the monitor?  
244  
245 P2 No, I'd just be careful and not be too lively. I'd just, I can't really describe it, but if  
246 it was just a little bit mad, then I wouldn't really do it.  
247  
248 P1 And was that while you were wearing both the Actigraph and the Fitbit?  
249  
250 P2 Yes, just so I wouldn't damage them.  
251  
252 P1 Ah, oh well, thank you for that. That was very considerate of you. That's really  
253 kind of you. Can you give me an example of when that might have happened?  
254  
255 P2 Well, usually, when we go on the field, we always just run after each other, like  
256 taking each other out, and basically sparing each other down, but I wouldn't go too mad  
257 on doing that compared to what I normally do. I just always do that, and then if I take  
258 someone down, I won't just damage whatever it is.  
259  
260 P1 What's sparing down?  
261  
262 P2 Basically rugby tackling.  
263  
264 P1 Oh, right!  
265  
266 P2 Basically just rugby tackling people to the ground.  
267  
268 P1 OK. Can I just go back to that question? What did you dislike about changing the  
269 way that you played, or got involved with your friends?  
270  
271 P2 Nothing, really.  
272  
273 P1 You know, the way you said that you had to use a little bit of caution and that.  
274 How was that for you? You know, how does that make you feel?  
275  
276 P2 All right. I wasn't too fussed about it.

## Phase 3 - P2

277  
278 P1 OK, thanks. On the feedback questionnaire you said that you disagreed that  
279 other people like friends or family kept asking how much activity you were doing while  
280 you were wearing the physical activity monitor. What do you think about that?  
281  
282 P2 Well, I was fine with it. I was fine with wearing it, or whatever.  
283  
284 P1 Yes. Was there anything that you wished people had said to you different?  
285  
286 P2 No, because they all knew in the first place I was getting it, because I let them  
287 know.  
288  
289 P1 Yes, ok. Thank you. OK, thank you for your answers. I'm learning a lot about  
290 what wearing physical activity monitors was like for you. In this last section I'm going to  
291 explore how wearing a physical activity monitor may or may not have affected the  
292 activities you do. Do you think that wearing a physical activity monitor encouraged you  
293 to be more active?  
294  
295 P2 No, I just kept doing the normal sports I was doing, and that was keeping me  
296 active.  
297  
298 P1 OK. Sorry, what's that last thing you said?  
299  
300 P2 Well, the sports I'm normally doing are the ones I'm always doing, and when I  
301 had the Fitbit and the others on, then nothing changed. I was just doing the sports I  
302 normally do, but being a little bit careful with what I was doing.  
303  
304 P1 And how about some young people with CF. Do you think wearing an Actigraph  
305 and/or a Fitbit would encourage them to be more active?  
306  
307 P2 Well, for my opinion, I'd just say if they knew everything about what it was,  
308 because at first I didn't really get to know much about it until we found out more stuff,  
309 and then I was just doing a bit more each time with them, and do good for it. And with  
310 me, I would have just said just try doing different stuff each time, so it'll be better for you,  
311 and then you'll be learning new stuff.  
312  
313 P1 Ah, so you'll say to other young people with CF just to maybe try different things?  
314  
315 P2 Yes.  
316  
317 P1 And would that be while they were wearing an activity monitor?  
318  
319 P2 Well, whenever really, just finding out new sports to do and stuff.  
320  
321 P1 Ah, so just general advice.  
322

## Phase 3 - P2

323 P2 Yes.

324

325 P1 And do you think that wearing a physical activity monitor would encourage other  
326 young people with CF to be more active?

327

328 P2 It depends really on what they thought about it, but I thought that it was all right to  
329 wear. I weren't really too bothered wearing it, because I knew why I have to wear it and  
330 stuff, but with other kids and stuff, until they actually got to know a lot more about it  
331 they'd be like, "Why do I have to wear this?" and everything, but as they knew more  
332 about what the Actigraph and Fitbit were about, then I think they'd start doing a lot more  
333 sport, and getting it.

334

335 P1 You just mentioned there that you didn't know much about it. I was wondering  
336 what it was that you remember about that.

337

338 P2 Well, at first I didn't really understand about what it was until around I knew that it  
339 is checking the sports and how active I am, and knew that was what they was both for.  
340 And then when I wore the Fitbit the first day I came back in with it, I just found out how  
341 many steps I had done and stuff.

342

343 P1 Ah, right.

344

345 p2 And then I was even for getting them all on, like all the little line numbers, and I  
346 did.

347

348 P1 Ah, so maybe you didn't know really much about the functions and things.

349

350 P2 Yes.

351

352 P1 And was that about the Fitbit or the Actigraph, or both?

353

354 P2 Both, to be honest. I mean, when with the Actigraph I didn't see what that was  
355 measuring or whatever it was showing up what I was doing, but with the Fitbit I always  
356 knew how well I was doing, because whenever I'd just tap it, it'd tell me.

357

358 P1 Ah, thank you.

359

360 P2 But I always knew if I had done good on the Fitbit, because when it would come  
361 up it'd always vibrate.

362

363 P1 And how did that feel for you when you got that sort of vibrate?

364

365 P2 Well, I just knew I was doing it correctly, and that's it really.

366

367 P1 How did it feel, knowing you were doing it correctly?

368

## Phase 3 - P2

369 P2 Great.

370

371 P2 Ah, thank you. OK. And how do you think using the Actigraph and Fitbit could  
372 help you to be more active?

373

374 P2 I don't know really, because all the sports I do, I think are quite active for me and  
375 stuff.

376

377 P1 Can you tell me a bit more about that? You say all the sports you're doing are  
378 active.

379

380 P2 Well, I wouldn't really change with my sport, because the sports I'm doing now  
381 are just normal sports, like going out with my friends, running about, doing PE and so  
382 on.

383

384 P1 Ah, so you wouldn't change anything. OK, thanks. Can you tell me how you think  
385 using the Actigraph and Fitbit were useful or not useful at encouraging physical activity?

386

387 P2 As in how?

388

389 P2 So what was it about the Actigraph and Fitbit that you feel encouraged you to be  
390 more active?

391

392 P2 Nothing really, because all the activities I was doing keep me active.

393

394 P1 OK. What was it about the Actigraph and Fitbit that you feel stopped you from  
395 being active?

396

397 P2 The Actigraph just kept getting in the way, not getting in the way of what I was  
398 doing, but kept getting on my nerves when it kept slipping down and moving places. But  
399 with the Fitbit, I was fine with that.

400

401 P1 Did it happen often, that, when it was slipping down, the Actigraph?

402

403 P2 Yes, because it'd keep slipping, because when I'd be getting sweaty it'd just keep  
404 slipping down and making it really itchy for me and annoying, so I'd have to keep pulling  
405 it, and then just letting in some air. So that's all.

406

407 P1 Ah, thanks for that. OK, so you can have a little breather. I'm just going to ask  
408 your Mum some questions if that's ok. What do you think the benefits of wearing a  
409 physical activity monitor are for P2?

410

411 P3 I don't know if it was much benefit at all with the Actigraph, but as I said with the  
412 Fitbit, he knew when it vibrated. He knew, and I think it encouraged him a bit more, and  
413 he liked it when he came in and the computer picked it up straight away, and he'd look  
414 on the screen and it made me feel bad of how active he was.



## Phase 3 - P2

415  
416 P1 But he did do fantastic. So it sounds like you're saying that feedback.  
417  
418 P3 Yes. It was definitely the feedback made him want to do it more, yes.  
419  
420 P1 And did you notice a difference in that? So you say that he wanted to do more.  
421 Was there anything in particular?  
422  
423 P3 Well, I know he's always an active child. I think it really assured me how active he  
424 is when he's away from me, you know, so that was encouraging to me really, to see  
425 that, but sometimes with the Fitbit, because he'd come in and pore over his picture, then  
426 occasionally the downside I'd be shouting, "Come back and get your Fitbit", because I'd  
427 spotted it on the...., whereas with the Actigraph, it was always on the table and he could  
428 see it flashing, so you'd just think, "Oh, he's got to put that on".  
429  
430 P1 So you said that it was encouraging to you to see the feedback.  
431  
432 P3 Yes.  
433  
434 P1 Can you tell me a little bit more about that?  
435  
436 P3 Well, I just know that being active is really good for his chest, and I think so long  
437 as he's working that and he's managing to cough up, then it's all positive. You know, it's  
438 really good for him, so it's encouraging to see that he's not just going somewhere and  
439 sitting in his friend's house and doing nothing.  
440  
441 P1 OK. What do you think the negatives of wearing a physical activity monitor are?  
442  
443 P3 Well, he complained about the Actigraph. He said it was uncomfortable for him.  
444 With the Fitbit, he was good, but he was a bit wary of damaging it.  
445  
446 P1 Aaah!  
447  
448 P3 I think if it'd actually been his own, he wouldn't have been as wary, you know. I'd  
449 probably have to keep replacing it. But I think the fact that he knew it didn't belong to  
450 him was a little bit limiting.  
451  
452 P1 Aww, you were too good. So you say it was a little bit limiting. In what way?  
453  
454 P3 Just in a case of damaging it, you know, because I know he likes to climb trees,  
455 as much as I'm saying don't, I know he does, you know, so I know things like that he  
456 maybe thought twice of. But I'm sure he'd been active as much, finding something else  
457 to do.  
458  
459 P1 So thinking about P2, do you feel that the activity monitors encouraged him to be  
460 more active?

## Phase 3 - P2

- 461  
462 P3 With the Fitbit maybe, yes. Yes, just as we say, because we used to get the  
463 feedback.  
464
- 465 P1 OK. And what is it about the Fitbit that P2 tried, you feel encouraged him to be  
466 more active?  
467
- 468 P3 Just the fact that. as he said, it used to vibrate, and he'd see the lights going up  
469 and down. So it was more visual to him.  
470
- 471 P1 And do you think it's feasible that your child, or rather P2, wearing a physical  
472 activity monitor might influence the amount or type of activity that he does?  
473
- 474 P3 I don't think as much, because as I say, he is a really active child, so I don't think  
475 he'd notice it as much, just occasionally. I think when he felt the vibration he's go, "Ooh,  
476 I'm doing well." He's got the attention span of a fish, so he'd just be, "Wheee! Off to play  
477 a game."  
478
- 479 P1 It's because he's so busy, isn't it, doing the activities?  
480
- 481 P3 So I think it'd be a passing thought, and then he'd carry on doing what he's doing.  
482
- 483 P1 Yes, so do you feel that's a reflection of P2's active lifestyle as it is?  
484
- 485 P3 Yes, definitely.  
486
- 487 P1 Thanks very much. Back to you, P2. Just a few more questions, if that's ok. The  
488 Actigraph shows that on average you did a hundred and thirty-two minutes, which is two  
489 hours twelve minutes, of moderate to vigorous activity each day. It's recommended that  
490 children and young people should do sixty minutes of moderate to vigorous activity each  
491 day to stay healthy. You did more than this. What do you think about that?  
492
- 493 P2 Wow! I'm pretty happy, because it's more than I thought I could possibly do, but  
494 when I was wearing them I was just like really trying, so I'd do good.  
495
- 496 P1 So you said wow, it makes you feel happy. Can you tell me a little bit more about  
497 that?  
498
- 499 P2 Well, I really didn't actually think that I could do that good, but when I was  
500 wearing them, in the end I knew what it was for, so I started doing more stuff, like doing  
501 more walking and running and stuff.  
502
- 503 P1 When you said there that you didn't think that you could do that well, can you tell  
504 me a bit more about that?  
505
- 506 P2 Well, the only reason I didn't think I could do that well is because I usually lose

## Phase 3 - P2

507 my breath and get a stitch, and then I have to take time out, but when I had that on I  
508 was just like taking it easy, and I'm like, "I'm doing too much", but I was always trying my  
509 best so I'd do it good.

510

511 P1 Sounds like you always try your best. OK. The Actigraph shows that you did the  
512 most moderate to vigorous activity on Wednesday. What do you think helped you to be  
513 more active on this day?

514

515 P2 Well, I just went up to the Astroturf to play footie with my mates, and then I went  
516 running.

517

518 P1 When you went running, where did you go running?

519

520 P2 Just all around Ware Wall.

521

522 P1 All around?

523

524 P2 Ware Wall.

525

526 P1 Oh, is that round by where you live?

527

528 P2 Yes, over there, kind of.

529

530 P1 And who were you with?

531

532 P2 Two of my friends that only live over the close.

533

534 P1 So you went running a little run. How long did you run for?

535

536 P2 I can't remember, because it was when I had the Fitbit.

537

538 P1 Ah, that's quite a while ago, isn't it?

539

540 P2 Yes.

541

542 P1 Thanks for that. The Actigraph shows that on average you spent four hundred  
543 and seventy-eight minutes, which is seven hours fifty-eight minutes being sedentary,  
544 and sedentary means doing things while you're sitting still, like sitting and watching TV  
545 or being in school even. What do you think about that?

546

547 P2 Not much, really.

548

549 P1 Not much. Is there anything that springs to mind when I said that to you, that  
550 you're sedentary for seven hours and fifty-eight minutes?

551

552 P2 Well, I could have just done a bit of activities while I was just sitting down, like.

## Phase 3 - P2

553  
554 P1 So what do you think that you could have done while you were sitting down?  
555  
556 P2 Well, I don't know really. Just not really wasting as much time sitting down, and  
557 done more sports and whatever, rather than just sitting down and resting.  
558  
559 P1 And what sports would you do?  
560  
561 P2 Normal really, just go out and play football with my mates, and go running and  
562 then go out on my bike or whatever.  
563  
564 P1 OK. The Actigraph shows that you were more sedentary on Friday and  
565 Wednesday. What do you think about that?  
566  
567 P2 I don't know.  
568  
569 P1 OK. What was different about those days compared to Wednesday when you  
570 were most active?  
571  
572 P2 Well, all of them days I didn't do as much as Wednesday, because Wednesday  
573 was when I actually found out that's going to be measuring and telling me how good I've  
574 been doing with it all, and that's when I've done good.  
575  
576 P1 Ah, right. So having found out that you were going to get some feedback off the  
577 activities.  
578  
579 P2 Yes.  
580  
581 P1 What went through your mind when you found out that you were going to get  
582 some feedback on how much activity you did?  
583  
584 P2 Nothing really, just like to stay active.  
585  
586 P1 OK. Did you change the amount of activity that you normally do while you were  
587 wearing the physical activity monitors?  
588  
589 P2 No.  
590  
591 P1 No? OK. Can you tell me a bit more about that? You say no, you didn't really  
592 change how much activity you did.  
593  
594 P2 No.  
595  
596 P1 Can you tell me more about that?  
597  
598 P2 Well, I just didn't change the activities I was doing. I just stayed with the activities

## Phase 3 - P2

599 I was doing, because the activities I was doing were the ones that were helping me get  
600 the high ones on the Fitbit.

601  
602 P1 Did the physical activity monitors make a difference to the activities that you do?

603  
604 P2 No.

605  
606 P1 I think you've said that there when I said the question, but oh no, you've already  
607 answered that. Sorry. You stated that you disagreed that you tried new activities while  
608 you wore the activity monitors. Can you tell me a bit more about that?

609  
610 P2 Well, I just didn't really change the activities I was doing, because all the ones I  
611 was doing I was just keeping to them ones.

612  
613 P1 OK. Would there ever be a time when you would change the activities that you  
614 do?

615  
616 P2 Not unless I was somewhere like big, and I had more space to do what I want, so  
617 not really.

618  
619 P1 No? OK. Did you notice a change in how strenuous the activities you typically do  
620 are? Like how fast you're trying to run, or when you're playing footie with your mates?

621  
622 P2 Well, I just try and run as fast as I can really, and then just try doing good stuff.

623  
624 P1 Do you always try running as fast as you can?

625  
626 P2 Well yes, because if I'm playing rugby or football or whatever, then I always have  
627 to run quite fast so I can get them.

628  
629 P1 Yes, that's true. I suppose that's true. By the sounds of it, it sounds like you're  
630 really good at tackling.

631  
632 P2 Yes.

633  
634 P1 OK. Can you tell me about how you would use the Fitbits?

635  
636 P2 Well, I just used it by every so often I would just tap it to see how good I'm doing  
637 and so on.

638  
639 P1 OK. Was there like what settings on the Fitbit you used, or anything like that?

640  
641 P2 No, not really.

642  
643 P1 So apart from when you tapped it, did you use any other settings on the Fitbit?

644

## Phase 3 - P2

645 P2 No, just kept tapping it to see how well I was doing and stuff. That's all.  
646  
647 P1 How about the dashboard? What settings did you use on the dashboard? The  
648 dashboard, you know the computer dashboard, so when you log on. What settings did  
649 you use on that?  
650  
651 P2 On what, the computer?  
652  
653 P1 Yes.  
654  
655 P2 Oh, right. Well, I didn't really look. It was just when I'd either come in and it got on  
656 the computer when my Mum was on it, and then I'd just see how well I was doing and  
657 stuff.  
658  
659 P1 And how often did you do that, do you think?  
660  
661 P2 Well, mostly every day when I'd come in from playing out I'd just always see how  
662 good I was doing.  
663  
664 P1 And when you say you'd see how good you were doing, what did that mean?  
665  
666 P2 Like see how much I've done in that day, and then it'd show you how many steps  
667 or whatever I've done.  
668  
669 P1 OK. And so you'd look at your steps. Was there anything else as well?  
670  
671 P2 No, not really.  
672  
673 P1 OK. And what was it that you liked most about the Fitbit settings? So like the step  
674 counter.  
675  
676 P2 Nothing really, because I didn't really look at it apart from daily when I came in,  
677 and then I'd just go up.  
678  
679 P1 OK. And what did you dislike about the Fitbit dashboard?  
680  
681 P2 Nothing, because I didn't really know much about it.  
682  
683 P1 And if there was some information then you would like to find out about it, what  
684 would that be?  
685  
686 P2 Just to see every day how good I've been able to stop.  
687  
688 P1 Yes. And so on the Fitbit you got your steps. What other information would you  
689 like to find out?  
690

## Phase 3 - P2

691 P2 What sports I've been doing, and how active I am and stuff.  
692  
693 P1 When you say how active you are, what type of information?  
694  
695 P2 Like just basically showing me not just the steps I've been doing, but showing me  
696 how well I've been doing on the activators and whatever I've been doing.  
697  
698 P1 Yes. OK. You mentioned on the feedback questionnaire that you disagreed that  
699 getting some information each day would encourage you to do more activity. Can you  
700 tell me a bit more about that?  
701  
702 P2 I can't think.  
703  
704 P1 You can't think. Has your brain seized?  
705  
706 P2 Yes. I can't think of anything.  
707  
708 P1 OK. So maybe thinking back to when you filled the feedback questionnaire, can  
709 you tell me what prompted you to circle or indicate that you disagreed that receiving  
710 information on how much activity you do would encourage you to do more activity?  
711 What was going through your mind when you filled that out?  
712  
713 P2 Nothing, really. I was just fine with it.  
714  
715 P1 You were fine with it. That's fine. Thank you. OK, so you said that you would not  
716 like to wear an Actigraph again, but that you didn't agree or disagree that you would like  
717 to wear a Fitbit again. Can you tell me a bit more about that?  
718  
719 P2 Well, I wouldn't like to wear an Actigraph again because it kept falling down, but  
720 the Fitbit I'd be perfectly fine wearing it, because it's just basically like wearing a watch,  
721 so I'd be fine with wearing one again.  
722  
723 P1 Yes. That's the end of the interview. Thank you very much for speaking to me  
724 today. I've really enjoyed hearing your thoughts about wearing physical activity  
725 monitors. Like I say, that's the end of the interview now. Is there anything more you'd  
726 like to add?  
727  
728 P2 No, not that I can think of.  
729  
730 P1 Something I've missed?  
731  
732 P2 No.  
733  
734 P1 How about you, Mum?  
735  
736 P3 No, no, I'm fine. That's interesting to hear the details of the Actigraph.

## Phase 3 - P2

737

738 P1 Yes. I've got sheets here as well, so ... OK, I'll end the interview now. Thank you  
739 very much for your time and speaking with me today.

740

741 ***End of Interview***



## Phase 3 – P4

1 P1 Hi, P2. If you remember the last time we met, I spoke to you about then you're  
2 active and when you're not active, and then I asked you to try out two different activity  
3 monitors. One was the GenieActive and the other was a Fitbit. I'm here again today to  
4 ask you thirty short questions about what you thought about the devices you've tried  
5 out, like what you liked about them and what you disliked about them. There's no right  
6 or wrong answers, so don't worry. I'm interested in what you have to say, and may I ask  
7 for some examples if you can, because this'll help me to understand your experiences  
8 better. If you need to think for a little bit before answering a question that's ok. We won't  
9 try and answer for you. We'll just wait until you feel you feel ready to answer, or if we  
10 move past a question and then you remember something that you wanted to say, that's  
11 fine too. You can add things at the end. That's not to exclude you, Mum. There are  
12 some specific questions for you also, so watch out for these. It should take around forty  
13 minutes, depending on your answers, and I'll be recording our conversation on the  
14 Dictaphone just to help me remember everything we say. Also I'll be ticking off the  
15 questions as we go along just so I don't say the same question twice. If you or I happen  
16 to mention someone's name as we go through the question, or anything that might let  
17 someone else know who you are or other people, I'll be taking this out of the transcript  
18 of our conversation, and this is just a document where we write out our conversation. So  
19 if you're happy to begin? In this first section I'm going to ask you about the times and  
20 places that you wore the activity monitors we asked you to wear. So on the feedback  
21 questionnaire that you completed after wearing each physical activity monitor, you said  
22 that you strongly agreed that you enjoyed wearing the physical activity monitor. Can you  
23 tell me a bit more about that?

24  
25 P2 It was fun to know that I could look back and see how much I was doing and my  
26 routinely day of what I would normally do.

27  
28 P1 Yes. And which device was that for?

29  
30 P2 It was for the Fitbit, so that I could look back on what I was doing, how many  
31 calories I've burned, how many steps I took, which was good.

32  
33 I OK. And what did you like about wearing the physical activity monitors?

34  
35 P2 That it didn't get in the way of me doing anything, or didn't prevent me from doing  
36 anything either, and as I said, it would allow me to see how much I was doing in a day.

37  
38 P1 Yes. What did you dislike about the physical activity monitors?

39  
40 P2 Nothing, really. There was nothing wrong with them.

41  
42 P1 OK. And what physical activity monitor did you enjoy wearing most?

43  
44 P2 I suppose it'd be the Fitbit, because that's the one that allowed me to look back at  
45 what I did.

46

## Phase 3 – P4

47 P1 OK. So what is it about the Fitbit that you enjoyed, compared to the GenieActive,  
48 which was the watch one?

49  
50 P2 The fact that I could look back on what I did, and I suppose it's a bit smaller than  
51 the GenieActives.

52  
53 P1 Yes, you say it was a bit smaller than the GenieActive. Did that make a  
54 difference to you?

55  
56 P2 It didn't make much of a difference, no, just I suppose if I was going to be picky  
57 that'd be one of the things.

58  
59 P1 That's one of the things you'd say. OK. On the feedback questionnaire you said  
60 that you agreed that both devices were comfy to wear. What was it about the  
61 GenieActive and Fitbit that you felt made them comfy to wear?

62  
63 P2 You could change how tight the straps were, so it was nice and snug, and they  
64 didn't rattle around at all. And it was a nice plastic, so it wasn't scratchy or anything.

65  
66 P1 And was that for both devices, the nice plastic?

67  
68 P2 Yes.

69  
70 P1 OK. And was there anything that made them uncomfortable to wear?

71  
72 P2 No.

73  
74 P1 No? You said that you disagreed that the GenieActive and the Fitbit got in the  
75 way of what you were doing. Can you tell me a bit more about that?

76  
77 P2 They didn't stop me from doing anything I would usually do. I did everything  
78 exactly the same. I couldn't not do anything I usually would.

79  
80 P1 Ah. And when you say usually would, what would that be in reference to?

81  
82 P2 Because I play table tennis, it wouldn't stop me from doing anything. I would put it  
83 on the hand I don't use, and it wouldn't affect anything.

84  
85 P1 Yes. Ah, that's good. So it sounds like you're saying it wouldn't really get in your  
86 way of your activities that you did OK. What would you do to change the GenieActive  
87 and the Fitbit, if you could do anything to make it better?

88  
89 P2 The only thing I would say is probably, if I was going to be fussy again, the  
90 GenieActive had some kind of way of telling you what you were doing, as it doesn't tell  
91 you what you've been doing sort of thing, where with the Fitbit, you can go on the  
92 internet and have a look at everything you've done.

## Phase 3 – P4

93  
94 P1 Yes. So you say that you'd prefer the GenieActive if it had something that sort of  
95 told you what you were doing. How would you like to see that information?  
96  
97 P2 Similar to the Fitbit, like go on the internet and it instantly synchs up like that.  
98  
99 P1 Yes. And what functions would you like to see on, if you could go on and see  
100 stuff?  
101  
102 P2 Like being able to see how many calories you've burnt. Be able to set goals and  
103 things like that.  
104  
105 P1 OK. And if you could set goals on it, what type of goals would you set?  
106  
107 P2 Amount of calories you burn, like set an amount that you would like to burn in a  
108 day or a week.  
109  
110 P1 Yes. Ah, thanks for that, P2. Did you ever have to be told to remove the monitor?  
111  
112 P2 No.  
113  
114 P1 No, ok. So next I'd like to talk about other people, like friends and family, and of  
115 how they may have influenced you wearing the physical activity monitor. Did you ever  
116 forget to put the physical activity monitors on?  
117  
118 P2 No.  
119  
120 P1 OK.  
121  
122 P3 You missed a day.  
123  
124 P2 Did I?  
125  
126 P3 Yes, you did.  
127  
128 P1 On the feedback questionnaire you said that you disagreed that you kept  
129 forgetting you put the physical activity monitor on. How was it for you remembering to  
130 wear the physical activity monitor each day?  
131  
132 P2 Well, I kept it next to where I sleep, so as soon as I woke up I'd put it on.  
133  
134 P1 Ah, yes. So it was like a prompt for you.  
135  
136 P2 Yes.  
137  
138 P1 You've kind of answered my next question actually, which was can you tell me

## Phase 3 – P4

139 how you remembered to wear the monitor each day. So did you do that each time?  
140  
141 P2 Yes. With both of them, yes.  
142  
143 P1 Yes. Ah, thanks. You said that you agreed that other people noticed that you  
144 were wearing a physical activity monitor. What did people say to you?  
145  
146 P2 They just asked what it was, and I'd say that it was a monitor for a study, and that  
147 was about it.  
148  
149 P1 Yes. Did they ask you lots of questions?  
150  
151 P2 No. They didn't ask many questions at all.  
152  
153 P1 And when you said that to them, what did they say back to you?  
154  
155 P2 They just said ok, and that was that, really.  
156  
157 P1 And who was it who asked you about the devices that you were wearing?  
158  
159 P2 Just a few of my friends from school, really. That was about it.  
160  
161 P1 Yes. How did that make you feel, them asking you?  
162  
163 P2 It didn't really influence anything.  
164  
165 P1 Did it, you know, have an effect on how you were feeling at the time? Did you...?  
166  
167 P2 No, it didn't embarrass me or anything, if that's what...?  
168  
169 P1 Yes? Ah, that's brilliant. Thanks. Did you notice a change in the amount of the  
170 active activities you normally do as a family, while you were wearing the physical activity  
171 monitors?  
172  
173 P2 No, not really. It was life as usual. Nothing really changed.  
174  
175 P1 Life as usual. Aah, thanks, P2. how about your friends? Did how your friends are  
176 involved in you being active change?  
177  
178 P2 No. Nothing changed, no.  
179  
180 P1 No? OK. And on the feedback questionnaire you said that you disagreed that  
181 other people like friends and family kept asking how much activity you do while you  
182 were wearing the physical activity monitor. What do you think about that?  
183  
184 P2 I don't know.

## Phase 3 – P4

185  
186 P1 Sounds like nothing comes to mind.  
187  
188 P2 No, not really.  
189  
190 P1 No? Did you talk to anybody about what was happening, or anything like that?  
191 Did you sort of volunteer information, as it were?  
192  
193 P2 I mean, I told my family about when I was using the Fitbit and got to see how  
194 many calories I was burning and all that. I told them how much, and showed them how  
195 much I was doing and that.  
196  
197 P1 What did they say when you showed them?  
198  
199 P2 A bit surprised about how many steps I did in a day, walking back and to school  
200 and around, a bit surprising.  
201  
202 P1 Yes. Ah, thanks for that. OK, so thank you for your answers. I'm learning a lot  
203 about what wearing physical activity monitors was like for you. In this last section I'm  
204 going to explore how wearing a physical activity monitor may or may not have affected  
205 the activities you do. Do you think wearing a physical activity monitor encouraged you to  
206 be more active?  
207  
208 P2 No.  
209  
210 P1 No? How about other young people with CF? Do you think wearing the  
211 GenieActive and Fitbit would encourage them to be more active?  
212  
213 P2 It could do, to see what benefits it could do for them.  
214  
215 P1 Yes. And how do you think other young people, because you said that it could  
216 help them or encourage them to be more active, the GenieActive and the Fitbit, how do  
217 you think that would be for them?  
218  
219 P2 What do you mean?  
220  
221 P1 Oh right, sorry. I was just wondering if you could tell me a bit more the thoughts  
222 behind what you said. You know, you said it could be beneficial to them.  
223  
224 P2 Well, it could, say if someone didn't do an awful lot of exercise, and they use this  
225 and did everything they would normally do, and they saw that they weren't doing a lot, it  
226 may encourage them to do more activities, I suppose.  
227  
228 P1 Yes. So maybe seeing how much they don't do, and then seeing how much they  
229 do do. OK, thanks. How do you think using the GenieActive and the Fitbit could help  
230 you to be more active?

## Phase 3 – P4

231  
232 P2 I'm not sure. I don't know. I'm not sure.  
233  
234 P1 You're not sure. Oh no, that's absolutely fine. Can you tell me how you think  
235 using the GenieActive and the Fitbit was useful or not useful at encouraging physical  
236 activity?  
237  
238 P2 It didn't really encourage me to do any more, because I already do quite a bit, as  
239 I play table tennis most days in the week, so if was going to encourage me to do  
240 anything, I wouldn't have other days in the week to do anything.  
241  
242 P1 Yes.  
243  
244 P3 What it might be a good guide to, if you were unwell, comparing it to when you  
245 were well, to see whether it does actually affect how much you do, if you see what I  
246 mean, so you've got a longterm benefit from having it, so when you were well you had it  
247 on and you did like, say, two thousand steps in a day, but when you weren't well and  
248 you miss a week as in like table tennis, because you're not feeling too good, and then at  
249 the end of the week you probably feel like, "Oh, I don't feel good", and then you think,  
250 "Well, when I'm well I'd do that much, and when I'm not well I do this much", and you  
251 can weigh up, you know, the health side of it, I suppose, and then he might maybe  
252 think, "Well, if I did actually do that extra table tennis, would I feel better at the end of  
253 the week?" You know, so you could use it as a longterm guide, couldn't you, I suppose?  
254  
255 P1 Yes, that's a really good idea. What do you think about that, P2? You know, what  
256 your Mum said, using it as like a guide? Do you think that's something you'd do?  
257  
258 P2 I mean, yes, I'd wear it and then I'd see how much I do when I'm well, and how  
259 much I do when I'm not well, and then see how much it's affecting how much exercise I  
260 do.  
261  
262 P1 Yes. OK. Thanks. So when you say see how much it's affecting, do you mean  
263 how much being unwell affects your exercise?  
264  
265 P2 Yes.  
266  
267 P1 OK, thanks. What was it about the GenieActive and the Fitbit that you feel  
268 encouraged you to be more active?  
269  
270 P2 It didn't really encourage me to do much more exercise, because, as I've said, I  
271 already do quite a bit.  
272  
273 P1 Yes, that's true. OK. And what was it about the GenieActive and Fitbit you feel  
274 stopped you from being active?  
275  
276 P2 They didn't stop me from being active.

## Phase 3 – P4

277  
278 P1 OK.  
279  
280 P2 I did everything usual.  
281  
282 P1 Yes. Kept to your usual routine.  
283  
284 P2 Yes.  
285  
286 P1 OK. You can have a little rest now, P2. These are a few questions for you, Mum.  
287 What do you think the benefits of wearing a physical activity monitor are for P2?  
288  
289 P3 I think it's a joint benefit, because it'd benefit me, knowing how active he is, and  
290 that at certain times when he's not active because he's either unwell or he's off school. I  
291 mean, if he's off school, he's got a week off school, he's not going to be as active as if  
292 when he's in school, so it'd give us a guide to how much activity he should be doing,  
293 even when he's not in school.  
294  
295 P1 Yes.  
296  
297 P3 Because like half-terms, there's not table tennis on, and he doesn't walk back  
298 and to school, so it's a good idea, and you can see how much activity he probably  
299 needs to do to maintain a steady health, really.  
300  
301 P1 Yes. Ah, thanks for that. What do you think the negatives of wearing a physical  
302 activity monitor are for P2?  
303  
304 P3 If we're talking longterm, it's whether he would wear it all the time, and  
305 remembering to wear it all the time, I think.  
306  
307 P1 Yes.  
308  
309 P3 I think it's remembering to have it on him, yes.  
310  
311 P1 Do you think that was burdensome for P2?  
312  
313 P3 No, not for the short time. It was like, was it two weeks?  
314  
315 P1 Yes, it was a week.  
316  
317 P3 I don't think short term it was an effort for him to put it on. It wasn't a major issue,  
318 but if you're talking of putting it on for say six months, it's whether he would put it on for  
319 most part.  
320  
321 P1 Yes.  
322

## Phase 3 – P4

323 P3 I think that's the only thing, really. It's something he's got to maybe commit to if  
324 it's something he wants to do.

325  
326 P1 Yes. And what do you think would stop P2 committing to that, if there was  
327 anything?

328  
329 P3 I think it's more being forgetful than anything else, forgetting to put it on.

330  
331 P1 OK. So thinking about P2, do you feel the activity monitors encouraged him to be  
332 more active?

333  
334 P3 I don't think it's encouraged him more. I think it's made him realise how active he  
335 is, and opened his eyes a bit, and ours really, to how much he does do. Sometimes if  
336 you haven't got an active child, or whether you have got an active child, sometimes you  
337 don't realise how much you do or not do, until you put something like that on, really.

338  
339 P1 And how did it feel, knowing how much P2 was doing?

340  
341 P3 Well, I was made up for him really. I was proud that he was actually over-  
342 succeeding what they expected him to do, and he was made up with the Fitbit, because  
343 he kept getting the gold star at the end of the day. How fabulous! We'd look on the  
344 internet saying, what did it say? You're a...

345  
346 P2 You're ace.

347  
348 P3 You're ace, yes.

349  
350 P1 That's good.

351  
352 P3 I thought that was good.

353  
354 P1 Yes. Aww! Do you think it's feasible that your child, or P2, wearing a physical  
355 activity monitor, might influence the amount or type of activity that he does?

356  
357 P3 Yes, I think it is a good thing to have, a good tool to, yes. I do think it's really  
358 good.

359  
360 P1 How much do you think it'd affect the type of activity that P2 does, or how much  
361 that he does?

362  
363 P3 I think if he ever did give up table tennis, for instance, and he wasn't doing as  
364 much activity, it might encourage him then maybe to do something else, because he'd  
365 probably that, "Ooh, I'm not doing as much as I used to do", and he'd probably think  
366 about changing and doing a different sport or a different activity to maintain, because  
367 sometimes when, I know myself, that if you start playing a sport and you stop it, and  
368 you'll, "I can't be bothered doing that any more", and then you think, " Oh heck, I need to



## Phase 3 – P4

369 do something now", by which time six months has gone. But no, I think it is a handy  
370 thing to have, yes, definitely.

371

372 P1 OK. Thanks very much. Back to you, P2. Just a few more questions now. The  
373 GenieActive shows that on average you did fifty-five minutes of moderate to vigorous  
374 activity each day. It's recommended that children and young people should do sixty  
375 minutes of moderate to vigorous activity each day to stay healthy. It is a little bit less  
376 than this. What do you think about that?

377

378 P2 I don't know.

379

380 P1 Surprised?

381

382 P2 Yes, I suppose. I don't know.

383

384 P1 You're not too sure? Ah, that's ok. So the GenieActive also shows that you did  
385 the most moderate to vigorous activity on Tuesday, when you did sixty-nine minutes.  
386 What do you think helped you to be more active on this day?

387

388 P2 Table tennis.

389

390 P1 Table tennis. Is that a day you do table tennis on? OK. And how do you think  
391 doing table tennis is different to other days for you, with regards to the moderate to  
392 vigorous activity?

393

394 P2 On the days that obviously I don't do table tennis, it's going to be different to the  
395 days when I do. I still walk to school, but it's not going to be as much as playing table  
396 tennis.

397

398 P1 Ah, ok. And what's the difference between walking to school and table tennis?

399

400 P2 Table tennis is like more ....

401

402 P3 Physical?

403

404 P2 Yes.

405

406 P1 More physical? OK. The GenieActive shows that on average you spend five  
407 hundred and thirty-six minutes, which is eight hours fifty-six minutes being sedentary,  
408 and this means doing things like when you're still like sitting and watching TV. What do  
409 you think about that?

410

411 P3 Eight hours a day?

412

413 P1 Yes.

414

## Phase 3 – P4

415 P3 Does that include sleep?  
416  
417 P1 No, it would be when P2 was wearing the activity monitor.  
418  
419 P3 He's sat in school for six.  
420  
421 P2 Well, yes.  
422  
423 P1 Is there anything that goes through your head?  
424  
425 P2 That would be for school, wouldn't it?  
426  
427 P1 Yes.  
428  
429 P2 I can't really do anything about that, can I?  
430  
431 P1 I think your teachers might be a little bit upset if you start doing star jumps. So do  
432 you think school may have been an influence?  
433  
434 P2 Yes, that's probably with school.  
435  
436 P1 Aah, ok. And the GenieActive shows that you were more sedentary on Tuesday  
437 and Friday. What do you think about that?  
438  
439 P2 I've no idea.  
440  
441 P3 No idea? You don't do anything on Friday night, do you? Tuesday?  
442  
443 P2 Table tennis.  
444  
445 P3 On the odd occasion.  
446  
447 P2 And on every Tuesday.  
448  
449 P3 Friday. An odd Friday.  
450  
451 P2 I don't think I did Friday.  
452  
453 P3 On Tuesdays you play table tennis, don't you?  
454  
455 P2 Yes.  
456  
457 P1 OK, what was different about those days compared to Tuesday, when you were  
458 most active, which is a bit contradictory?  
459  
460 P3 Yes. That's what I was thinking. You sit still the longest on a Tuesday, but you

## Phase 3 – P4

461 play table tennis for two and a half hours. Yes. Funny how it's worked out on the same  
462 day, isn't it?  
463  
464 P1 Let me just double check that I've got that right. So, yes. Most sedentary on a  
465 Tuesday and Friday, and your most active day was a Tuesday and a Thursday. Yes.  
466  
467 P3 I would have thought Saturday and Sunday would be his most sedentary days.  
468  
469 P2 I do a lot. Apparently being sat down all day is doing a lot.  
470  
471 P1 So is there any thoughts about that? You know, like...  
472  
473 P2 I'm surprised that I'm most active on Tuesday and most sedentary on a Tuesday.  
474  
475 P1 Yes. Surprised. OK.  
476  
477 P2 I even do practical PE on a Tuesday as well.  
478  
479 P1 Oh, right. Yes.  
480  
481 P3 So you have double.  
482  
483 P2 So that's another hour.  
484  
485 P3 Double, yes.  
486  
487 P1 Yes. OK. Don't think about it too much. It's just numbers. Did you change the  
488 amount of activity that you normally do while you were wearing the physical activity  
489 monitors?  
490  
491 P2 No. I did the exact same.  
492  
493 P1 You did the exact same. You disagreed that you tried new activities out while you  
494 wore the activity monitors. Can you tell me a bit more about that?  
495  
496 P2 Well, I wanted to try and keep the data that you got as accurate as possible to all  
497 I usually do, so...  
498  
499 P1 Yes.  
500  
501 P2 I didn't want to influence the data by doing more activity than I usually would do.  
502  
503 P1 Yes.  
504  
505 P2 To obviously keep it accurate.  
506

## Phase 3 – P4

507 P1 Yes. So you did what you normally do.  
508  
509 P2 Yes.  
510  
511 P1 Thank you. Did you notice a change in how strenuous the activities you typically  
512 do are, while you were wearing the monitors? Like how fast you run, or when you were  
513 playing table tennis and that?  
514  
515 P2 No.  
516  
517 P1 Can you tell me how you used the Fitbit? You know, like what settings on the  
518 Fitbit you used.  
519  
520 P2 I didn't change anything. All that was in was how I was given it.  
521  
522 P1 Yes.  
523  
524 P2 I didn't change anything.  
525  
526 P1 OK. So when you wore it of a day, did you do anything, or when you came home  
527 did you do anything, you know, look at anything?  
528  
529 P2 When I came home from school I would have a look at how many steps I did and  
530 how many calories I'd burned, and all that.  
531  
532 P1 Yes.  
533  
534 P2 I'd see how I did.  
535  
536 P1 So you looked at calories and steps. Was there anything else that you looked at?  
537  
538 P2 Every now and then I'd look at how much sleep I got.  
539  
540 P1 Yes, And what did that tell you?  
541  
542 P2 That apparently I sleep all through the night.  
543  
544 P1 That's reassuring, anyway.  
545  
546 P3 You sleep like a baby.  
547  
548 P1 Aaah! It's all that table tennis, that's what that is. OK, so you what is it that you  
549 liked most about looking at the sleep counter, looking at the steps and looking at the  
550 calories?  
551  
552 P2 I suppose it gives you something to be proud about when you get your most

## Phase 3 – P4

553 amount of calories in a day, or you walk the most amount of steps you've ever done in a  
554 day. I suppose it's a good indicator of how much that you are actually getting, so then  
555 you can see if you need to try and get more sleep, or go to bed earlier or something like  
556 that.

557  
558 P1 So how did you feel when you've seen all that information?  
559

560 P2 I felt reassured that I was doing quite a bit of activity, rather than hardly any.  
561

562 P1 Yes. And what did it mean to you seeing that you were doing lots of activity  
563 rather than hardly any? What did it mean to you, what was the significance to you of  
564 seeing that information?  
565

566 P2 I suppose it taught me that what I was doing, I was doing it right. Like playing  
567 table tennis, I was actually doing the right amount of activity that I should be.  
568

569 P1 Aaah, thanks for that, P2. And what did you dislike most about the Fitbit  
570 dashboard?  
571

572 P2 Nothing, really.  
573

574 P1 Nothing. OK. And you mentioned on the feedback questionnaire that you agreed  
575 that getting some information each day would encourage you to do more activity. Can  
576 you tell me a bit more about that?  
577

578 P2 It would encourage me to continue on doing it, knowing that I'm doing something  
579 right, and that I'm helping myself by doing the amount of activity whereby it would tell  
580 me that I need to do more.  
581

582  
583 P1 Yes.  
584

585 P2 That I shouldn't stop doing what I'm doing, and that I should carry on doing what  
586 I'm doing.  
587

588 P1 OK. And what is it about getting some information that tells you how active you  
589 are each day, you feel would encourage you to be more active?  
590

591 P2 I suppose knowing that I'm burning more calories, I'm doing a lot of steps, would  
592 make. I don't what I'm saying.  
593

594 P1 You've mentioned calories quite a lot of times, you know, about burning calories  
595 and that. What does that mean to you when you've see that you've burnt lots of  
596 calories? What went through your head?  
597

598 P2 What it means to me is that .....

## Phase 3 – P4

599  
600 P3 Even though you've got CF, you've got to maintain your weight, because you  
601 have been overweight in the past, haven't you?  
602  
603 P2 Yes.  
604  
605 P3 So where like with CF, isn't it, it's a struggle, or most patients struggle to put  
606 weight on, P2 has never had that problem, so he needs to keep an eye on how much  
607 he's eating, and how much he's burning, to maintain...  
608  
609 P2 So it helps me.  
610  
611 P3 So it helps you with your heart and your lungs, doesn't it? Because too much  
612 weight puts too much pressure on his lungs, which isn't good for his condition.  
613  
614 P1 Yes.  
615  
616 P3 So even though he has to keep active for his chest, he also has to keep active to  
617 maintain his weight, so he doesn't put weight on.  
618  
619 P1 Oh, yes. Ah, thanks for that. I know that was a difficult question, so thank you for  
620 that. OK. You said you would like to wear a Fitbit again, but you didn't agree or disagree  
621 that you would like to wear a GenieActive again. Can you tell me a bit more about that?  
622 Oh, have I done it the wrong way round? I do apologise.  
623  
624 P2 Yes, I agree for both.  
625  
626 P1 Oh yes, so you agree for both. I do apologise. It's just as well you noticed that.  
627 OK, so said that you'd like to wear both of these devices again. Can you tell me a bit  
628 more about that?  
629  
630 P2 I enjoyed wearing them, because I find out how much I'm doing, how much  
631 activities I'm doing and all that, so...  
632  
633 P1 Yes. So getting that information back. OK. And last question. What would you  
634 like to ask the clinicians? So if you could ask the clinicians in the CF team anything,  
635 what would you like to ask them?  
636  
637 P2 When's the next opportunity to wear one?  
638  
639 P1 The next opportunity to wear one? Aah, that's a brilliant answer. Thank you very  
640 much. And if you could choose one, which one would you wear?  
641  
642 P2 The Fitbit.  
643  
644 P1 The Fitbit.

## Phase 3 – P4

645  
646 P2 Because you get the feedback.  
647  
648 P1 Yes. Aah, thanks for that, P2. That's brilliant. Thank you very much for speaking  
649 with me today. I really enjoyed hearing what you thoughts about wearing the physical  
650 activity monitors. That's the end of the interview now. Is there anything more you'd like  
651 to add?  
652  
653 P2 No.  
654  
655 P1 No? Maybe something I've missed?  
656  
657 P2 No.  
658  
659 P1 How about you, Mum?  
660  
661 P3 No.  
662  
663 P1 Aah, that's brilliant.  
664  
665 P3 Do we get a final overview of the whole study?  
666  
667 P1 Yes, we will do. We'll do a report at the end for the hospital. We're hoping to  
668 publish in a medical journal, and also an evaluation report for participants and parents  
669 together as well.  
670  
671 P3 Oh, good. That'll be nice.  
672  
673 P1 OK, I'll end the interview now. Thank you very much for your time, and for  
674 speaking to me today.  
675  
676 ***End of Interview.***

## Phase 3 – P5

1 P1 So hi, P2. If you remember the last time we met, I spoke to you about when you were active  
2 and when you weren't active, or not active, and then I asked you to try out two different activity  
3 monitors, and one was the Actigraph, and that was the first one you wore, and that went round your  
4 waist, and then the other one was a pedometer, and that was the one which you couldn't really  
5 wear, because it clipped on. so I'm here today to ask you twenty-five short questions about what  
6 you thought about the devices you tried out, like what you liked and what you disliked about them.  
7 There's no right or wrong answers, so don't worry. I'm interested in what you have to say, and may I  
8 ask for some examples if you can, because this will help me to understand your experiences better.  
9 If you need to think for a little bit before answering a question that's ok. We won't try and answer  
10 for you. We'll just wait until you feel ready to answer. Or if we move past a question, and then you  
11 remember something that you wanted to say, that's fine too. You can add things at the end. that's  
12 not to exclude you, Mum. There are some specific questions for you also, so watch out for these. It  
13 should take probably about thirty minutes, depending on your answers, and I'll be recording the  
14 conversation on the Dictaphone, just to help me remember everything we say. Also I'll be ticking off  
15 the questions that I ask as we go along, just so I don't ask or say the same question twice. If you or I  
16 happen to mention someone's name as we go through the questions, or anything that might let  
17 someone else know who you are or other people, I'll be taking this out of the transcript of our  
18 conversation. And this is just a document where we write everything out. So if you're happy to  
19 begin? Is that ok?

20 P2 Yes.

21 P1 In this first section I'm going to ask you about the times and places that you wore the activity  
22 monitors we asked you to wear. I hear that you were unable to wear the pedometer, and that's ok,  
23 because I'm interested in hearing all about what it was like for you trying to use the devices, even  
24 when you couldn't wear them. OK. So to begin with, can you tell me about what stopped you from  
25 wearing the pedometer?

26 P2 We lost it for a couple of days, and then we found it.

27 P1 Yes?

28 P2 We found it. Because we always put stuff on the top of the fridge, and I looked up there to  
29 get some sweets, and I found it, but my Mum found it, though, and she left it there.

30 P1 OK. And did you ever try to put it on at all?

31 P2 Yes.

32 P1 How was it for you when you put it on?

33 P2 It was comfortable.

34 P1 Was it comfortable? OK. and when did you wear it?

35 P2 I wore it when I was playing out.

36 P1 When you were playing out. And when did you not wear it?



## Phase 3 – P5

- 37 P2 I didn't wear it often after school.
- 38 P1 After school, yes. And how was that for you, when you did wear it and when you didn't wear  
39 it?
- 40 P2 Er....
- 41 P1 It's ok. Can you tell me anything about what you liked about it, or what you did not like  
42 about it?
- 43 P2 I liked that everyone kept asking about it, what it was.
- 44 P1 And what did they keep on asking you?
- 45 P2 They kept saying, "What's that?" And I said, "It's a monitor", and my friend said, "Why do  
46 you need a monitor?" and I said.....
- 47 P1 It's ok. It's fine. So P1, your friends asked you, and you said it was a monitor.
- 48 P2 Yes. It was a monitor, and it's for if I do loads of exercise, and I know what to say for it, but I  
49 just had doing exercise in my head.
- 50 P1 Ah, yes. And how was it for you when she asked about it?
- 51 P2 She said, "Oh, that's cool. Can I wear it?" and I was like, "No, I've got to keep it on".
- 52 P1 Aww, yes. So I know your Mum said that you did have some trouble wearing it, you know,  
53 when you had your school uniform and that on, and I was wondering what did you think it would be  
54 like to wear the pedometer, which was the one that clips on?
- 55 P2 I thought it was fine.
- 56 P1 You thought it was fine. That's absolutely great. Thank you very much, P2. I'm now going to  
57 talk about the Actigraph. And the Actigraph was the one that I first brought you. Remember when,  
58 ages and ages ago, you were in hospital, and it clipped round your waist. OK? So on the feedback  
59 questionnaire, which is this, that you completed, you said after wearing each physical activity  
60 monitor, you said that you disagreed that you enjoyed wearing the Actigraph. Can you tell me about  
61 that?
- 62 P2 It's because, do you know when you put it on the side, it hurts.
- 63 P1 Oh, did it hurt? What did it hurt?
- 64 P2 Do you know where you...?
- 65 P1 Oh, so like your hipbone? Is that what you mean?
- 66 P2 Yes. Every time I run.
- 67 P1 Oh dear. and was that all the time that it hurt?
- 68 P2 No, not all the time.

## Phase 3 – P5

- 69 P1 Can you tell me about a time when it did hurt?
- 70 P2 It did hurt when I was doing some jogging, and I was starting to run a bit when I was doing  
71 jogging, and it kept hurting. I asked my Mum if I could take it off, and she said, "Later", because she  
72 wanted me to wear it, because I never wore it that much.
- 73 P1 OK. And what did you like about wearing the Actigraph?
- 74 P2 I loved it when everyone kept asking about it.
- 75 P1 And is that when H said to you that time?
- 76 P2 Yes. OK, so just to go back earlier, were you thinking when you answered that first question,  
77 was that to do with the Actigraph, that H asked about?
- 78 P2 Yes.
- 79 P1 Ah, I understand. So you liked it when people asked you about it. Can you tell me a bit more  
80 about that? What was it you liked people asking about?
- 81 P2 I liked when people asked, because I liked to explain to them.
- 82 P1 So you liked explaining to them. Ah, that's brilliant. and what did you dislike about wearing  
83 the Actigraph?
- 84 P2 When it kept hurting.
- 85 P1 When it kept hurting. It's not very nice if it hurts, is it, really? That's not very good. Thank  
86 you for trying it, anyway. So on the feedback questionnaire you said that you disagreed that the  
87 Actigraph was comfy to wear. What was it about the Actigraph you felt was comfy to wear? What  
88 was comfy about it?
- 89 P2 The feel of it when I was not running, and I kept forgetting about it, and I'd just get along  
90 with it.
- 91 P1 OK. And what was uncomfy about it?
- 92 P2 When it hurts.
- 93 P1 When it hurt your hips. Ah, right, I see. And you said that you didn't agree or disagree that  
94 the Actigraph got in the way of what you were doing. Can you tell me about that?
- 95 P2 It didn't?
- 96 P1 Yes, you said that you neither agree or disagree, so it was kind of in between, that the  
97 Actigraph got in the way of what you did, or what you were doing.
- 98 P2 Oh, I couldn't be able to do roll overs, because do you know when it digs in?
- 99 P1 Ah, yes. so you weren't able to do roll overs? Can you give me an example of when that  
100 happened?

## Phase 3 – P5

- 101 P2 Do you know when you're starting, and then you land on your hip?
- 102 P1 Ah, so you kind of swish over. Is that what you mean?
- 103 P2 Yes.
- 104 P1 Oh dear. And where were you when you were doing roll overs?
- 105 P2 In mine, but not in the house. Like outside. And do you know the end house that you came  
106 to?
- 107 P1 Yes.
- 108 P2 That one. That side by the gates. There, on the Astroturf grass.
- 109 P1 Ah, right.
- 110 P2 And every time I kept doing roll overs it kept hurting me, and hurting.
- 111 P1 Oh dear. and what would you do to change the Actigraph, if you could do anything to make  
112 it better? So is there anything that you would change about it? No? OK. And what would you do to  
113 change the pedometer, so the one that you couldn't really wear? What would you do to make that  
114 better?
- 115 P2 Nothing.
- 116 P1 Nothing? That's great. and did you ever have to be told to remove the Actigraph, like take it  
117 off?
- 118 P2 No.
- 119 P1 No? OK. So next I'd like to talk about other people, like friends and family, and how they may  
120 have influenced you wearing the physical activity monitor. Did you ever forget to put the Actigraph  
121 on?
- 122 P2 Yes.
- 123 P1 Can you tell me a bit more about that?
- 124 P2 It was when I was playing out, because I'm rushing to play out.
- 125 P1 Because you couldn't wait to play out? That's fair enough, isn't it? I think that's far more fun.  
126 and on the feedback questionnaire you said that you disagreed that you can forget to put the  
127 Actigraph on. How was it for you remembering to put the Actigraph on each day? Can you  
128 remember how you remembered to put it on?
- 129 P2 I can't remember.
- 130 P1 That's ok. It was such a long time ago, wasn't it? And you said that you agreed that other  
131 people noticed you wearing an Actigraph. What did people say to you?
- 132 P2 People said, they said, "What is that?" And I said, "It's a monitor that shows your exercise."

## Phase 3 – P5

- 133 P1 Very good answer. And what did you think about what they said?
- 134 P2 I thought it was good what they said.
- 135 P1 And how did it make you feel when people were asking you about it?
- 136 P2 Happy.
- 137 P1 Happy. Can you tell me a little bit more about what happy means to you, when people were  
138 asking you about it?
- 139 P2 Happy smile.
- 140 P1 Happy smile. Aah, you've got a lovely smile as well. That's a really good answer. Thank you  
141 very much. Did you notice a change in the amount of active activities you normally do as a family  
142 while you were wearing the activity monitors?
- 143 P2 No.
- 144 P1 And how about with your friends? Did how your friends are involved in you being active  
145 change?
- 146 P2 Yes.
- 147 P1 Yes? Can you tell me about that? So did the way you play with your friends change while you  
148 were wearing the activity monitor?
- 149 P2 No.
- 150 P1 No. OK. And on the feedback questionnaire you said that you disagreed that other people  
151 like friends and family kept asking how much activity you did while you were wearing the Actigraph.  
152 What do you think about that?
- 153 P2 I don't know.
- 154 P1 You don't know. That's fine, That's absolutely fine, P2. You're doing great. Thank you for  
155 your answers. I'm learning a lot about what wearing a physical activity monitor was like for you. In  
156 this last section I'm going to explore how wearing a physical activity monitor may or may not have  
157 affected the active activities that you do. Do you think that wearing a physical activity monitor  
158 encouraged you to be more active? Do you think that it encouraged you to do more, like play out  
159 more, or do more sport?
- 160 P2 I mean yes.
- 161 P1 Can you tell me how?
- 162 P2 How wearing the activity monitor encouraged you to do that?
- 163 P2 I've forgot.
- 164 P1 That's absolutely fine. so how about the other young people with CF? Do you think wearing  
165 an Actigraph and a pedometer would encourage them to be more active?

## Phase 3 – P5

- 166 P2 Yes.
- 167 P1 Yes? and how do you think using the Actigraph and the pedometer could help you to be  
168 more active?
- 169 P2 It's good.
- 170 P1 Because it's good? and what's good about it?
- 171 P2 That I do more exercise than I used to do.
- 172 P1 And do you know why you do more exercise?
- 173 P2 Because I want to make Mummy happy.
- 174 P1 Aww, that's really nice. Aah, that's so sweet. That's a nice answer. And how about other  
175 children and young people with CF? How do you think wearing an Actigraph and pedometer could  
176 help them to be more active?
- 177 P2 Good.
- 178 P1 You think it'd be good for them? And what would be good for them about wearing the  
179 Actigraph?
- 180 P2 They could do more activities.
- 181 P1 Yes? And do you know how it would help them do more activities?
- 182 P2 I've forgotten.
- 183 P1 That's ok. You're doing really, really well, P2. And can you tell me how you think using the  
184 Actigraph was useful or not useful at encouraging physical activity?
- 185 P2 Useful.
- 186 P1 It was useful? What was it about the Actigraph that you think might have made it useful at  
187 encouraging you to be more active? So thinking about the Actigraph, that was the one that clipped  
188 on, how do you think it encouraged you to be more active?
- 189 P2 No.
- 190 P1 No, ok. And what was it about the Actigraph that you feel stopped you from being active?
- 191 P2 Never.
- 192 P1 Never? It never did. OK. So just a few questions for your Mum now, and then I'll come back  
193 to you. You're doing really well. What do you think the benefits of wearing a physical activity  
194 monitor are for P2?
- 195 P3 It doesn't stop her, and it doesn't gain anything for her.
- 196 P1 Yes. And can you tell me a little bit more about why that might be for P2?

## Phase 3 – P5

- 197 P3 It's just because she does, like every day she's active, so she's not more active, or she's not  
198 less active. She's just...
- 199 P1 Just really active.
- 200 P3 Yes, she's just active all the time, so I don't think she'd benefit from it, because she is always  
201 active.
- 202 P1 Yes.
- 203 P3 Maybe if she was poorly, or she just stays in, but she's out 24/7, so I just don't think. It  
204 wouldn't impact on her life, I don't think.
- 205 P1 Yes. Ah, not for P2. And what do you think the negatives of wearing a physical activity  
206 monitor are for P2?
- 207 P3 I don't think there is, to be honest. It doesn't get in the way. It doesn't stop her from doing  
208 anything, so it doesn't really...
- 209 P1 Yes. Ah, that's great. and thinking about P2, do you feel the activity monitors encourage her  
210 to be more active?
- 211 P3 Not really. I think she'd forget, what was it, the first one?
- 212 P1 The Actigraph.
- 213 P3 The Actigraph. She didn't really know that was there, so she just played.
- 214 P1 Just carried on as normal.
- 215 P3 Yes. And she showed off in front of her mates.
- 216 P1 That's fair enough. Well, you've got to do something, haven't you? And do you think it's  
217 feasible that your child P2, that wearing a physical activity monitor might influence the type or  
218 amount of activity that they do?
- 219 P3 What do you mean, sorry?
- 220 P1 So do you think it's feasible that wearing a physical activity monitor, or P2 wearing a physical  
221 activity monitor, that it might influence how much activity or the type of activity that she does?
- 222 P3 See, P2, she's the same person, so she's not...Not really, no, to be honest. She is just the  
223 same.
- 224 P1 Sounds like your saying it wouldn't necessarily influence her.
- 225 P3 It just wouldn't influence her, no. She just does it anyway. She is an active person, so it  
226 wouldn't really make her, like she wouldn't go, "Oh, I need to put that on to make me go and do  
227 exercise", because she'd just go when she's outdoors anyway, but she does quite like swimming, so I  
228 just wouldn't think it would make an impact.

## Phase 3 – P5

- 229 P1 Ah, thanks for that. That's brilliant. Ah, good shot, P2. I've got a few more questions to ask  
230 you if that's ok.
- 231 P2 Yes.
- 232 P1 OK. Did you change the amount of activity that you normally do while you were wearing the  
233 Actigraph? No? And can you tell me a bit more about that? You say it didn't change how much you  
234 did.
- 235 P2 I just stayed normal.
- 236 P1 You just stayed normal. So when you say you stayed normal, what does that mean?
- 237 P2 Like I do a lot of exercise and stuff.
- 238 P1 Ah, so you do a lot of exercise anyway.
- 239 P2 Yes.
- 240 P1 And on the feedback questionnaire you said that you disagreed that you tried new activities  
241 out while you wore the Actigraph. Can you tell me a bit more about that?
- 242 P2 I don't know. I've forgot.
- 243 P1 You've forgot. That 's absolutely fine, P2. and did you notice a change in how strenuous the  
244 activities you typically do are? No? And you mentioned on the feedback questionnaire that you  
245 agreed that getting some information each day would encourage you to be more active or do more  
246 activity. Can you tell me a bit more about that? So what is it? It's absolutely fine. That's absolutely  
247 fine, as long as you don't mind me chatting. So what was it about getting some information that tells  
248 you how active you are each day do you think would have encouraged you to be more active? So  
249 what information, if anyone could give you any information about how active you are, what  
250 information would you like to hear? So thinking about when you play out, when you do your things  
251 like swimming, and riding your bike, or anything like that, what information would you like to hear?  
252 What would you like somebody to tell you about when you do your activities?
- 253 P2 What do you do?
- 254 P1 What do you do? So thinking about when you go swimming, for example, what would you  
255 like somebody to tell you when you go swimming? You know, about how active you are, like how  
256 fast you go...
- 257 P2 You're very fast.
- 258 P1 So you're very fast. And how about when you're running? what would you like people to tell  
259 you?
- 260 P2 I'm very fast.
- 261 P1 OK. So thinking about all the different things that you do, it sounds like you're saying that  
262 maybe you'd like to find out how fast you go? Is that what you're trying to say?

## Phase 3 – P5

- 263 P2 Yes.
- 264 P1 OK. And you said that you didn't agree or disagree that you would like to wear the Actigraph  
265 again. Can you tell me about that? So the Actigraph's the one that went round your waist, on like the  
266 elastic belt.
- 267 P2 Disagree. What's disagree?
- 268 P1 Disagree's when you kind of don't like it or something.
- 269 P2 Oh.
- 270 P1 Agree is kind of like saying yes, and disagree is kind of like saying no. So you kind of didn't  
271 say yes, or you didn't say no. You kind of said in between.
- 272 P2 Maybe.
- 273 P1 Yes, like a maybe. So you said like you'd maybe like to wear an Actigraph again. Can you tell  
274 me about that?
- 275 P2 Because it's nice.
- 276 P1 Because it's nice? And what's nice about it?
- 277 P2 That it helps me do a bit more exercise.
- 278 P1 And how does it help you do a bit more exercise?
- 279 P2 Because I want to make Mummy happy.
- 280 P1 Aaah!
- 281 P2 Again and again and again.
- 282 P1 Aaah! OK. And if you could ask the clinicians, so all the doctors, and the nurses, and the  
283 physios in the CF team at Alder Hey anything, what would you ask them? So you could ask them any  
284 question in the whole wide world.
- 285 P2 Am I good?
- 286 P1 Are you good? And what does good mean to you, P2?
- 287 P2 Active. Am I good at doing exercise?
- 288 P1 Are you good at doing exercise? Can I just go back to that very first question that I asked  
289 you? Because I heard that you were unable to wear the pedometer. So that was the clip-on one, so  
290 not the one on the belt, but the clip-on one, and that's ok, because I'm interested in hearing about  
291 all of it.
- 292 P2 The clip-on one I never really wore that one that much.
- 293 P1 OK. Can you tell me about that? Like what stopped you from wearing the pedometer?



## Phase 3 – P5

- 294 P2 Because I just wanted to play out.
- 295 P1 Because you just wanted to play out. Well, that's fine. you're allowed to play out. And when  
296 did you not wear it?
- 297 P2 I didn't wear it today.
- 298 P1 Today. And when did you wear it?
- 299 P2 I wore it a couple of weeks ago, didn't I, Mum? The clip-on one, I tried it, remember? And it  
300 didn't stick.
- 301 P1 And what did it not stick on?
- 302 P2 On my knickers.
- 303 P1 Ah. Did it keep on falling off, or dropping down?
- 304 P2 Dropping down.
- 305 P1 OK. Well, P2, that's brilliant. That's all the questions that I've got to ask you, so thank you for  
306 speaking with me today. I've really enjoyed hearing what you thought about wearing the activity  
307 monitors. That's the end of the interview now. Is there anything more you'd like to add, like maybe  
308 something I've missed?
- 309 P2 No.
- 310 P1 No? How about you, Mum?
- 311 P3 No.
- 312 P1 No? OK, I'll end the interview now. Thank you for your time, and speaking with me today.
- 313 ***End of Interview***

## Phase 3 – P6

1 P1 So hi, P2. If you remember, the last time we met I spoke to you about when you're active  
2 and when you're not active, and then I asked you to trial two different activity monitors. One was a  
3 GenieActive, and the other was the Moves app. I'm here today to ask you thirty-one short questions  
4 about what you thought about the devices you tried out, like what you like about them and what  
5 you disliked about them. there's no right or wrong answers, so don't worry. I'm interested in what  
6 you have to say, and may I ask for some examples if you can, because this will help me to  
7 understand your experiences better. If you need to think for a little bit before answering a question  
8 that's ok. We won't try and answer for you. We'll just wait until you feel ready to answer, or if we  
9 move past a question, then you remember something that you wanted to say, that's fine too. You  
10 can add things at the end. That's not to exclude your Mum. There are some specific questions for her  
11 as well, so watch out for these. It should take around forty minutes, depending on your answers, and  
12 I'll be recording our conversation on the Dictaphone, just to help me remember everything we say.  
13 Also I'll be ticking off the questions I ask as I go along, just so I don't say the same thing twice. If you  
14 or I happen to mention someone's name as we go through the questions, or anything that might let  
15 someone else know who you are or other people, I will be taking this out of the transcript of our  
16 conversation, and this is just a document where we write out our conversation. So if you're happy to  
17 begin?

18 P2 Yes.

19 P1 OK. In this first section I'm going to ask you about the times and places that you wore the  
20 activity monitors, or used the activity monitors we asked you to wear. On the feedback  
21 questionnaire you completed after using each physical activity monitor, you said you strongly agreed  
22 that you enjoyed wearing the GenieActive. Can you tell me a bit more about that?

23 P2 Yes. It was comfy. It didn't get in the way, and it stayed nice and tight on my arm, so it  
24 weren't bobbing around getting in the way, and then there was a couple of times where I actually  
25 fell asleep wearing the watch, because I couldn't notice it.

26 P1 Oh right, ok. So what was it you liked about wearing the GenieActive watch?

27 P2 It was just the way it didn't get in the way. It was comfy.

28 P2 What did you dislike about wearing it?

29 P2 I didn't really dislike anything. It was just good. It was all right. It just stayed on nice.

30 P1 Ah, thanks. And for the Moves app, you said that you strongly agreed that you enjoyed using  
31 the Moves app. Can you tell me a bit more about that?

32 P2 Yes. I liked at the end of the day, looking at how many steps I'd got or where I'd ran, or  
33 things like that, going on my bike, because it was good to see how many steps I'd taken in a day.

34 P2 And what did you dislike about the app?

35 P2 There wasn't really anything I disliked about it really.

36 P1 Ah, thanks for that, P2. What physical activity monitor did you enjoy using the most?

## Phase 3 – P6

- 37 P2 I don't know. I liked the Moves app.
- 38 P1 Yes.
- 39 P2 Because you could monitor everything yourself.
- 40 P1 Ah, yes. And when you say monitor everything yourself, can you tell me what you mean,  
41 please?
- 42 P2 With the watch you couldn't see what you'd done, but when you look at the phone you  
43 could see how many steps, where you'd ran, how far you went, how long you'd been walking for,  
44 and things like that.
- 45 P1 Ah, thanks for that. On the feedback questionnaire you said that you agreed that the  
46 GenieActive was comfy to wear. What was it about the GenieActive that you felt was comfy to wear?
- 47 P2 It was a nice, tight fit, and it wouldn't did into you anywhere, and it just stayed.
- 48 P1 OK. And what was it about the GenieActive that was not comfy to wear?
- 49 P2 I don't really think there was anything. I don't know.
- 50 P1 No? That's fine. And you strongly agreed that the Moves app was easy to use. Can you tell  
51 me a bit more about that?
- 52 P2 Yes. It was very simple, because as soon as you turned it on it shows you everything, and  
53 then just to see the other things all you have to do is tap the green circle with everything in, and it  
54 shows you everything.
- 55 P1 Ah, yes. So it was quite simple to use and all that.
- 56 P2 Yes.
- 57 P1 And what was not easy about using the Moves app?
- 58 P2 I don't think there was anything. I think it was very good.
- 59 P1 So do you think even someone like me could use it? I need things to be simple. You said that  
60 you strongly disagreed that the GenieActive got in the way of what you were doing. Can you tell me  
61 a bit more about that?
- 62 P2 Yes, it was just you put it on, and then you'd forget you was wearing it. Like I'd be playing  
63 football with it, it'd go under my sleeve, and then it wouldn't get caught on anything or get in the  
64 way.
- 65 P1 Ah, that's good. So it sounds like it wasn't like a distraction for you.
- 66 P2 Yes.
- 67 P1 And can you give me an example of when the monitor got in the way of what you were  
68 doing?

## Phase 3 – P6

- 69 P2 I don't think it did really. No, I think it just, it was like a watch. It just didn't get in the way  
70 really.
- 71 P1 Ah, thanks. And what would you do to change the GenieActive, if you could do anything to  
72 make it better?
- 73 P3 That's ironic. I think once the weather's nice, where his friends'd ask him he was going to  
74 parties, and he'd feel a little bit embarrassed, wouldn't you, when people'd come up and say, What  
75 time is it?" and he'd have to say, "Oh, it's broke".
- 76 P1 Oh, yes.
- 77 P3 So if it had the time on, that'd probably be good.
- 78 P1 Yes. So your Mum there said that you felt a little bit embarrassed. Can you tell me a bit more  
79 about that?
- 80 P2 I don't know what she's going on about.
- 81 P3 Remember at parties. I remember you came home on two occasions and said it.
- 82 P1 So is there anything that you'd change to make it better, the GenieActive?
- 83 P2 It'd be good to see like what it was monitoring.
- 84 P1 Yes.
- 85 P2 And maybe like a little screen on the top, and you could see what you'd been doing.
- 86 P1 OK, so maybe some feedback that you can see there and then.
- 87 P2 Yes.
- 88 P1 Brilliant. And how about the Moves app? What would you do to change the Moves app, if  
89 you do anything to make it better?
- 90 P2 I think that was very good. It showed you everything you needed.
- 91 P1 Yes.
- 92 P2 I don't really think there was anything. It was very good.
- 93 P1 Ah, so there's nothing that you'd like to add to it, or change?
- 94 P2 No.
- 95 P1 Thanks. Did you ever have to be told to move the monitor or that?
- 96 P2 No.
- 97 P1 No? OK. Next I'd like to talk about other people like friends and family, and how they may  
98 have influenced you to wear the physical activity monitors, or use the physical activity monitor. Did  
99 you ever forget to put the physical activity monitor on?

## Phase 3 – P6

100 P2 There was a couple of times in the morning where I'd wake up and I'd just forget to put it on,  
101 and my Mum'd send me back to my room to put it on and write down on the paper the time and  
102 everything.

103 P1 And how about the Moves app? How was it for you, you know, did you ever forget to sort of  
104 carry your phone on you, or anything like that?

105 P2 Not really. It was just when I'd be doing the sport I couldn't take my phone with me, because  
106 it'd be like swimming or football, something like that.

107 P1 Yes. OK. And on the feedback questionnaire you said that you strongly disagreed that you  
108 kept forgetting to put the GenieActive on. How was it for you remembering to wear the monitor  
109 each day?

110 P2 Well, because it was something I'd never really done, I'd get up in the morning, and when I  
111 didn't forget to put it on I'd be enthusiastic to put it on just for the research and for what is it, the  
112 stuff that you monitor.

113 P2 Oh yes, the physical activity.

114 P2 Yes.

115 P1 Ah, thanks for that. That's good. So it sounds like you were quite thoughtful about it.

116 P2 Yes.

117 P1 Thank you. And for the Moves app you didn't agree or disagree that you kept forgetting to  
118 look at the Moves app. How was it for you remembering to look at it?

119 P2 I'd look at it, but then sometimes I'd be talking to my mates, and where I'd look at it, I'd just  
120 like forget, and I'd just carry on talking, or sometimes I might leave my phone somewhere and not  
121 pick it up to look because I've forgotten, just things like that.

122 P1 Yes. Was it something that you thought about every day, you know?

123 P2 Yes, I liked to look at it to see how far I'd walked, and things like that.

124 P1 And was there a time of day that you particularly looked at it?

125 P2 I'd look at it after I'd maybe walked the dogs or gone out with my friends or something like  
126 that. I'd like to look at it to see what we've done.

127 P1 Yes. Ah, right. And can you tell me how you remembered to wear the GenieActive each day?

128 P2 Well, because I was enthusiastic about it, I'd have it next to me when I'd wake up, so I could  
129 just put it on, and if I did forget about it, my Mum would just tell me, so that's why I'd remember to  
130 put it back on.

131 P1 Ah, brilliant. Thanks for that. And how about the Moves app? Can you tell me how you  
132 remembered to look at the Moves app each day?

## Phase 3 – P6

- 133 P2 Well, I'd be looking at my phone, and then I'd notice the little icon, like the GPS icon, and I'd  
134 be like, "Oh, that's for the Moves app. I'll have a look how I've gone on".
- 135 P1 Yes. So just like part and parcel of your normal day, it sounds like you're saying.
- 136 P2 Yes. And then sometimes I'd just remember to look at it, or I'd want to see how I'd done.
- 137 P1 OK. Oh, you mentioned actually, didn't you, after walking the dogs and things like that?
- 138 P2 Yes.
- 139 P1 You said that you disagreed that other people noticed you were wearing the physical activity  
140 monitor, and/or using the Moves app. What do you think about that?
- 141 P2 It was all right, because like my Mum said, I went to a few parties, and no one'd notice it was  
142 actually like a monitor. They'd just ask for the time, and I'd get my phone out, and I'd be like, "Why  
143 didn't you just use your watch?" I'd be like, "Because it's this monitor thing for the hospital", or like  
144 my Mum said, "It's broke".
- 145 P1 Yes. And how did it feel when people were asking about that?
- 146 P2 It was all right. It was mostly just my mates, so I could tell them.
- 147 P1 Yes. And what did you expect might happen while you were wearing and using the physical  
148 activity monitors?
- 149 P2 I didn't really know what was going to happen, because I'd never used it before.
- 150 P1 Yes. And did you notice a change in the amount of active activities you normally do as a  
151 family, while you were wearing the monitors or using the Moves app?
- 152 P2 I know my Mum took us to the baths a bit more.
- 153 P1 Yes.
- 154 P2 Like just for information on it to show you. I know I'd want to get our more, so you could  
155 have more to research, and things like that.
- 156 P1 Yes. Ah, thank you for thinking about that. And can you tell me how the active activities you  
157 do as a family changed while you were wearing the physical activity monitors?
- 158 P2 Well, usually we'll go to the baths like once a month, but then because it was in the two  
159 weeks' holidays as well, and there really weren't that much to do, and all my school sports and that  
160 weren't on, my Mum'd take us to the baths, and because I could keep it on, because it was  
161 waterproof as well, it was all right to swim in, and things like that.
- 162 P1 Yes. And what do you think about that? You know, that went to swimming rather than  
163 maybe doing your school things as it was the school holidays.
- 164 P2 It was fun, because it was better to be around everyone as well.

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- 165 P1 Ah, yes. OK. And how about with your friends? Did how your friends are involved in you  
166 being active change?
- 167 P2 I know I'd be like I'd ask them do you want to have a game of footie or something where you  
168 could go out, because I'd want to try and do as much sport as possible for the monitor.
- 169 P1 Yes. So it sounds like you're saying because you were wearing the monitor you were a little  
170 bit conscious about being active.
- 171 P2 Yes.
- 172 P1 OK. And what do you think about that? You know, how that made you feel, for example,  
173 what you liked about it, what you disliked about it?
- 174 P2 Nice. I found it all right. It didn't really affect, I don't know. I just wanted to get out more, so I  
175 didn't look like I was dead lazy or anything like that.
- 176 P1 On the feedback questionnaire you said that you agreed that other people like friends and  
177 family kept asking how much activity you do while you were using the Moves app, but that you  
178 didn't agree or disagree that other people like friends and family kept asking how much activity you  
179 do while you were wearing the GenieActive. What do you think about that?
- 180 P2 With the watch, because it didn't show how much I'd done, no one'd really ask about that.  
181 They'd just be like, "Let's see your phone". Because I know my cousin stayed over when I had the  
182 watch on, so he was like, "Let's see your phone. Let's see how much you've walked" or we went out  
183 or something like that.
- 184 P1 Ah yes. So more for the Moves app, because I suppose with the GenieActive you can't really  
185 tell anyone anything, can you? And what do you think it was about the Moves app compared to the  
186 GenieActive that prompted friends and family to ask how much activity you were doing?
- 187 P2 It was the fact that you could see on the Moves app how much activity you'd done, and  
188 because they're actually showing us where you've been as well, it'd say like I've walked to the shops,  
189 and then I've walked home, and then my Mum's driven me to somewhere, and it'd show you  
190 everywhere where you've gone, and because it'd show you, they were like, "Let's see".
- 191 P1 Yes, let's have a little nose.
- 192 P2 Yes.
- 193 P1 OK. Thank you for your answers. I'm learning a lot about what wearing physical activity  
194 monitors was like for you. In this last section I'm going to explore how wearing a physical activity  
195 monitor may or may not have affected the activities you do. Do you think that wearing a physical  
196 activity monitor, or using the physical activity monitor, encouraged you to be more active?
- 197 P2 Yes, because I wanted it to show up that I'd been doing more activity as well, so you could  
198 see, for the research.
- 199 P1 Yes. Ah, thanks. and how about other young people with CF? Do you think wearing the  
200 GenieActive and using the Moves app would encourage them to be more active?

## Phase 3 – P6

201 P2 Yes. If they were already active, and they put it on, I think it'd encourage them as well, to be  
202 more active like I was, so it'd show up for the research, to show how the monitor was.

203 P1 Yes. And how do you think using the GenieActive and Moves app could help you to be more  
204 active?

205 P2 Well, I'd go for a jog, I'd jog to football, and I'd like to see how far I'd jogged, and how many  
206 steps it'd taken me to get to football, and things like that.

207 P1 Ah, yes. So like the feedback side of things.

208 P2 Yes.

209 P1 OK. Can you tell me how you think using the GenieActive and Moves app was useful or not  
210 useful at encouraging physical activity?

211 P2 I find it was useful because the information. You'd be happy if you'd seen that you'd done a  
212 lot, because I know there was some days where it'd just be like you've done like four hundred steps,  
213 and you'd be like, "Oh, it's not really that good. Usually I'm doing like twelve thousand", and things  
214 like that.

215 P1 Aah. And what would you do when you found out that you'd maybe done four hundred  
216 steps?

217 P2 I'd be a bit like I've been a bit lazy today. I haven't really done much.

218 P1 Yes. So a bit lazy. So that's what'd go through your mind.

219 P2 Yes.

220 P1 OK. And what was it about the GenieActive and/or the Moves app that you felt stopped you  
221 from being active?

222 P2 I don't really think there was anything that stopped me from being active, because if  
223 anything it encouraged me to see how I'd done.

224 P1 Yes. OK. So this is just a question for you if that's ok, P3.

225 P3 OK.

226 P1 What do you think the benefits of wearing a physical activity monitor are for P2?

227 P3 I think, because of the time that it was given to him, it was given to him in the half-term, I  
228 think with it being half-term, his activity would have decreased, but it did encourage him to be a bit  
229 more active, and I think because he likes to help people with research, I think that also encouraged  
230 him to get up and go, simply because he wanted to see the outcome, the results. I don't really think  
231 there would have been anything else that would have encouraged you to get up and get out, would  
232 it? But using the activity equipment did encourage him to get out and about.

233 P1 Thanks. And what do you think the negatives of wearing a physical activity monitor, or using  
234 a physical activity monitor are for P2?



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235 P3 I don't think there were any negatives, to be honest with you. It was all quite simple, you  
236 know, the devices. You had one on your wrist, and you can use that any time you want, the  
237 advantage that it was waterproof and quite resistant to any damage. I think that made it a lot easier  
238 for somebody of P2's age to use, and with also having that Moves app, P2's quite technical with his  
239 phone and everything. He likes to have his phone on him all the time, so I think that also helped as  
240 well. I think using the two of them together as a combination if kids are of an age where INAUDIBLE.

241 P1 Yes. And thinking about P2, do you feel that the activity monitors encouraged him to be  
242 more active?

243 P3 I don't know. I think P2's generally quite active anyway. I think if it had been J's as normal, J's  
244 normal school term, there may have been a similar level of activity. I don't think if it was given to  
245 him in J's school term, I don't think it would have altered his activity. I don't think it would have  
246 increased any level of activity. If you're looking for an answer to would it encourage others to be a  
247 bit more active, I'd be a little bit optimistic. I think it's a case of whether the child's already active,  
248 and if they want to improve, to people that are active. Because I think that's what it was with P2. He  
249 didn't want to show a lower level of activity in comparison to what he normally does. So I think it  
250 was good for P2 to have on a trial basis, but I think over a long term, I don't think it'd encourage him  
251 to do any more activity than normal.

252 P1 Yes.

253 P3 I think it was just a good time to catch him.

254 P1 Yes.

255 P3 Because it was half-term, and his level of activity did decrease because he was normally  
256 walking to school and walking back, and I think he just likes to show that he is active. I don't know  
257 how that'd affect anybody else in the long term.

258 P1 Brilliant. Ah, thanks for that. And do you think it's feasible for P2, wearing a physical activity  
259 monitor might influence the amount or type of activity that he does?

260 P3 In the long term?

261 P1 Yes.

262 P3 In the long term I couldn't see it increasing his activity. Because he is generally an active kid,  
263 I think he'd just maintain the level of activity, and I think because of the age that he is, although he's  
264 happy to impress at the moment, I think he could get to a point where it's, "Oh, I'm not doing this,  
265 and I'm not doing that". I think for a certain level of time he'd like to conform to prove high activity,  
266 but I don't think it'd encourage him in the longterm.

267 P1 I suppose, like you're saying, of obviously, you know, the conformity. I suppose that's a  
268 reflection of just being that age, isn't it?

269 P3 Yes. Well, I think because he's in that teenage stage as well now, it is an awkward age, you  
270 know. He's going through a stage where he can't be bothered doing things, and yet at other times  
271 he's got all this energy, and he does want to get out and burn some energy off, but I think on a

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272 longterm basis, I don't think it'd encourage him to do any more than what he already does, or what  
273 he's used to.

274 P1 Yes. Ah, thanks for that. Back to you, P2, if that's ok. So the GenieActive shows that on  
275 average you did two hundred and sixty-three minutes, which is four hours twenty-three minutes, of  
276 moderate to vigorous activity each day. It's recommended that children and young people should do  
277 sixty minutes of moderate to vigorous activity each day to stay healthy. You did more than this.  
278 What do you think about that?

279 P2 I'm kind of impressed with myself for doing four hours a day, and yes, I'm pretty impressed  
280 with myself.

281 P1 Yes. Is that something that you expected?

282 P2 No.

283 P1 What were you thinking? If you had to put a number on it, what number were you thinking?

284 P2 I'd say about an hour.

285 P1 What makes you say that?

286 P2 Because it was the holidays I didn't feel I had done as much as what I would do in school.

287 P1 Yes. Thanks for that. And the GenieActive shows that you did the most moderate to vigorous  
288 activity on Saturday. What do you think helped you to be more active on this day?

289 P2 I think it was because, yes, there was a party.

290 P1 There was a party? Aww, what type of party was it?

291 P2 My mate's girlfriend had a party.

292 P1 Ah, yes.

293 P2 Like loads of people went, and it was like, there was a DJ and that, you know.

294 P3 He was dancing till two in the morning.

295 P1 Oh, were you? Aww, dancing till late in the morning. So do you think that may have  
296 contributed to the activity?

297 P2 Yes.

298 P1 And the GenieActive shows that on average you spent three hundred and fifty-four minutes,  
299 which is five hours fifty-four minutes, being sedentary, which means doing things while you're still,  
300 like sitting and watching TV. What do you think about that?

301 P2 Is that a day?

302 P1 That was just on average, yes.

## Phase 3 – P6

303 P2 That's actually, I don't know. It was probably because I was taking it off late at night as well. I  
304 was taking it off about eleven o'clock, so I was probably, I don't know.

305 P3 I think if you look at the positive of that, you exercise almost as much as what you did rest.

306 P1 And I think as well, you've got to look at, especially during the holidays, you get up later,  
307 which is understandable, because you're up at the crack of dawn otherwise, and like you say, you go  
308 to bed a little bit later, so you can't really be out on the streets late at night, so you almost have no  
309 choice but to be inside, do you?

310 P2 And then there's a few times where I fell asleep, so that would have added to the average as  
311 well.

312 P1 OK, thanks for that. And the GenieActive shows that you were more sedentary on a Sunday  
313 and Monday. What do you think about that?

314 P2 Sunday and Monday?

315 P1 Sunday and Monday. And what was different about those days compared to Saturday, when  
316 you were most active?

317 P2 Usually it's on a Saturday that I'll do something with my mates, and I think Sunday would  
318 have been because I had a banging headache.

319 P1 Aah, yes.

320 P2 And I couldn't hear nothing or my throat was hurting really bad, so that would have been  
321 Sunday.

322 P1 Yes. After the party?

323 P2 Yes. And Monday. Was R, was he there on Monday? It might have been because my cousin  
324 was there.

325 P1 And did you change the amount of activity that you normally do while you were wearing the  
326 physical activity monitors?

327 P2 Yes, because...

328 P3 There was a lot less activity than normal, because he'd normally walk to school, does PE  
329 lessons, walk home from school, come home, run to football, play football, and then three times a  
330 week to Thai boxing as well, so I think he was conscious that he wasn't doing any of that, plus  
331 walking the dogs, wasn't he?

332 P1 Yes. And I was going to say can you tell me about the difference wearing a physical activity  
333 monitor made to you?

334 P2 I was encouraged to do more activity so there's more research for how the monitor  
335 monitors.

## Phase 3 – P6

336 P1 And what was going through your mind, you know, your Mum mentioned that you were on  
337 holiday? Is that something that you were thinking about?

338 P2 Yes, because, like my Mum said, I'd usually do a lot like to routine. Because it was the  
339 holidays and everything, it just got thrown out of the window. I didn't want it to look like I just do  
340 nothing.

341 P1 Yes. Oh no, you're on holiday. You're entitled to a break. And on the feedback questionnaire  
342 you said that you didn't agree or disagree that you tried new activities out while you wore the  
343 GenieActive and used the Moves app. Can you tell me a bit more about that?

344 P2 Yes, because I just did the usual stuff I've done, as well as I went to the baths and things like  
345 that, because there was nothing that I could really introduce.

346 P1 Yes.

347 P2 Because I do all the sports that are available to me, because I can't go and do like sky-diving  
348 or ....

349 P1 Aww. You could try, but can you imagine, trying to fit that in with your homework?

350 P2 Yes. I was actually meant to be going for my birthday.

351 P1 Oh, really?

352 P2 But then they put an age limit on it.

353 P1 Aww! Oh, well maybe in a few more years' time.

354 P2 Yes.

355 P1 Nearly close to the end now. Did you notice a change in how strenuous the activities you  
356 typically do are, like how fast you run, or when you were doing your Thai boxing?

357 P2 I felt like I was just going at what I usually go, but it was around that time as well that,  
358 because I've started doing like even more activity, I felt like I had more energy to do more, so that  
359 might have been I used more energy in the sports.

360 P1 Yes. And can you tell me about how you used the Moves app?

361 P2 Well, what I'd do, say I'd go out, and once I came back in and I'd go to sit down or something,  
362 I'd look at my phone to see what I'd done, and then I'd have a look where I'd been as well, so it was  
363 fun to look where I'd been.

364 P1 Ah yes, course. Ah, go on. Sorry, you were saying. So I'd asked you can you tell me how you  
365 used the Moves app.

366 P2 Yes. So I'd come in from doing what I was doing, and then I was about to sit down or I just  
367 came in and didn't have anything else to do, I'd look at my phone to see where I'd been and how  
368 long I'd been walking, and the distance, and how many steps I'd taken.

## Phase 3 – P6

- 369 P1 Yes. And so apart from the step counter, did you use any of the other settings on the Moves  
370 app?
- 371 P2 Yes, I used the bicycle one and the running one.
- 372 P1 Yes. And what did you like most about the bicycle and the running?
- 373 P2 I liked how it showed you, I think it was the average speed, I think it was, and the distance  
374 you'd gone.
- 375 P1 Ah yes. And what did you dislike about the Moves app?
- 376 P2 I didn't really dislike anything, because it was so simple, and it showed you what you wanted  
377 to see.
- 378 P1 Yes.
- 379 P2 It was good to see how you'd done.
- 380 P1 Yes. And how did you find having to have the phone on you when you were being active, you  
381 know, so it would pick up how much activity you did?
- 382 P2 Well, usually I carry my phone everywhere anyway, so it didn't really affect me.
- 383 P1 Ah, that's good to hear. Yes, that's good to hear. Did you ever have to not have your phone  
384 on you when you were active?
- 385 P2 There was maybe a couple of times where I'd leave my phone in the house by accident,  
386 where we'd go to the shops or something.
- 387 P1 Yes.
- 388 P2 There was times like that.
- 389 P1 OK. And apart from that, sorry, I was going to say what was it you were doing, but you've  
390 just told me, haven't you? You were going to the shops. Just ignore me. And you mentioned on the  
391 feedback questionnaire that you strongly agreed that getting some information each day would  
392 encourage you to do more activity. Can you tell me a bit more about that?
- 393 P2 Yes. To see how much activity you'd done in a day, like I said, say you do like four hundred  
394 steps, you'd be like encouraged the next day to do even more, to show to yourself that you're not  
395 being lazy all the time, and I know there was a few times where I'd get like ten thousand, and the  
396 next day I'd be like, "Well, I'll try and get like twelve thousand", to see how many I could get.
- 397 P1 Yes. So like a little competition with yourself. Brilliant.
- 398 P2 Yes.
- 399 P1 And what was it about getting some information that tells you how active you are each day  
400 you feel would encourage you to be more active?

## Phase 3 – P6

- 401 P2 I felt, because it was showing me how much I was doing, it was making me feel better with  
402 myself, so then it'd encourage me to do even more, and to keep it up.
- 403 P1 So you say it made you feel a bit better in yourself. What type of things did it make you feel?
- 404 P2 Yes. It made me know that I'm not being lazy in the holidays, just like all my mates.
- 405 P1 Ah, thanks. Nearly close to the end now. You didn't agree or disagree that you would like to  
406 wear a GenieActive again, but you said that you would like to use the Moves app again. Can you tell  
407 me a bit more about that?
- 408 P2 I must have left the use it again, because I would use it again.
- 409 P1 Would you? Ah, right, yes.
- 410 P2 Yes. I would use it again, and the Moves app, I still use it.
- 411 P1 Yes. And which one, if you were given the choice of the two, which one would you choose  
412 first to use?
- 413 P2 The Moves app.
- 414 P1 Yes. OK. and if you could ask the clinicians in the CF team at Alder Hey anything, what would  
415 you ask them?
- 416 P2 I don't know.
- 417 P1 Anything in the world you could ask them, absolutely anything.
- 418 P2 I don't think there is anything, really.
- 419 P1 No? Ah, that's fine, then. Thank you very much for speaking with me today. I've really  
420 enjoyed hearing about what you thought about wearing the physical activity monitors. That's the  
421 end of the interview now. Is there anything more you'd like to add?
- 422 P2 No. That's it, then.
- 423 P1 Maybe anything I've missed?
- 424 P2 No.
- 425 P1 No? OK, then. I'll end the interview now. Thank you very much for speaking with me today.
- 426 ***End of Interview***

## Phase 3 – P7

1 P1 So hi, P2. If you remember, the last time we met I spoke to you about when  
2 you're active and when you're not active, and then I asked you to try out two different  
3 activity monitors. One was a GenieActive, and the other one was a Nike Fitbit. I'm here  
4 again to ask you thirty short questions about what you thought about the devices you  
5 tried out, like what you liked about them and what you disliked about them. There's no  
6 right or wrong answers, so don't worry. I'm interested in what you have to say, and may  
7 I ask for examples if you can, because this'll help me to understand your experiences  
8 better. If you need to think for a little bit before answering the question, that's ok. We  
9 won't try and answer for you. We'll just wait until you feel ready to answer, or we move  
10 past a question and then you remember something that you wanted to say, that's fine  
11 too. You can add things at the end. That's not to exclude you, Mum. There are some  
12 specific questions in there for you also, so watch out for these. It should take around  
13 forty minutes, depending on your answers, and I'll be recording our conversation on the  
14 Dictaphone, and just to help me remember everything we say. Also I'll be ticking off the  
15 questions that I ask as we go along, just so I don't say the same thing twice. If you or I  
16 happen to mention someone else's name as we go through the questions, or anything  
17 that might let someone else know who you or other people are, I'll be taking this out of  
18 the transcript of our conversation, and this is just a document where we write out our  
19 conversation. So if you're happy to begin? OK. So in this first section I'm going to ask  
20 you about the times and places that you wore the activity monitors we asked you to  
21 wear. So on the feedback questionnaire you said that you completed after wearing each  
22 physical activity monitor, you said that you agreed that you enjoyed wearing the  
23 physical activity monitors. Can you tell me a bit more about that? So what did you like  
24 about wearing the physical activity monitors?

25  
26 P2 With the GenieActive, it looked more like a watch, so people didn't say  
27 something, where with the Fitbit, you could put it, because it was like slim and that, you  
28 could put it on your ankle, it would go round your sock, it would go inside your sock, so  
29 you could still do like basketball and other sports with that on.

30  
31 P1 OK. And what did you dislike about wearing the activity monitors?

32  
33 P2 The GenieActive was a bit too big, so it was hard to ignore that it was there,  
34 whereas with the Fitbit you could just ignore it was there. The Fitbit you couldn't exactly  
35 tell whether it was on or it was off, because you have to double tap it, tap it once or  
36 something. It's just a bit complicated.

37  
38 P1 Ah, right. So that was something that you disliked about it? OK. And what  
39 physical activity monitor did you enjoy wearing most?

40  
41 P2 The Fitbit.

42  
43 P1 The Fitbit. And what was it about the Fitbit that you enjoyed, compared to the  
44 GenieActive?

45  
46 P2 Because it was smaller, like relevant to wear for sport and that, because you

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47 could just hide it.

48

49 P1 Ah, right. So when you say relevant, could you tell me a little bit more about that?

50

51 P2 It was more, I can't think of the word. So I think it was better to wear for sport,  
52 because it was smaller and more....

53

54 P1 Ah, right. And that was something that you could wear round your ankle, you said  
55 earlier.

56

57 P2 Yes.

58

59 P1 OK. Thanks for explaining that to me. On the feedback questionnaire you said  
60 that you agreed that the Fitbit was comfy to wear, and you didn't agree or disagree that  
61 the GenieActive was comfy to wear. What was it about the Fitbit and the GenieActive  
62 that you felt made it comfy to wear?

63

64 P2 The Fitbit was more comfortable material, because it was like a rubbery plastic,  
65 and it was smaller, so it was easier to wear on your wrist or your ankle, and you'd just  
66 forget it was there, and then you don't have to take it off and take it on when you go to  
67 bed and when you go out, whereas the GenieActive was bigger, and it looked more like  
68 a big old-fashioned clunky watch. Well, not old-fashioned, but like a big thingy watch,  
69 and you'd have to keep taking it off and on, so it'd be a bit complicated. You'd have to  
70 remember to take it off and remember to put it back on.

71

72 P1 OK. Thanks for that. And what was it about the Fitbit and GenieActive that made  
73 it uncomfy to wear?

74

75 P2 The GenieActive was quite clunky.

76

77 P1 Or chunky.

78

79 P2 Yes, chunky. That's the word. And it was like uncomfortable to wear, because  
80 like I say, if you were running, you couldn't exactly wear it, whereas the Fitbit, there  
81 wasn't really much uncomfortable about the Fitbit. Apart from sometimes it might dig in,  
82 so it was hard to put the holes into the thing.

83

84 P1 Oh, on the clasp? Yes. So you found that a little bit difficult.

85

86 P2 Yes. You'd have to try and dig it in so it would hurt to put it on.

87

88 P1 Aah, ok. Thanks for explaining that to me. You said that you disagreed that the  
89 Fitbit got in the way of what you were doing., whereas you didn't agree or disagree that  
90 the GenieActive got in the way of what you were doing. Can you tell me a bit more  
91 about that?

92



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93 P2 The Fitbit never got in the way, because you could just hide it in your sock, or  
94 because it was quite small, again you could forget that you had it on, but the  
95 GenieActive again you couldn't put it on your ankle. You had to put it on your wrist, so  
96 you couldn't wear it, so it would get in the way, because I wasn't able to wear it.

97

98 P1 Yes. Aah, thanks for that. And can you give me an example of when the monitor  
99 got in the way of what you were doing?

100

101 P2 I couldn't wear it for basketball. It was seen as like a jewellery, so like I say if you  
102 were marking someone you might hurt them, because it's quite big.

103

104 P1 Ah. And what one was that, that you couldn't wear?

105

106 P2 The GenieActive.

107

108 P1 OK. And where were you when you were doing basketball?

109

110 P2 At the sports centre across the road.

111

112 P1 OK. Thanks for that. What would you do to change the GenieActive and the  
113 Fitbit, if you could do anything to make them better?

114

115 P2 Make the GenieActive be a bit smaller, and maybe have a time on it so people  
116 could go and just a watch, instead of having to explain to people that it's to help, it's to  
117 show about physical activity and all that. And the Fitbit, maybe have it in more neutral  
118 colours, so it's harder to notice, so you don't have to explain yourself, say grey or  
119 something, because if it's bright pink, they'd go, "Oh, what's that?"

120

121 P1 Oh, yes. I see what you're saying there. So some colours and some features that  
122 make it not as noticeable to other people.

123

124 P2 Yes.

125

126 P1 OK. Did you ever have to be told to remove the monitor?

127

128 P2 I didn't have to for the Fitbit, because you could hide it in your sock, or in  
129 gymnastics they were fine about it, because the material, it could just stay in my ankle,  
130 but I had to take it off, the GenieActive, for gymnastics and basketball, because it was  
131 quite big. It was on my wrist, so you couldn't wear it for activities. You might hit  
132 someone else.

133

134 P1 And who told you to remove the device?

135

136 P2 The coach and instructor.

137

138 P1 And what reasons did they give you for having to remove the device?

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139

140 P2 Because you might hurt someone else, so you actually might hurt someone else,  
141 and you might hurt yourself in gymnastics.

142

143 P1 Ah, so it's quite important that you don't hurt yourself or anyone else, isn't it?  
144 Thanks for that. Next I'd like to talk about other people like friends and family, and how  
145 they may have influenced you to wear the activity monitors. Did you ever forget to put  
146 the physical activity monitor on?

147

148 P2 I didn't forget with the Fitbit, but I could just keep it on all the time. I'd take it off  
149 for the shower, so I think I forgot once. I think I forgot a few times with the GenieActive,  
150 because you have to take it off at night, so I might forget to put it on in the morning after  
151 an activity.

152

153 P1 Yes. And on the feedback questionnaire you said that you agreed that you kept  
154 forgetting to put the GenieActive on, but that you didn't agree or disagree that you kept  
155 forgetting to put the Fitbit on. How was it for you, remembering to put the monitor on  
156 each day?

157

158 P2 Wit the Fitbit, again you could just keep it on, so it's easier just to leave it, and  
159 then you take it off and put it on in the shower, but the GenieActive was like you had to  
160 take it off at night, so then you'd have to put it back on in the morning, and sometimes  
161 I'd forget, and say if I'd gone out late I might be rushing around, so then I'd forget to put  
162 it on for the day.

163

164 P1 Yes. Can you think of an example, or give me an example of a day when that  
165 may have happened?

166

167 P2 I think I forgot to put it on on Sunday, because again, I think I got up late and had  
168 to get ready quick, and I think I just forgot to put it on.

169

170 P1 That's fair enough. Thanks. Can you tell me how you remembered to wear the  
171 monitor each day?

172

173 P2 I put the GenieActive next to my bed, so that when I got up I could see it, but  
174 again, the Fitbit I'd just keep on.

175

176 P1 Ah, so you didn't need to remember to put it on. Ah, thanks for that. You said that  
177 you agreed that other people noticed that you were wearing a physical activity monitor.  
178 What did people say to you?

179

180 P2 They just asked what it was and what it did, and someone asked what the time  
181 was with the GenieActive, and I had to say, "Oh no, it's not a watch, it's a blah, blah,  
182 blah", but the thing with it, because again with the Fitbit, it was more the bright colours,  
183 so people would be like "What's that on your arm? You're not allowed to wear bracelets  
184 for gymnastics", but then you'd have to explain, whereas again with the GenieActive you

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185 had to explain that it's not a watch, it's a physical activity monitor.

186

187 P1 How did it make you feel when people asked you about it?

188

189 P2 I didn't mind much, because they're just asking.

190

191 P1 Ah, so it wasn't so bad?

192

193 P2 No.

194

195 P1 Ah, thanks for that. Did you notice a change in the amount of active activities you normally do as a family while you were wearing the physical activity monitors?

197

198 P2 Not as much with the GenieActive, because you couldn't tell how much you were doing and stuff like that, but with the Fitbit you could see on the computer your stuff that you've done, so how it is I'd go on the trampoline more, or I'd do stuff. I think I did more on the treadmill.

202

203 P1 Ah, so can you tell me a bit more about that? You said that you could see on the computer on the dashboard how much activity you did.

205

206 P2 It does like a graph and it also tells you how much you've done that day, and how much you've got to do to beat the day before and stuff.

208

209 P1 And what went through your mind when you read that to sort of...?

210

211 P2 Well, I'm quite competitive, so I had to beat it.

212

213 P1 And what did you like about that?

214

215 P2 It can give you a goal to beat it, so that you could do better than you did the day before.

217

218 P1 And what did you dislike about it?

219

220 P2 At first it was a bit complicated to set up. It wasn't set up properly, so I had a day's thing that I did, and that wasn't recorded. And the sleep monitor thing, where you double tapped it and then double tapped it didn't work as well, and it kind of confuses me with that. It's like I think the website had a bit too much on it, because it said too much.

225

226 P1 Ah, so was it the too much information that confused you?

227

228 P2 Yes. Sometimes I had to double tap it, and then tap it once, and then tap it again or something, so it was a bit, all the tapping, it was a bit confusing.

229

230

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- 231 P1 Yes. What would you have preferred rather than the tapping?  
232
- 233 P2 Maybe like a little not touch screen, but like a few buttons, and maybe a little  
234 screen, so that you could see what you were doing instead of just pressing it blindly,  
235 and then thinking, "Oh, I might just press it again. Do I need to press it one more time?"  
236
- 237 P1 Oh, I see. So something a little bit clearer that you could see here and there?  
238
- 239 P2 Yes.  
240
- 241 P1 Thanks. How about your friends? Did how your friends are involved in you being  
242 active change?  
243
- 244 P2 Not really, because the stuff that I go to is more of a club thing, so they'd have to  
245 join in, and they'd have to keep going with it, so it'd be a big thing just to start like for a  
246 few weeks and then stop after I'd done it, because they couldn't exactly stop, because  
247 all the payments and stuff.  
248
- 249 P1 Ah, right. So just so I can understand, did the way that you're active with your  
250 friends change, or did that stay the same?  
251
- 252 P2 It just stayed the same.  
253
- 254 P1 Ah, I see. Brilliant. And on the feedback questionnaire you said that you  
255 disagreed that other people like friends or family kept asking how much activity you did  
256 while you were wearing the physical activity monitor. What do you think about that?  
257
- 258 P2 It's good, because I don't like too much attention being drawn to what I do and  
259 why I do it and stuff like that, so they kind of just let me get on with it instead of talking  
260 about it all the time.  
261
- 262 P1 Yes. Thanks. Thank you for your answers. I'm learning a lot about wearing a  
263 physical activity monitor was like for you. In this last section I'm going to explore how  
264 wearing the physical activity may or may not have affected the activities you do. Do you  
265 think that wearing a physical activity monitor encouraged you to be more active?  
266
- 267 P2 I think it did, because with the Fitbit you could see what you were doing, so you'd  
268 see what you've done and stuff like that, whereas with the GenieActive you had to do it  
269 like blind, so you couldn't tell whether you've beaten the day before or how many steps  
270 you've done and stuff like that, so with the Genie, not really, but then with the Fitbit, yes.  
271
- 272 P1 Yes. How about other young people with CF? Do you think wearing the Fitbit  
273 and/or the GenieActive would encourage them to be more active?  
274
- 275 P2 I think the Fitbit would, because if they were competitive they'd be able to see  
276 how much they're doing, and if they weren't they might realise they're not doing enough

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277 for that week or for that day, so they might take it upon themselves to start being more  
278 active and stuff, but I think the GenieActive would be a bit complicated, because you  
279 have to remember to put it on in the morning and take it off, and stuff like that.

280

281 P1 Yes. Ah, thanks. And how do you think using the Fitbit and GenieActive could  
282 help you to be more active?

283

284 P2 I don't think I could be any more active than I was, because you have to have  
285 days off, but I think the Fitbit would, say if I went on the trampoline more, or I decided to  
286 start running or something, that could, because then you could see how many steps and  
287 stuff, and if I had space I would, but I don't think the GenieActive would help that,  
288 because it's too complicated, not complicated, but you can't see what you've done,  
289 whereas with the Fitbit you can.

290

291 P1 So maybe if you had space, maybe the Fitbit would, but the GenieActive  
292 wouldn't, because you don't get any feedback. Brilliant. And can you tell me how you  
293 think using the GenieActive and Fitbit was useful or not useful at encouraging physical  
294 activity?

295

296 P2 Yes, with the Fitbit, you could see what you were doing and how well you were  
297 doing it, and whether you should be doing more, but again, with the GenieActive, you  
298 couldn't see what you were doing, and it might get in the way of things, so you might not  
299 want to go to things that you were doing, because you'd probably have to take it off, and  
300 then people would ask what it was and stuff.

301

302 P1 Yes. And how about the Fitbit? How do you feel that encouraged you to be  
303 active? You've kind of touched on it a little bit earlier, but I was just wondering if you  
304 could tell me.

305

306 P2 It might encourage me to be more active because you can see what you're doing,  
307 and see how well you're doing and stuff like that.

308

309 P1 Yes. And what was it about the Fitbit that you feel stopped you from being  
310 active?

311

312 P2 I don't think it did stop me from being more active. There's no way of me being  
313 any more active than I am.

314

315 P1 Yes. And how about the GenieActive? How do you feel that stopped you from  
316 being active?

317

318 P2 Again, it couldn't exactly stop me, but maybe from being a bit too big, like you  
319 can't wear it for most sports.

320

321 P1 Yes.

322

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323 P2 I think it would get in the way and stuff just doing activities.

324

325 P1 Yes. So the actual clunkiness of it would get in the way.

326

327 P2 Yes.

328

329 P1 Right, so a little rest for you. I'm going to ask your Mum some questions now.

330 What do you think the benefits of wearing a physical activity monitor are for P2?

331

332 P3 Again what she said about she's very competitive, so I think the Fitbit made her  
333 see how exactly what she was doing, when some days she'd go. "Oh, we'll beat that",  
334 and so I think the benefit of it is to show her what she's doing, either doing enough or  
335 not, so there might be days when she thinks she's done well done enough, but I think it  
336 can show her that no actually, you need to do a little bit more today, you haven't done  
337 enough.

338

339 P1 Yes. And what do you think the negatives of wearing a physical activity monitor  
340 are for P2?

341

342 P3 She doesn't like attention being drawn to her, so for people who don't know she's  
343 got CF, you know they might say, "Well, what do you need to know how much activity  
344 you've done for?" And she might feel that she has to explain to them that she's got CF,  
345 and she doesn't want to.

346

347 P1 Yes. Which, you know, P2 shouldn't feel the need to have to, should she?

348

349 P3 And she's young, so she wants things to be fashionable and up-to-date, so I think  
350 a drawback for that is from a fashion point of view. One of them is all right, it's quite  
351 trendy. The other one, the....

352

353 P1 The GenieActive.

354

355 P3 GenieActive, yes. Which is like she says, she feels it looks a bit old-fashioned,  
356 and so that's a drawback just from that respect.

357

358 P1 Yes. And thinking about P2, do you feel that the activity monitors encouraged her  
359 to be more active?

360

361 P3 The Fitbit did, for sure. Oh actually, I think they probably both did a little bit  
362 initially, because, even though she couldn't see with the GenieActive what she was  
363 doing, I think she wanted to make sure you knew she was really active.

364

365 P1 Yes.

366

367 P3 That was recorded, and so I think just having that on, initially would have made  
368 her feel like doing more just to prove to other people and to herself that that's what she

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369 was doing. But the Fitbit one definitely did, because she went, "Look what I've done  
370 today!" Oh, and she was back out on the trampoline doing a bit more, just to say, "Oh,  
371 I'm going to do more tomorrow" or whatever.

372

373 P1 Yes. So it spurred her on a little bit more, to beat her earlier results.

374

375 P3 Yes.

376

377 P1 OK. And what is it about the activity monitors that P2 tried, you feel encouraged  
378 her to be more active? You've kind of answered that already.

379

380 P3 Yes. Just the fact that she could see the, what's the dark one?

381

382 P1 GenieActive. No, I forget as well.

383

384 P3 GenieActive. It didn't help, because she didn't know how much she was doing,  
385 but the Fitbit showed her exactly what it was she was doing, and it encouraged her.

386

387 P1 Ah, thanks. And do you think it's feasible that for your child P2, wearing a  
388 physical activity monitor might influence the amount or type of activity that they do, that  
389 P2 does?

390

391 P3 I don't know if it'd influence the type, but it might influence the amount, just by the  
392 fact that it records what she does. Just knowing what she's doing, I think, just  
393 encourages her, because it's proved to us, so it's stopped us nagging, saying, "You  
394 haven't done enough". She can say, "Well actually, here you are. I have", or I can argue  
395 with her and say, "Well, actually, you haven't".

396

397 P1 Yes. So it sounds like you're saying it's the amount of physical activity P2 does.

398

399 P3 Yes, definitely. Yes.

400

401 P1 Ah, thanks for that. Back to you, P2. Just on the last bit now. So the GenieActive  
402 shows that on average you did seventy-nine minutes, which is one hour nineteen  
403 minutes of moderate to vigorous activity each day, and it's recommended that children  
404 and young people should do sixty minutes of moderate to vigorous activity each day to  
405 stay healthy. You did more than this. What do you think about that?

406

407 P2 I think it shows that, I think it's good, because I'm young.

408

409 P1 Yes. So it's good that it shows that you're doing enough.

410

411 P2 Yes.

412

413 P1 Yes. Can you tell me a bit more about that, what you mean by it shows that  
414 you're doing enough?

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415  
416 P2 It shows that the amount I'm doing, the amount of exercise and that, is enough to  
417 keep me healthy and well and that.

418  
419 P1 Yes. And how does it feel knowing that you do that much, you know, you do  
420 enough?

421  
422 P2 I think it is good, because, I don't know. It's hard to explain.

423  
424 P1 It's hard to explain. That's all right. So the GenieActive also shows that you did  
425 the most moderate to vigorous activity on Wednesday. What do you think helped you to  
426 be more active on this day?

427  
428 P2 That's the day that I do nothing, well not nothing, but the day that I don't have any  
429 planned sports, so I think I might have went on the trampoline more, or without realising  
430 how long I'd been on it for.

431  
432 P1 Yes.

433  
434 P2 I think it's the ones that aren't planned, like not effective, but in a way kind of,  
435 because you don't realise how much you're doing on it, because you're just kind of  
436 enjoying yourself. Not saying I don't enjoy the other ones. It's just because it's not a  
437 must. It's more that you've chosen.

438  
439 P1 Yes. So you're taking it maybe you're doing it as you want to do it, rather than  
440 being instructed, if you like.

441  
442 P2 Yes.

443  
444 P1 OK. So the GenieActive shows that on average you spent four hundred and  
445 thirty-nine minutes, which is seven hours nineteen minutes, being sedentary, which  
446 means doing things while you're still, like sitting and watching TV. What do you think  
447 about that?

448  
449 P2 That's kind of like a lot, but it's like over the amount that's supposed to be, well  
450 not supposed to be, but like average or whatever, of a normal person, child, and it kind  
451 of shows, kind of like working hard to do, that's supposed to make more.

452  
453 P1 So you say working hard to do the amount that you should. Can you tell me a  
454 little bit more about that?

455  
456 P2 It's like having like structured and planned things there that I go to each week so  
457 that I can stay healthy in that way.

458  
459 P1 OK. And the GenieActive shows that you were more sedentary on Thursday and  
460 Saturday. What do you think about that?



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461  
462 P2 It's a bit weird, because I do gymnastics on a Saturday, and dance on a  
463 Thursday, so I don't know if that's one of the days that, I know with gymnastics I will  
464 have had to take it off, and if maybe on Thursday I forgot to put it on, so...  
465  
466 P1 So maybe we haven't had an opportunity to record those things.  
467  
468 P2 Yes.  
469  
470 P1 Oh, I see. And I was going to say, what was different about those days compared  
471 to Wednesday when you were most active?  
472  
473 P2 It's weird, because I do more sport on those days than I do on Wednesday,  
474 because I don't have anything planned on Wednesdays, so that's a bit weird. Well, not  
475 weird, but like shocking, kind of.  
476  
477 P1 Yes. So you weren't expecting that.  
478  
479 P2 Yes.  
480  
481 P1 Yes. OK. And you've kind of touched on it a little bit why you were surprised by  
482 that maybe, but I was wondering what was so unexpected about that?  
483  
484 P2 Because I do quite a lot of dance on Thursdays, because like a few hours, and I  
485 do gymnastics as well on Saturday, but the only thing with that, I had to take it off for  
486 Saturday, so I'm kind of not surprised, but am, by the Saturday, but I am surprised about  
487 the Thursday, but I think I might have either forgot to put it on, or when I put it on it was  
488 too late, because I'd already done the activities.  
489  
490 P1 Yes. Ah, thanks for explaining that to me. Did you change the amount of activity  
491 that you normally do, while you were wearing the physical activity monitors?  
492  
493 P2 I think if anything I went on the trampoline a bit more, and I might have gone in  
494 the street. It's like a game or something. I don't know, I might have. I think I kind of did,  
495 but it wasn't anything structured, so I didn't go, "Oh, I've got to running club today,  
496 because I've got the monitor on", but obviously because I don't really have much time to  
497 do any other activities, and some days you just need to have a break.  
498  
499 P1 Yes. So you say that you might have done a little bit more like trampolining or  
500 playing out and doing games outside. How often do you reckon you would have done  
501 that?  
502  
503 P2 Only like once a week maybe. Well, I think I went on the trampoline not more  
504 than once a week, but I'm not sure. I don't think I went on it on the Wednesday, because  
505 I didn't do anything, and I might have not done anything, but I don't know.  
506

## Phase 3 – P7

507 P1 OK. Can you give me an example of how wearing the monitors may have made a  
508 difference to the activities you do?

509  
510 P2 Is this just the GenieActive or the....?

511  
512 P1 The black one's the GenieActive, and that one's like the clunky one like a watch.

513  
514 P2 Yes, I mean is this about both of them, or...?

515  
516 P1 Yes, just both of them, really.

517  
518 P2 Yes, with the Fitbit you can see what you've done, and I think with the  
519 GenieActive it's trying to do more, in a way so you can prove that you've done  
520 something. But then in a way you're kind of not, it makes you not want to do the thingy  
521 with the, not not want to do it, but not do as much, because you can't see that you've  
522 done that, or how much activity you've done straight away, with the GenieActive.

523  
524 P1 Yes. Ah, thanks for explaining that to me. On the feedback questionnaire you  
525 said that you disagreed that you tried new activities out while you wore the activity  
526 monitors. Can you tell me a bit more about that?

527  
528 P2 Well again, I didn't really have much time, because most of my days are well, not  
529 taken up, but you know, with the other stuff that I do, so I can't do any more than I'm  
530 doing at the minute.

531  
532 P1 Ah, yes. Thanks for that. And did you notice a change in how strenuous the  
533 activities you typically do are?

534  
535 P2 Not really, because I can tell what's more, I was going to say more hard, what's  
536 harder, and what's not as hard, so I think it's kind of just the same since. They never  
537 emphasised to me how strenuously. I just kept it the same.

538  
539 P1 Oh, so you kept your activity level the same? Is that what you mean?

540  
541 P2 Yes.

542  
543 P1 OK. And can you tell me about how you used the Fitbit?

544  
545 P2 I put it on my ankle, because again you could put it under your sock, and you can  
546 like hide it, in like basketball, and it's easier on your wrist than your ankle, and  
547 gymnastics, rather than on your wrist, because if you're doing bar work, it might get in  
548 the way, because you have to use your wrists with most of the pressure's on your  
549 wrists, so if you've got something on there, you might hurt yourself, so I probably would  
550 have had to take it off if it was on my wrist.

551  
552 P1 Yes. And what settings on the Fitbit, like what settings did you use on the Fitbit?

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553  
554 P2 I tried the day ones, and I tried the night ones, but it kind of confused me,  
555 because you don't know whether you've pressed it right, or whether you've done it  
556 wrong, so you don't know during the day whether have I got this on night mode or have I  
557 got it right? And it's a bit confusing with the amount of taps and stuff.  
558  
559 P1 OK. And apart from the step counter on the dashboard, for example, did you use  
560 any other settings on the Fitbit dashboard?  
561  
562 P2 I think it was mainly, I can't remember off the top of my head the other ones that I  
563 used, but again I tried to use the sleep one, but the dashboard thing, it said that I didn't  
564 do it, so it kind of like made me a bit like I wanted to smash it.  
565  
566 P1 So it sounds like it was just a bit confusing, and kind of contradictive to what it  
567 said it had done, when you know it hadn't done it, is that what you're saying?  
568  
569 P2 Yes.  
570  
571 P1 OK. And what was it you liked most, you know on the dashboard, the step  
572 counter and the sleep function?  
573  
574 P2 Because you can, with the sleep thing, even though it didn't exactly work, you  
575 could kind of, if you wanted to see how well your sleep patterns was and that, and with  
576 the step counter, it kind of shows how many steps you've done, so you know much  
577 walking you've done and stuff.  
578  
579 P1 OK. And what did you dislike most about the Fitbit dashboard?  
580  
581 P2 It was a bit confusing, with too much going on, so it was hard to use, again the  
582 sleep thing, and at first it was hard to get things started with it.  
583  
584 P1 And what would you feel you'd change to make it a little bit easier, so to get it  
585 started and to make the sleep function a little bit easier?  
586  
587 P2 Maybe change, not exactly the dashboard, but change the actual wrist thing, so  
588 that you could see whether the sleep was on, or whether it was off, or whether it was  
589 properly working or not.  
590  
591 P1 Yes. Ah, so maybe change the actual wristband.  
592  
593 P2 Yes.  
594  
595 P1 OK, thanks. So you mentioned on the feedback questionnaire that you agreed  
596 that getting some information each day would encourage you to do more activity. Can  
597 you tell me a bit more about that?  
598

## Phase 3 – P7

599 P2 Say if I didn't do as much on a day that I thought I did, I could go on the  
600 trampoline more or maybe start running or something, but it's like showing that  
601 information, showing whether I was doing enough or whether there was room to do  
602 more.

603  
604 P1 Yes. Ah, thanks. And what is it about getting some information that tells you how  
605 active you are, you feel would encourage you to be more active?

606  
607 P2 Maybe again, because I'm quite competitive, if that information was there, I could  
608 try and beat it.

609  
610 P1 So you could try and beat it.

611  
612 P2 Yes.

613  
614 P1 OK. So you said that you would like to wear a Fitbit again, but you didn't agree or  
615 disagree that you would like to wear a GenieActive again. Can you tell me a bit more  
616 about that?

617  
618 P2 Although the GenieActive kind of did the job, it was hard to explain to people that  
619 it wasn't a watch, and because it was quite clunky you couldn't wear it for sports and  
620 stuff like that, so I think it was a bit, not complicated, but a bit irrelevant kind of, for the  
621 sport that I did, because you wouldn't be able to wear it to do the job that was needed,  
622 whereas the Fitbit, you could put it in your sock or wear it without it being shown and  
623 then still did the same job as what it was supposed to do.

624  
625 P1 Yes. Ah, thanks for that. And last question. If you could ask the clinicians in the  
626 CF team, so like the doctors and nurses and dieticians and everything in the CF team  
627 anything, what would you ask them?

628  
629 P2 I don't really know. I don't have many questions about CF and sport and stuff,  
630 because I know that I do the most I can. There's not much, well, there's nothing more  
631 that I could fit in, because obviously I need like peace, rest and stuff like that sort of  
632 thing. There's not any questions that I'd ask.

633  
634 P1 That's fair enough. Aah, thank you very much for speaking with me today. I've  
635 really enjoyed hearing about what you thought about wearing the physical activity  
636 monitors. So that's the end of the interview now. Is there anything more you'd like to  
637 add? Anything at all, maybe something I've missed? How about you, Mum and Dad.  
638 Anything I've missed?

639  
640 P3 I can't think of anything. I think she enjoyed wearing it, and I think the Fitbit was a  
641 great idea for P2, and she said a few times because of how competitive she is, I think  
642 it's a really good idea from the perspective that it gets us off her case as well, because  
643 you can prove to us that she's doing what she's supposed to be doing vice versa, but it  
644 also gives her a little bit of responsibility for it. She likes to do things for herself, so for

## Phase 3 – P7

645 kids who are independent, or want to be more independent, it can take a little bit more  
646 ownership of their activities, and then go, "Here we are, look. This is how much I've  
647 done", and it'd probably cause less friction in some houses.

648  
649 P1 Yes. Because it's a hard copy record, isn't it?

650  
651 P3 Yes, you know, for both, because some parents are like, "You need to do this,  
652 you need to do that", and I know of some kids who have their parents pushing them all  
653 the time, and I think it'd be really good for some children who can prove to their parents  
654 that they're doing, and maybe it'll be a little bit less responsibility for some parents as  
655 their kids are getting older, and it'll be a fun way of children taking up some  
656 responsibility for how much activity you do.

657  
658 P1 Yes. How do you think it'd be for parents sort of relinquishing that responsibility in  
659 that situation?

660  
661 P3 Well, for some it'd probably be difficult, but for me personally, I see my role as a  
662 parent as my kids are dependent. As a parent I'm supposed to give them skills for life,  
663 for them to be able to be self-reliant, and there's stuff that I shouldn't have to do once  
664 they get to a certain age. If they're old enough and able to do it, they should be doing it.

665  
666 P1 Yes.

667  
668 P3 Some parents just want to keep the kids to themselves, want to be their  
669 Mummies and do for them, which that's ok, that's fair enough. That's just a different  
670 style of parenting.

671  
672 P1 Yes. That's fair enough. Thanks very much. OK, I'll end the interview now, but  
673 thank you very much for your time, and for speaking to me today.

674  
675 ***End of Interview***

## Phase 3 – P8

1 I OK, so hi, P2. If you remember the last time we met spoke to you about when  
2 you're active and when you're not active, and then I asked you to try out two different  
3 activity monitors. One was a GenieActive and the other was a Fitbit. I'm here again  
4 today to ask you thirty short questions about what you thought about what you thought  
5 about the devices you tried out, like what you liked about them and what you disliked  
6 about them. There's no right or wrong answers, so don't worry. I'm interested in what  
7 you have to say, and may I ask for some examples if you can, because this'll help me to  
8 understand your experiences better. If you need to think for a little bit before answering  
9 a question that's ok. We won't try and answer for you. We'll just wait until you feel ready  
10 to answer, or if we move past a question and then you remember something that you  
11 wants to say, that's fine too. You can add things at the end. That's not to exclude your  
12 Dad. There are some specific questions for him also, so watch out for these. It should  
13 take around forty minutes depending on your answers, and I'll be recording our  
14 conversation on the Dictaphone just to help me remember everything we say. Also I'll  
15 be ticking off the questions that I ask as we go along just so I don't say the same  
16 question twice. If you or I happen to mention someone's name as we go through the  
17 questions, or anything that might let someone else know who are or other people, I'll be  
18 taking this out of the transcript of our conversation, and this is just a document where  
19 we write out our conversation. So if you're happy to begin?  
20

21 P2 Yes.

22  
23 I OK. In this first section I'm going to ask you about the times and places that you  
24 wore the activity monitors we asked you to wear. On the feedback questionnaire that I  
25 asked you to complete after wearing each device, you said that you agreed that you  
26 enjoyed wearing the physical activity monitor. Can you tell me a bit more about that?  
27

28 P2 It was good to wear, but it stopped me from doing one thing.

29  
30 I And what was that thing that it stopped you from doing?

31  
32 P2 A dance lesson.

33  
34 I Oh, right. Can you tell me a bit more about that?

35  
36 P2 Well, you're not allowed to wear jewellery in the dance lesson.

37  
38 I OK.

39  
40 P2 Yes, that's basically it.

41  
42 I So what did you like about wearing the physical activity monitors?

43  
44 P2 It was comfortable. It didn't get in the way that much. Yes, basically it's just like a  
45 watch.  
46

## Phase 3 – P8

47 I OK. And was that for both of them?  
48  
49 P2 Yes, for both of them.  
50  
51 I And what did you dislike about wearing the physical activity monitors?  
52  
53 P2 You know when you wear it? It pushed against my skin and left a bruise there for  
54 a couple of days, and it really hurted.  
55  
56 I Oh dear! And was that for both of the devices?  
57  
58 P2 Yes.  
59  
60 I Was it? Oh dear! And how come do you think that happened?  
61  
62 P2 About every couple of days, and if I kept doing stuff that it pushed against it or do  
63 that.  
64  
65 I So if you put your hand up and then if you put your hand out, sometimes that  
66 pushed against you a little bit. OK, thanks for that. What physical activity monitor did  
67 you enjoy wearing the most?  
68  
69 P2 The second one. The Fitbit.  
70  
71 I The Fitbit, yes? That's right. And what was it about the Fitbit that you enjoyed,  
72 compared to the GenieActive, which was the other device?  
73  
74 P2 It was a lot more comfortable, the Fitbit. It looks slicker, it looks smarter than a  
75 big bulky thing. You didn't see the insides and all that.  
76  
77 I So it looks slicker, and it was more comfortable.  
78  
79 P2 Yes.  
80  
81 I And was there anything else?  
82  
83 P2 No, not really.  
84  
85 I No? And on the feedback questionnaire you said that you agreed that the  
86 GenieActive was comfy to wear, and that you didn't agree or disagree that the Fitbit was  
87 comfy to wear. What was it about the GenieActive and Fitbit that you felt made it comfy  
88 to wear?  
89  
90 P2 The thing that it was made out of.  
91  
92 I So like the material that it was made out of?

## Phase 3 – P8

93  
94 P2 Yes.  
95  
96 I Can you tell me a bit more about that?  
97  
98 P2 It didn't rub against your skin as much as normal leather.  
99  
100 I Yes.  
101  
102 P2 Like leather with things coming out of it, if you get what I mean.  
103  
104 I So like the texture of the leather?  
105  
106 P2 Yes.  
107  
108 I So compared to leather the texture was maybe a bit better for you?  
109  
110 P2 Yes.  
111  
112 I OK. And what was it about the GenieActive and Fitbit that made it uncomfy to  
113 wear?  
114  
115 P3 Was that the bigger one, was it?  
116  
117 I The GenieActive was the bigger one.  
118  
119 P2 It was because, you know the metal bit?  
120  
121 I Yes.  
122  
123 P2 It kept hitting there.  
124  
125 I Ah, so it kept hitting your wrist?  
126  
127 P2 Yes, a bit of my wrist. That's basically what it did.  
128  
129 I And was the metal bit on the GenieActive?  
130  
131 P2 Yes. Not on the Fitbit, though.  
132  
133 I Was there any bits about the Fitbit that was uncomfy for you to wear?  
134  
135 P2 No, not really.  
136  
137 I No? And you said that you disagreed that the GenieActive and Fitbit got in the  
138 way of what you were doing. Can you tell me a bit more about that?



## Phase 3 – P8

139  
140 P2 Only the GenieActive did, because it was classified as jewellery, but I hid it, the  
141 Fitbit, because it was smaller, and underneath just looked like a wrist-like thing.  
142  
143 I Ah, right. And when you say the GenieActive got in the way of what you were  
144 doing, can you tell me a bit more about that?  
145  
146 P2 When I had to go on the hoop and circus skills, you know like I said before, when  
147 I push my hand up, like flex my hand, it hits the bone there.  
148  
149 I Ah, so the bones on your hand?  
150  
151 P2 Yes. It hurts.  
152  
153 I Can you give me an example of when the monitor got in the way of what you  
154 were doing?  
155  
156 P2 I'm not really sure, you know. It's just every time I flexed my hand.  
157  
158 I Every time you flexed your hand. And would that matter what you were doing, or  
159 would it matter what you were doing?  
160  
161 P2 It wouldn't really matter. It's just every time I flex it.  
162  
163 I OK. And what would you do to change the GenieActive and the Fitbit if you could  
164 do anything to make it better?  
165  
166 P2 Make it not a wrist thing.  
167  
168 I OK.  
169  
170 P2 Either like a thing that you put there.  
171  
172 I So sort of behind your ear?  
173  
174 P2 Yes, behind my ear. Or in your pocket.  
175  
176 I Yes.  
177  
178 P2 Yes, and you know like on the Fitbit, it was like the chip, one of them, instead of  
179 just like a whole thing.  
180  
181 I Ah right, so the Fitbit's got, like you say, a little chip that goes inside the plastic  
182 wristband. You would prefer it if it was just the chip, and you could maybe put that in  
183 your pocket or behind your ear.  
184

## Phase 3 – P8

185 P2 Yes.  
186  
187 I OK. What about the GenieActive? Would there be anything that you'd change to  
188 make that better?  
189  
190 P2 Make it thinner. Make it a bit tighter, because every time it just kept slipping off,  
191 and make it an easier way to put it in, because it's just really hard, because it keeps  
192 hitting my wrist in between my hand and my wrist.  
193  
194 I OK, so make it a bit easier on your wrist.  
195  
196 P2 Yes.  
197  
198 I OK. Did you ever have to be told to remove the monitor?  
199  
200 P2 Yes.  
201  
202 I Can you tell me about that?  
203  
204 P2 A couple of times in dance.  
205  
206 I OK. And who told you to remove the device?  
207  
208 P2 My teachers.  
209  
210 I And what reasons did they give you?  
211  
212 P2 In case it comes in the way.  
213  
214 I In case it comes in the way?  
215  
216 P2 Yes.  
217  
218 I OK.  
219  
220 P2 I mean gets in the way.  
221  
222 I Gets in the way. OK. Next I'd like to talk about other people like friends and  
223 family, and how they may have influenced you to wear the physical activity monitor. Did  
224 you ever forget to put the physical activity monitor on?  
225  
226 P2 In total for both of them, seven days.  
227  
228 I And did you ever forget to put it on?  
229  
230 P2 Yes.

## Phase 3 – P8

231  
232 I OK. Can you tell me a bit more about that?  
233  
234 P3 In the shower. You kept on leaving it in the bathroom, didn't you?  
235  
236 P2 Yes.  
237  
238 I So you kept on leaving it in the shower after you took it off?  
239  
240 P2 Yes.  
241  
242 P3 There was one of them one you couldn't wear in the shower, wasn't it?  
243  
244 P2 Yes.  
245  
246 P3 Or was it both of them?  
247  
248 P2 No, it was the Fitbit I couldn't wear in the shower.  
249  
250 P3 Is that the big watch?  
251  
252 P2 No, the small one.  
253  
254 P3 I thought it was the big watch you couldn't wear in the shower.  
255  
256 P2 No.  
257  
258 I So is it just the Fitbit that you forgot to put on after the shower?  
259  
260 P2 Yes.  
261  
262 I OK, and the GenieActive, did you leave that on while you were doing water  
263 sports or while you were in the shower?  
264  
265 P2 Yes.  
266  
267 I How was it remembering to put that on?  
268  
269 P2 I just wear it like a watch.  
270  
271 I Yes?  
272  
273 P2 Basically you don't take it off.  
274  
275 I OK. And on the feedback questionnaire you said that you disagreed that you kept  
276 forgetting to put the Fitbit on, but that you didn't agree or disagree that you kept

## Phase 3 – P8

277 forgetting to put the GenieActive on. How was it for you remembering to wear the  
278 monitor each day?

279  
280 P2 Pardon?

281  
282 I So on the feedback questionnaires you said that you disagreed that you kept  
283 forgetting to put the Fitbit on, but that you didn't agree or disagree that you kept  
284 forgetting to put the GenieActive on. How was it for you remembering to put the monitor  
285 on each day?

286  
287 P2 Good. I slept in it.

288  
289 I Yes. and would that be for both?

290  
291 P2 Yes.

292  
293 I OK. I was going to say can you tell me how you remembered to wear each  
294 monitor, the monitor each day. Is that the way that you remembered?

295  
296 P2 Yes. I just kept it on all night. That's basically it.

297  
298 I And you said that you strongly agreed that other people noticed that you were  
299 wearing the Fitbit. What did people say to you?

300  
301 P2 they said, "What's that?" and then I told them.

302  
303 I And what did you think about what they said?

304  
305 P2 Totally normal.

306  
307 I Totally normal?

308  
309 P2 Well basically it's like a watch.

310  
311 I Yes?

312  
313 P2 Yes.

314  
315 I And what did you say to them when they asked?

316  
317 P2 I said it's a thing that records how much exercise I do.

318  
319 I And what did they say back?

320  
321 P2 Oh, ok.

322

## Phase 3 – P8

323 I So they seemed ok with that?  
324  
325 P2 Yes.  
326  
327 I How did that make you feel?  
328  
329 P2 I didn't have really any feelings at that moment.  
330  
331 I No?  
332  
333 P2 It's just like, you know when you have a plain conversation.  
334  
335 I Yes.  
336  
337 P2 Yes, basically that.  
338  
339 I So it was just a plain conversation.  
340  
341 P2 Yes.  
342  
343 I OK. Did you notice a change in the amount of active activities you normally do as  
344 a family while you were wearing the physical activity monitors?  
345  
346 P2 No.  
347  
348 I No? And how about with your friends? Did how your friends are involved in you  
349 being active change?  
350  
351 P2 In that time period I didn't go anywhere really. I just stayed in school.  
352  
353 I Yes? In the class. And did the way you play with your friends change while you  
354 were wearing the monitors?  
355  
356 P2 I didn't really play with my friends that much.  
357  
358 I No? Is that while you were wearing the monitors?  
359  
360 P2 I was quite ill.  
361  
362 I Oh, right. Can you tell me a bit more about that? You say you weren't well.  
363  
364 P2 I had a virus. I still have it now. I've had it for ages now.  
365  
366 I And did that affect how you played with your friends or the way that you get  
367 involved in activity with your friends?  
368

## Phase 3 – P8

369 P2 Yes.

370

371 I Yes? And can you tell me how it affects how you get involved in activity with your  
372 friends?

373

374 P2 It's because I was ill. I couldn't go outside, but once I had rosy cheeks, this little  
375 thing my Mum makes me go.

376

377 I OK. So when you get rosy cheeks, that's when you can go out?

378

379 P2 Yes.

380

381 I And what makes you get rosy cheeks?

382

383 P2 I don't know.

384

385 I You're not sure? That's ok. tThanks, P2. On the feedback questionnaire you said  
386 that you strongly disagreed that other people like friends or family kept asking you how  
387 much activity you did while you were wearing the GenieActive. What do you think about  
388 that?

389 t?

390 P2 Totally normal. They didn't ask me like, "Are we doing this?" and two, because I'd  
391 just ignore them.

392

393 I Because you just ignored them?

394

395 P2 Yes.

396

397 I OK. So that didn't happen for you. And how about for the Fitbit? Or rather, for the  
398 Fitbit you agreed that other people like friends and family kept asking you how much  
399 activity you did while you were wearing the Fitbit. What do you think about that?

400

401 P2 What was the question?

402

403 I Yes, course. For the Fitbit you agreed that other people like friends or family kept  
404 asking you how much activity you did while you were wearing the Fitbit. What do you  
405 think about that?

406

407 P2 They didn't ask me. Yes, basically, they didn't ask.

408

409 I Ah, so they didn't ask you. And was that for both devices that they didn't ask  
410 you?

411

412 P2 Yes.

413

414 I OK, thank you. Thank you for your answers. I'm learning a lot about what

## Phase 3 – P8

415 wearing the physical activity monitors was like for you. In this last section I'm going to  
416 explore how wearing a physical activity monitor may or may not have affected the  
417 activities you do. So do you think that wearing a physical activity monitor encouraged  
418 you to be more active?

419  
420 P2 No, not really.

421  
422 I Not really, no? And how about other young people with CF? Do you think  
423 wearing the GenieActive and Fitbit would encourage them to be active?

424  
425 P2 Yes.

426  
427 I Yes?

428  
429 P2 Because...

430  
431 P3 He does like to dance. He does like nearly thirty hours of dance a week, so he's  
432 got more activity, so we found that he stopped putting weight on because he's been a  
433 bit too active.

434  
435 I Yes. So it's a balance, then?

436  
437 P3 Yes.

438  
439 I Yes.

440  
441 P3 So when you say has he been more active, I don't think he could be more active  
442 than what he is.

443  
444 I No, that's fair comment, isn't it?

445  
446 P2 I'd turn into a stick.

447  
448 I Oh no, well we don't want that, do we? We definitely do not want that.

449  
450 P2 I'm only four stone.

451  
452 I Aaah! Well, you know, you look good. You look good on it. So you said that,  
453 when I asked you how about other people with CF, do you think wearing the  
454 GenieActive and Fitbit would encourage them to be active, you said yes. Can you tell  
455 me a bit more why you think that might be.

456  
457 P2 Because they have like a goal to reach, you know with the Fitbit. I would  
458 recommend it more, because it has like little lights, and when you fill up all the lights,  
459 then you can keep checking on the website every day seeing how much you'd done in  
460 total, was it?

## Phase 3 – P8

461  
462 I I think it was in total, yes, and it adds it up, doesn't it?  
463  
464 P2 Yes.  
465  
466 I And how about the GenieActive? Do you think that would encourage young  
467 people to be physically active?  
468  
469 P2 No, because it's just a bulky thing that has nothing on it, just... it's like a piece of  
470 paper, a plain piece of paper. What would you rather have, plain piece of paper or a  
471 coloured paper?  
472  
473 I Ah, I think that's a no-brainer, isn't it? You'd rather have the coloured paper. And  
474 do you think that's true for other people with CF?  
475  
476 P2 Sometimes. People may have different opinions, but that's my opinion.  
477  
478 I And how do you think using the GenieActive and Fitbit could help you to be more  
479 active?  
480  
481 P2 I'm not really sure, you know.  
482  
483 I Yes.  
484  
485 P3 He couldn't be more active.  
486  
487 I No. What do you think about that?  
488  
489 P2 I'm not sure. It's like doing loads.  
490  
491 I You're already doing loads.  
492  
493 P2 Yes.  
494  
495 I How would it be for you to try and fit more in?  
496  
497 P2 Life sentencing.  
498  
499 I Life sentencing? What does that mean?  
500  
501 P2 Oh, I thought that was a word. Life sentence, Death Row.  
502  
503 I Death Row? That's a significant...  
504  
505 P3 He said that he does that he does that much exercise that he can't do any more  
506 exercise.



## Phase 3 – P8

507  
508 I Yes.  
509  
510 P2 I'll have to eat this house.  
511  
512 I You'd have to eat the house.  
513  
514 P3 The cost of eating the food would be too to replace the calories.  
515  
516 P2 In class, getting a couple of thousand Scandishakes, so I need to keep drinking.  
517  
518 I Aww! And how would it be for you to do a little less activity?  
519  
520 P3 We wouldn't let him do any less activity. He loves it anyway, don't you?  
521  
522 P2 Yes. For CF people, they can either be like, some people take, is it the anorexias  
523 that can't eat, that don't, like they think they're fat?  
524  
525 I Yes.  
526  
527 P2 It's like that. They think that sort of, that like they're thin, if you get what I mean,  
528 and then you've got the middle that are like I am. They're doing a lot of exercise, but  
529 going up and down. And then people who don't do any exercise who have cystic  
530 fibrosis, well, they do barely any exercise, and they don't get fat. They like, you know  
531 the attributes of getting a bit obese, like you run out of energy a lot faster than the  
532 average CF patient who runs out of energy say if they run a mile. They'd probably run  
533 out of energy then and have to have a few minute breather.  
534  
535 I OK. So, you know, you said that to do more activity would be life sentencing and  
536 Death Row.  
537  
538 P2 Yes.  
539  
540 I And when I asked how would it be for you to do less, it seems like that might not  
541 be something that you'd consider. What do you think is the right amount of activity for  
542 you to do?  
543  
544 P2 Eighteen hours.  
545  
546 I Eighteen hours?  
547  
548 P2 No, it's six, eight, nine, ten and a half, ten and a half hours of dance each week.  
549  
550 I Yes?  
551  
552 P2 Like exercise, or ten, maybe five, on a daily basis.

## Phase 3 – P8

553  
554 I Yes? So five hours a day, do you mean?  
555  
556 P2 Yes, at least of running around doing stuff, and not being lazy.  
557  
558 I Ah, so you mean like maybe ten hours of dance a week, and then other activity  
559 on top, just running round?  
560  
561 P2 Yes.  
562  
563 I That adds up to around five hours a day?  
564  
565 P2 Yes.  
566  
567 I Ah, thanks for that answer, P2. That's brilliant.  
568  
569 P2 That's terrible maths.  
570  
571 I No, I got what you were getting at. Can you tell me how you think using the  
572 GenieActive and Fitbit was useful or not useful at encouraging physical activity?  
573  
574 P2 It was useful to track how much I'd done, because one time, you know when I got  
575 the Fitbit, I had three hours, and guess how many steps I did.  
576  
577 I Is that at dance, how many? Oh, gosh!  
578  
579 P2 Yes. I did, well, I filled it up in three hours.  
580  
581 I That's fantastic! And was that with the Fitbit?  
582  
583 P2 Yes.  
584  
585 I OK. And how do you think that using the GenieActive and the Fitbit was useful or  
586 not useful for encouraging physical activity?  
587  
588 P2 It wasn't that useful for encouraging me. It may be different for other people, but  
589 I'm not really sure with it.  
590  
591 I OK. So what do you think it was about the GenieActive and Fitbit that may have  
592 stopped you from being active?  
593  
594 P2 Like I said before, it gets in the way sometimes, like rarely, but often, like weekly  
595 maybe.  
596  
597 I OK, just weekly. And what was it about the GenieActive and the Fitbit that you  
598 feel encouraged you to be more active?

## Phase 3 – P8

599  
600 P2 I'd rather have the Fitbit than the GenieActive, because it looks cooler and slick,  
601 and has lights, instead of just this thing that you see a chip, and so, "Hi, I'm green".  
602  
603 I And it doesn't really do anything, does it?  
604  
605 P2 It doesn't really do anything.  
606  
607 I Ah, right. So it sounds like you're saying that you preferred the Fitbit, because  
608 you can actually see things, whereas the GenieActive...  
609  
610 P2 It was just like on a watch, and a watch that's broken.  
611  
612 I Is that how it felt for you?  
613  
614 P2 Yes.  
615  
616 I Aww, that's brilliant. Thanks, P2. Some questions for you, Dad. Is that ok?  
617  
618 P3 Fine. Go on.  
619  
620 I What do you think the benefits of wearing a physical activity monitor are for P2?  
621  
622 P3 For P2 in particular, none really, because as I said, we're quite on the ball with  
623 his exercise.  
624  
625 I Yes.  
626  
627 P3 So it didn't really have any effect, did it? And unfortunately when you did give him  
628 it, he was going through a few bouts of illness, so it didn't give a real good impression of  
629 what he normally does.  
630  
631 I Yes.  
632  
633 P3 And also remembering to put it on, wasn't it, was the big thing? And then what  
634 was the one that needed charging all the time?  
635  
636 I Ah, the Fitbit.  
637  
638 P2 The Fitbit.  
639  
640 P3 Yes, that was, and remembering where you'd left it, because we've got that many  
641 USB ports in this house. It was just lie, "Which one is it?"  
642  
643 I So overall it sounds like you're saying you don't feel it was really useful for P2.  
644

## Phase 3 – P8

645 P3 It wasn't useful for P2, but maybe for someone who's got targets to hit and that,  
646 and had to prove that they were doing exercise, yes, yes, it would probably be a good  
647 thing.

648 I Yes. Well, as you say, P2 does such a lot anyway.

650 P3 Yes.

651 I What do you think the negatives of wearing a physical activity monitor are for  
652 P2?

653 P3 Just the comfort side really and the convenience side. As I said, it was a constant  
654 having to remember to put it back on.

655 I Ah, yes.

656 P3 You know, after being in the shower or having to take it off because he was  
657 dancing, and then obviously it was quite hard for him to remember all that, was it, mate?

658 P2 Yes.

659 I And thinking about P2, do you feel the activity monitors encouraged him to be  
660 more active?

661 P3 No. We always encourage him to be active, don't we, mate?

662 P2 You don't make me do stuff.

663 I That's fair comment. And what goes through your head to make him not stop, if  
664 that makes sense, if that question made any sense?

665 P3 He knows what the ramifications are if he doesn't.

666 I Yes.

667 P2 I die. No, I don't die, I get a tube stuck in my stomach and have to get fed every  
668 day.

669 P3 Pipe feeding.

670 I Pipe feeding. And how does that feel for you?

671 P3 He doesn't like the idea at all, do you, mate? It's just, pipe feeding is just another  
672 way of introducing infections into you, a child whose immune system's down anyway, so  
673 it's detrimental.

## Phase 3 – P8

691 I Sounds like you'd rather avoid that route.  
692  
693 P3 Yes, yes. Yes, please.  
694  
695 I And do you think it's feasible that for your child, i.e. P2, wearing physical activity  
696 monitor might influence the amount or type of activity that he does?  
697  
698 P3 No help at all. None at all. As I said, he does what he's got to do.  
699  
700 I Yes.  
701  
702 P3 And he hasn't got much choice about that, have you, mate?  
703  
704 P2 No.  
705  
706 P3 He tries to wag it every day, don't you, babe?  
707  
708 P2 No. I don't know what you're talking about.  
709  
710 P3 The boy who cried wolf, mate.  
711  
712 I Aah! Has P2 always preferred dance? Has that been his preferred activity?  
713  
714 P2 Swimming.  
715  
716 P3 Swimming. He used to go swimming, and then he started dancing, and he's  
717 really got a talent for it.  
718  
719 I Yes. Thanks for that.  
720  
721 P3 OK.  
722  
723 I Back to you, P2. So the GenieActive shows that on average you did two hundred  
724 and sixty-three minutes, which is four hours twenty-three minutes, of moderate to  
725 vigorous activity each day. It's recommended that children and young people should do  
726 sixty minutes of moderate to vigorous activity each day to stay healthy. You did more  
727 than this. What do you think about that?  
728  
729 P2 Celebration!  
730  
731 I Celebration?  
732  
733 P2 Yes, I think it's good, because say if, say a bodybuilder, they don't want to stay at  
734 the certain match. They want to maybe, some want to be bodybuilder champions, they  
735 want to reach some goals, I'm trying to speak louder. Well, basically it's like you have a  
736 goal, a set time limit, maybe someone wants to go, "Actually, let's not do that. Let's

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737 break the rules." Like, yes.

738

739 I So from the activity that we got for you, the levels that we got for you, you do a  
740 lot more than sixty minutes. When I asked you what you thought about this you said  
741 celebration.

742

743 P2 Yes.

744

745 I So can you tell me a bit more about that, what celebration means to you, what  
746 that means?

747

748 P2 Celebrate you've achieved something.

749

750 I It feels like you've achieved something?

751

752 P2 Yes.

753

754 I OK.

755

756 P2 Better than the average human.

757

758 I Better than average human.

759

760 P2 Yes.

761

762 I And the GenieActive shows that you did the most moderate to vigorous activity  
763 on Saturday. What do you think helped you to be more active on this day?

764

765 P3 You've got LAMDA on a Saturday. Which Saturday was it?

766

767 I I can't remember, to be honest with you.

768

769 P3 It'll be LAMDA, won't it, or something?

770

771 P2 Yes, because it wouldn't have been last Saturday.

772

773 P3 Or was it when you went swimming with E? You did that thing ages ago, didn't  
774 you?

775

776 I It would have been, let me think, probably around April time. It would have been  
777 a while ago.

778

779 P2 Oh, I went to the Yellow Submarine.

780

781 I The Yellow Submarine?

782

## Phase 3 – P8

783 P2 Yes.  
784  
785 I OK. So how did going to the Yellow Submarine rather on that day help you to be  
786 more active?  
787  
788 P2 Because I was running around crazy.  
789  
790 I Running round crazy. OK. The GenieActive shows that on average you spent  
791 three hundred and fifty-four minutes, which is five hours fifty-four minutes, being  
792 sedentary, and this means doing things while you're sitting, or while you're still rather,  
793 like sitting and watching TV. What do you think about that?  
794  
795 P2 Probably do the handstands.  
796  
797 I Do handstands?  
798  
799 P2 Oh headstands, you know, while I'm sitting round the room.  
800  
801 I How would that change things?  
802  
803 P2 Because I'm moving.  
804  
805 I Because you're moving?  
806  
807 P2 Yes.  
808  
809 I OK. And what would moving more, in that sense, what do you think would be the  
810 purpose of that, or the importance of that?  
811  
812 P2 I don't know really. I just do it randomly sometimes. Once I was doing cartwheels.  
813  
814 I Ooh, I was no good at doing cartwheels, I'm afraid.  
815  
816 P2 Well, basically once I did one of them without even concentrating. I didn't even  
817 know I was doing one.  
818  
819 I Oh, so it sounds like you say that you tend to be quite active anyway, even when  
820 you're not thinking about it.  
821  
822 P2 I multi-task.  
823  
824 I You multi-task, ok. The GenieActive shows that you were more sedentary on  
825 Sunday and Monday. What do you think about that?  
826  
827 P2 I've got my day off on Monday.  
828

## Phase 3 – P8

829 P3 And he might have been sick on that Sunday. In fact he was probably sick on the  
830 Sunday, weren't you?

831  
832 P2 Yes, I was in April once.

833  
834 P3 Yes.

835  
836 I OK. And what was different about those days compared to Saturday when you  
837 were most active?

838  
839 P2 I don't know, you know.

840  
841 I Are you not sure?

842  
843 P2 I'm not really sure.

844  
845 I You're not really sure. That's ok, P2. You're doing really well. Did you change the  
846 amount of activity that you normally do while you were wearing the physical activity  
847 monitors?

848  
849 P2 I minused one lesson, and gained one.

850  
851 I OK, so do you think you kind of did more or do you think you kind of did less?

852  
853 P2 I did a bit more.

854  
855 I You did a bit more? And can you tell me about the difference wearing a physical  
856 activity monitor made to you?

857  
858 P2 It felt comfortable. I'm not really sure.

859  
860 I Can you give me an example of how the physical activity monitor made a  
861 difference to the activities you do?

862  
863 P2 It didn't really make a difference. It didn't make a difference at all. It was just  
864 there.

865  
866 I OK. Do you think it didn't change the amount of activities that you normally do?

867  
868 P2 No.

869  
870 I No. OK. On the feedback questionnaire you said that you strongly agreed that  
871 you tried new activities out while you were wearing the physical activity monitors. Can  
872 you tell me a bit more about that?

873  
874 P2 I started something else. Like I said before, I did the other lesson.



## Phase 3 – P8

875  
876 I And what other lesson was that?  
877  
878 P2 I can't remember.  
879  
880 I You can't remember.  
881  
882 P2 It was an hour lesson, though. I got rid of a half an hour lesson to go to an hour  
883 lesson.  
884  
885 I And would it have been dance-based?  
886  
887 P2 Yes.  
888  
889 I Yes. OK. So that's the other thing. And what was it about wearing the  
890 GenieActive and Fitbit that encouraged you to try new activities?  
891  
892 P2 Well, it wasn't really that that encouraged me. It's just because we didn't have  
893 enough money to do the swimming lessons, so we swapped out.  
894  
895 I OK. That's fair enough. Did you notice a change in how strenuous the activities  
896 you typically do are? Like how fast you run, or while you were dancing?  
897  
898 P2 No.  
899  
900 I And can you tell me about how you used the Fitbit? You know, like what settings  
901 on the Fitbit you used.  
902  
903 P2 What do you mean?  
904  
905 I So on the Fitbit, like you said, before you got the tablet.  
906  
907 P2 I kept it on normal mode when I was awake, sleeping mode when I was asleep.  
908 When I felt I was about to go to sleep I tapped it to go to sleep mode. Yes, that's all.  
909  
910 I So you just kept it as normal, and then for the night you used the sleep mode.  
911  
912 P2 Yes.  
913  
914 I OK. So did you look at the stats counter at all on the dashboard?  
915  
916 P2 Sometimes, yes.  
917  
918 I And did you, apart from the stat counter, did you use any other settings on the  
919 Fitbit dashboard?  
920

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921 P2 What do you mean?  
922  
923 I So when you went on the computer, did you use any other settings or look at any  
924 of the things on there?  
925  
926 P2 No, I didn't do any of that.  
927  
928 I You didn't? OK.  
929  
930 P2 Because we don't have a computer.  
931  
932 I Ah right, ok.  
933  
934 P3 Well, we've got laptops, but we didn't have a charger at the time.  
935  
936 I Oh yes, yes.  
937  
938 P3 The first thing that goes, isn't it, the battery, and then we've all got iPads now,  
939 so...  
940  
941 I Yes.  
942  
943 P3 We tend to use our iPads, as you might have noticed.  
944  
945 I And what was it that you liked most about the Fitbit dashboard, or the Fitbit in  
946 general?  
947  
948 P2 It felt comfortable, it looks cool, it wasn't bulky like the other one. Yes.  
949  
950 I Yes. And did you ever get a chance to look at the dashboard? I know your Dad  
951 said that you didn't have a computer.  
952  
953 P2 No.  
954  
955 I Ah no, that's fine. And you mentioned on the feedback questionnaire that you  
956 strongly agreed that getting some information each day would encourage you to do  
957 more activity. Can you tell me a bit more about that?  
958  
959 P2 Did I say that?  
960  
961 I So on the feedback questionnaires, you circled that you agreed, or strongly  
962 agreed, that getting some information each day would encourage you to do more  
963 activities. Can you tell me a bit more about that?  
964  
965 P2 Well, it's giving, "Oh, you reached this. Do you want to reach this?" Yes, goals,  
966 basically.

## Phase 3 – P8

967  
968 I To fulfil your goals?  
969  
970 P2 Yes.  
971  
972 I OK. And was that for both of them, or was it just...?  
973  
974 P2 No, just for the second one.  
975  
976 I The second one. Just for the Fitbit. And what was it about getting some  
977 information that tells you how active you are each day, do you feel would encourage  
978 you to be more active?  
979  
980 P2 Because the goals.  
981  
982 I Because of the goals?  
983  
984 P2 Yes, that you reach.  
985  
986 I It sounds like you're saying that by having goals it gives you something to work  
987 towards.  
988  
989 P2 Yes.  
990  
991 I And what goes through your mind when you've got things to work towards like  
992 goals?  
993  
994 P2 I don't know.  
995  
996 P2 You don't know. That's ok. Nearly at the end now. Just a couple more questions.  
997 You said that you would like to wear a GenieActive and a Fitbit again. Can you tell me a  
998 bit more about that?  
999  
1000 P2 Can I change something?  
1001  
1002 I Yes, course, go on.  
1003  
1004 P2 I wouldn't like to wear it again, but I would recommend it to someone else.  
1005  
1006 I OK. And would that be for both devices?  
1007  
1008 P2 No, just for the Fitbit. Just for the Fitbit, because the Fitbit was cooler.  
1009  
1010 I So just for the Fitbit. Sorry, just so I can understand. So you're saying that you'd  
1011 like to wear the Fitbit again, or you'd prefer somebody else to do it?  
1012

## Phase 3 – P8

1013 P2 Somebody else wear it. I mean, both of them are good, but I would recommend  
1014 the Fitbit more.

1015  
1016 I The Fitbit more for someone else. And why is it that you'd recommend the Fitbit  
1017 more, say, than the GenieActive for someone else?

1018  
1019 P2 Like I said before about the thing where it's slicker, it doesn't get in the way as  
1020 much, yes.

1021  
1022 I Ah, right, so for all those reasons that you've said before. Thanks, P2. Last  
1023 question now. If you could ask the clinicians and the CF team at Alder Hey anything,  
1024 what would you ask them?

1025  
1026 P2 About the things?

1027  
1028 I Just anything really.

1029  
1030 P2 I'm not sure.

1031  
1032 I You're not sure? If it was something about the physical activity devices, what  
1033 would you ask them?

1034  
1035 P2 Can you get them in different colours?

1036  
1037 I Can you get them in different colours? Just different colours?

1038  
1039 P2 Yes.

1040  
1041 I OK. Thank you very much for speaking to me today. I've really enjoyed hearing  
1042 about what you thought about wearing the physical activity monitors. That's the end of  
1043 the interview now. Is there anything you'd like to ask?

1044  
1045 P2 No, not really.

1046  
1047 I Maybe something I've missed?

1048  
1049 P2 No.

1050  
1051 I No? OK then, I'll end the interview now, and thank you very much for your time  
1052 and for speaking to me today.

1053  
1054 P2 Thank you.

1055  
1056 I Thank you very much, P2.

1057  
1058 ***End of Interview***

## Phase 3 - P9

1 P1 So hi, P2. If you remember, the last time we met I spoke to you about when you're  
2 active and when you're not active, and then I asked you to try out two different activity  
3 monitors. One was a GenieActive, and the other was a Fitbit. I'm here again today to ask  
4 you thirty short questions about what you thought about the devices you tried out, like  
5 what you liked and what you disliked about them. There's no right or wrong answers, so  
6 don't worry. I'm interested in what you have to say, and may I ask for some examples if  
7 you can, because this'll help me to understand your experiences better. If you need to  
8 think for a little bit before answering a question that's ok. We won't try and answer for you.  
9 We'll just wait until you feel ready to answer, or if we move past a question and then you  
10 remember something that you wanted to say, that's fine too. You can add things at the  
11 end. That's not to exclude you, Mum. there are some specific questions for you also, so  
12 watch out for these. It should take around forty minutes depending on your answers, and  
13 I'll be recording our conversation on the Dictaphone just to help me to remember  
14 everything we say. Also I'll be ticking off the questions I ask as I go along, just so I don't  
15 say the same question twice. If you or I happen to mention someone's name as we go  
16 through the questions, or anything that might let someone else know who you or other  
17 people are, I'll be taking this out of the transcript of our conversation, and this is just a  
18 document where we write out our conversation. So if you're happy to begin.

19  
20 P2 Yes.

21  
22 P1 In the first section I'm going to ask you about the times and places that you wore  
23 the activity monitors we asked you to wear. On the feedback questionnaire that you  
24 completed after wearing each physical activity monitor, you said that you disagreed that  
25 you enjoyed wearing the GenieActive. Can you tell me a bit more about that?

26  
27 P2 It was just a bit thick, and it got in my way of doing general activities I do every day,  
28 and I had to be careful that I didn't knock it and stuff like that, and it was quite thick. People  
29 noticed it a lot more, and was asking me about it, thinking it was a watch, and then when  
30 they actually saw it there was no watch, so that was, I was just a bit like, oh...

31  
32 P1 And I can see you said it got in the way of your general activities. Can you think of  
33 an example of when it got in the way?

34  
35 P2 Like on the trampoline if I'm bouncing and I land on my wrist or something like that,  
36 or I'm on some bar, because I've got to be careful that it doesn't dig into me or knock it,  
37 and if I'm doing swimming at school, I've got to be careful that I don't whack it on the wall  
38 doing swimming, and stuff like that.

39  
40 P1 That's brilliant. Thanks, P2. For the Fitbit you said that you agreed that you enjoyed  
41 wearing the Fitbit. Can you tell me a bit more about that?

42  
43 P2 I could check up on what I was doing during the day, and it was a lot smaller. It just  
44 looked like a jelly bracelet. It didn't look like nothing more, and it was fun, and my friends  
45 were getting involved in it as well, which was really good, because they were asking

## Phase 3 - P9

1 questions, which I don't mind what they were asking, like how many steps, and they were  
2 encouraging me to do more, so I think that was good as well. I enjoyed wearing that.

3

4 P1 OK, so what did you like about wearing the physical activity monitors?

5

6 P2 On the Fitbit one, I liked the fact that everybody in my class was getting a bit  
7 involved in it, asking me questions, which I liked, because I don't mind answering them  
8 and doing steps and that, and my first one, the...

9

10 P1 GenieActive,

11

12 P2 The GenieActive one. I enjoyed wearing that because at the end, I think, I did quite  
13 well with it, and I tried to beat my high score every day. Even if I didn't know what it was, I  
14 was trying to work out, so I think I enjoyed working out, doing a bit of the maths on it.

15

16 P1 OK. And what did you dislike about the GenieActive and Fitbit?

17

18 P2 I disliked on the GenieActive because it got in the way, and it was thick, and it  
19 looked a bit like a man's watch. And the Fitbit, you couldn't get it wet, so if I was doing  
20 swimming I'd have to take it off. If I was going, like we went canoeing with the school, we  
21 wore waterproofs, and it ran out of battery, and I thought it broke, so that made me into a  
22 bit of a panic, but yes.

23

24 P1 Thanks. That's brilliant, P1. What physical activity monitor did you enjoy wearing  
25 the most?

26

27 P2 The Fitbit one.

28

29 P1 The Fitbit. And what was it about the Fitbit that you enjoyed compared to the  
30 GenieActive?

31

32 P2 The Fitbit was more lighter on my wrist, and I could sleep in it, and I could see my  
33 patterns, and we could see where I get my hyperactivity from, and the GenieActive one  
34 you couldn't really check up, and you couldn't really sleep in it, and it was chunky, and it  
35 just got in the way really.

36

37 P1 Ah, thanks. P1. On the feedback questionnaire you said that you disagreed that  
38 the GenieActive was comfy to wear, and that you didn't agree or disagree that the Fitbit  
39 was comfy to wear. What was it about the GenieActive and Fitbit that made it not comfy to  
40 wear?

41

42 P2 The GenieActive was quite heavy, and it was thick, and then after I'd taken it off it  
43 would leave me a bit of a mark, and the Fitbit one was, well, it wasn't as bad. I would wear  
44 it if I have to, and if I had the choice whether to wear it, I'd wear it now and then, but the  
45 only thing was that I forgot it was there, and that was everything comfort, but I couldn't

## Phase 3 - P9

1 remember to take it off, like to get in the bath. My Mum had to remind me, and it would be  
2 like in the morning it would be my Mum, "Take your Fitbit off for swimming, take your Fitbit  
3 off and put it underneath for canoeing", and that, and I didn't mind doing that, but it's just  
4 I'm awful at remembering, that's the only thing.

5

6 P1 Aah, well me too. I'm not very good at remembering.

7

8 P2 I can't even remember when my birthday is sometimes. I've got to think.

9

10 P1 And what was comfy about wearing the Fitbit and the GenieActive, if there was  
11 anything, that is.

12

13 P2 The GenieActive, there wasn't really anything comfortable with it, but with the  
14 Fitbit, it was light, and if there was a couple of days that I didn't have to take it off , and it  
15 was only for like the bath, my Mum could go, "Take your Fitbit of". It was fine. It didn't get  
16 in the way, and my class sort of reminded me a bit to take it off now and then. Like I had to  
17 take it off for PE a bit. It depended what we were doing, because now and then we would  
18 be doing judo and stuff where I might break it or land on it, and it might hurt me, and my  
19 class were better at remembering than I was. I sit next to this girl in my class, and she's  
20 my friend, and she was my reminder. She wasd like, "Remember to take it off", so that  
21 was helpful.

22

23 P1 Aah. So what device would you say was more comfy to wear out of the Fitbit and  
24 GenieActive?

25

26 P2 The Fitbit.

27

28 P1 And what made the Fitbit more comfy compared to the GenieActive?

29

30 P2 It was lighter, it was thinner, and a lot less noticeable, and it was just fun doing it, I  
31 think.

32

33 P1 Yes. Ah, that's good. You said that you agreed that the GenieActive got in the way  
34 of what you were doing, whereas the Fitbit did not get in the way of what you were doing,  
35 and you've touched on that a little bit. Can you tell me a bit more about that?

36

37 P2 The Fitbit, now and then I'd have to take it off, but thst doesn't really get in the way  
38 of what I was doing, and the GenieActive I could keep on at all times, but it was just  
39 clumpy and thick, and when I was wearing my PE kit, it's shorts, so it's noticeable, and it's  
40 just thick and gets in the way a lot.

41

42 P1 Can you give me an example of when it got in the way of what you were doing?

43

44 P2 In PE, I could keep it on, because it was the GenieActive one, and it was just I was  
45 scared in case someone whackered me there, and it digginhg in, and it was really

## Phase 3 - P9

1 chunky, so the sides of it might dig in, and when I take it off I'd have a little line where it's  
2 dug in a bit, and then when I put it on looser I didn't want it to fall off.

3  
4 P1 Ah, yes. And what were you doing when you were a bit scared that it might dig into  
5 you?

6  
7 P2 We were doing ju jitsu and acrobatics and stuff like that, because we do a lot of PE  
8 in our school. It's part of a health programme we do at school which is really good, and we  
9 do gymnastics, acrobatics where you can do a bit of cartwheeling and stuff like that, and  
10 that's stuff I like to do, because I learned how to do a cartwheel.

11  
12 P1 Well done you! But what would you do to change the GenieActive and Fitbit if you  
13 could do anything to make it better?

14  
15 P2 The GenieActive one I'd make it a lot thinner and a lot less like a man's watch, and  
16 make it for all ages, and for a boy or a girl, or a woman or a man, so it's more just you  
17 could pick a colour, so it would be nicer for you to wear.

18  
19 P1 And how about the Fitbit? What would you change, if you could do anything, to  
20 make that better, what would you change?

21  
22 P2 I would make the Fitbit waterproof. That's the only thing I would change, make it  
23 waterproof.

24  
25 P1 Ah, thanks, P2. Did you ever have to be told to remove the monitors at all?

26  
27 P2 I got told once when my teacher said, "We're doing ju jitsu, so you might want to  
28 take it off", so we just wrote it down on the piece of paper. That was for the Fitbit, and then  
29 the GenieActive one, I got told to take it off when I was going to sleep, and the Fitbit my  
30 Mum would now and then tell me to take it off. If I was having a bath my Mum'd be like,  
31 "Oh, take it off", but I suppose that wasn't much effort for me, because my Mum was the  
32 one telling me to take it off. It's not like my teacher, so it's a lot.

33  
34 I And what reasons did they give you for having to remove it, like so you mentioned  
35 there that your teacher in school told you to remove it while you were doing your ju jitsu,  
36 and also your Mum now and then told you.

37  
38 P2 My Mum was telling me because it's not waterproof, so if I was going in water we  
39 don't want to break it, and then the GenieActive one, my teacher just didn't want someone  
40 to whack it or be messing round a bit, and knock it a bit or me fall to the ground and it dig  
41 in, or it falls off if someone stands on it.

42  
43 P1 So it sounds like for safety reasons.

44  
45 P2 And my teacher said for other pupils' safety as well, because if I put my hand out



## Phase 3 - P9

1 and someone walks into my wrist, it's going to hurt, and it's just for safety reasons really.

2

3 P1 Ah, thanks, P2. Next I'd like to talk about other people like friends and family, and  
4 how they may have influenced you to wear the physical activity monitors, Did you ever  
5 forget to put the physical activity monitor on?

6

7 P2 No, not once. Now and then on the thing, it would have like twelve that's on like a  
8 Saturday, where I've woken up.

9

10 P1 Had a little lie-in?

11

12 P2 Yes, have like a long day, but that's not me forgetting to put it on. As soon as I  
13 woke up it would be on the kitchen with the sheet, and yes, it would just always be there,  
14 and then I'd come in, I'd take it off, put it there, go for my bath, come down, put it back on,  
15 come to going upstairs. I'll take it off as soon as I'm ready to go to sleep, give it to my Mum  
16 or to my Dad, and put it on the kitchen table.

17

18 P1 Ah, well, you've kind of answered the next question, which was obviously in the  
19 questionnaire you said that you strongly disagreed that you kept forgetting to put the  
20 physical activity monitor on, and how was it for you remembering to wear the monitor  
21 each day? How did you find that?

22

23 P2 Yes, I found it, every day it didn't take any time at all out of my day, so I was more  
24 than happy to put that into a routine, because there's no way to say strongly disagree,  
25 because I never once forgot to put it on, and we just had this little routine going on, and it  
26 didn't take much time up, so...

27

28 P1 Oh, brilliant. Because that was my next question, which was can you tell me how  
29 you remembered to wear the monitor each day, and you told me you left it on the kitchen  
30 table, and you just popped it on in the morning. Was that the same for every day for each  
31 monitor?

32

33 P2 Every day, because, I don't know, every day it just seemed to be like that, or if I  
34 was waking up straight away, and my sister'd said, "Let's go swimming", I would before  
35 run down, get it off the table, put it on, and go and get dressed and do all of that, and then  
36 I'd go and I'd take it off then, because it'll still add steps to my day, so yes.

37

38 P1 Ah, thanks. P2. You said that you agreed that other people noticed that you were  
39 wearing the physical activity monitor. What did people say to you?

40

41 P2 On the Fitbit one, they only recognised it because I told them, but on the  
42 GenieActive one, people just generally recognised it because with my cardigan you could  
43 see a ginormous lump where it was, and you could see a line where I'd tried to tuck it in a  
44 bit and that, so I think it was just a lot more noticeable than the Fitbit one. Like if I would  
45 have not told anyone, I don't reckon anybody would notice

## Phase 3 - P9

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45

P1 No. what did people say to you?

P2 On the GenieActive one, it was more like, "Oh, what's that?" and "Is that a watch?" and stuff like that, and on the Fitbit one it was more like, "How many steps have you done?" and "Do you sleepwalk?" and funny questions like that.

P1 What did you think about what they said?

P2 On the GenieActive one I just said, "Oh, I'm just doing a test for the hospital" and that. I just kind of left it at that one. And then at the Fitbit one, I don't mind explaining it, because, I don't know, it was a lot easier to get people involved, and it was good. It was really good fun.

P1 And how did it make you feel, you know, people asking you about wearing the devices?

P2 On the GenieActive one, at the beginning it wasn't too bad, but then it got halfway through, and I'd told nearly everyone now, and I've had enough of telling people. And then on the Fitbit one, people don't notice what it is really, like a jelly band, and my class weren't constantly asking questions. It was like I'd go, "Oh, I'll tell you how many steps I've done" and so on, come in the next day and then tell them, and stuff like that. I didn't mind that at all.

P1 Oh, I'm glad about that. That's great.

P2 It was nice.

P1 Ah, that's good to hear. Did you notice a change in the amount of active activities you normally do as a family while you were wearing the physical activity monitors?

P2 No, I don't think anything changed, other than the school we were going to the canoeing, but that was the only thing that really changed, in like a daily basis. At the weekend it sort of was like a normal weekend. It was just nice. I went out with my sisters and my Mum and Dad, and we went shopping, and we got food, and it wasn't anything different really.

P1 Ah, so nothing different. Thanks, P2. How about your friends? Did how your friends are involved in you being active change?

P2 Not really, but they were making me run a bit more, like up and down the race track, and I think it was good fun, because why not be more active?

P1 So that made you run more?

## Phase 3 - P9

1 P2 Not really. Say like we were doing nothing, we would tend to run or wander round,  
2 but if we had nothing to do it would be to make me run round the whole playground.

3

4 P1 And what did you think about that?

5

6 P2 It was funny, and I don't know, I didn't mind. I wasn't like, "Oh, I can't be bothered".  
7 It was just a bit like, "Oh, ok, then". It was fun. I liked it. I thought it was good.

8

9 P1 You thought it was good? Ah, that's good. I'm pleased. And what kind of made your  
10 friends think, "Let's make P2 run".

11

12 P2 Because they knew if I ran, my steps and my energy levels and that would change,  
13 and get higher and stuff like that. If I was to wear the Fitbit again, there wouldn't be much  
14 difference to it, to like not running, because we do loads of running. That's why. It was just  
15 like every day, and it wasn't just like, "Oh, I've increased my running". We were just all like  
16 playing games and that. It was just like a fun game to play. It wasn't like for basically the  
17 Fitbit. It was just a bit for fun.

18

19 P1 Oh, so would it be for just the Fitbit your friends asked you to run, or would it be for  
20 both devices?

21

22 P2 Just for the Fitbit, because the other device they could see that I wasn't very happy  
23 wearing it.

24

25 P1 Aah!

26

27 P2 I was a bit like that, and I was always like, "Oh, it's too big", and when the teachers  
28 ask why I've got it on I'd just be like, "It's my Dad's watch".

29

30 P1 Ah, thanks for that. So you've told me how your friends being involved in you being  
31 active changed a little bit, told you to run, and I asked you what you thought about  
32 that. You said you didn't mind. Is there anything that you did like about it particularly?

33

34 P2 The GenieActive one.

35

36 P1 Sorry, I didn't really explain that very well. So when your friends told you to run  
37 about and that, was there anything that you liked about that, or was there anything that  
38 you disliked about that?

39

40 P2 There was nothing that I disliked, and I just liked the fact that it was for a game, and  
41 it was just a big game for everyone, and it was just loads of fun, I think. There was nothing  
42 wrong with that. They weren't like telling me, they were like, "Oh, shall we go and run  
43 around and see how high we can get your Fitbit?" and like the dots, and every day I'd get  
44 to the highest one and that, and all my friends would be like this, looking over and I'd be  
45 like, "Yes, it's nearly there". So yes, I didn't mind at all.

## Phase 3 - P9

1  
2 P1 Ah, thanks for that, P2. on the feedback questionnaire you said that you agreed  
3 that other people like friends or family kept asking how much activity you do while you  
4 were wearing the physical activity monitors. What did you think about that?

5  
6 P2 On the Fitbit, I liked it, as I told you. I liked it. And on the GenieActive one, I didn't  
7 mind family, but friends, they sort of didn't notice it a bit.

8  
9 P1 And was that just because, as you mentioned, it was clunky, it was a little bit  
10 uncomfortable.

11  
12 P2 Yes. It just looked quite like a man's watch, and I'm more like fashion and style, and  
13 football, and stuff like that.

14  
15 P1 Yes. Thanks. Thank you for your answers. I'm learning a lot about what wearing  
16 physical activity monitors was like for you, and in this last section I'm going to explore how  
17 wearing a physical activity monitor may or may not have affected the activities that you  
18 do. Do you think wearing that wearing a physical activity monitor encouraged you to be  
19 more active?

20  
21 P2 No. I reckon it was just the same, but people were asking questions, but other than  
22 that, I didn't think there was anything different.

23  
24 P1 And how about other young people with CF? Do you think wearing the GenieActive  
25 and Fitbit would encourage them to be more active?

26  
27 P2 It's depending what type of people you surround. Like there could be pushy  
28 people, and there could be people who just want you to sort of do your own thing with it,  
29 so it's really depending on the whole fact of who you're around.

30  
31 P1 OK. And how do you think using the GenieActive and Fitbit could help you to be  
32 more active?

33  
34 P2 I reckon if I did go back into hospital, and I lost a lot of weight, and I needed to get  
35 more active again, I reckon I'd get one, because it would help me to be more active, and  
36 my health would go up again, and I've tried to think what I've done over the last few days  
37 so I can tell you, and I reckon I've been thinking what was different, and I couldn't really  
38 think of anything.

39  
40 P1 Oh yes.

41  
42 P2 I've been trying to keep to what I've been doing with the Fitbit, because I think that,  
43 if the Fitbit's saying, and like scientists and that are saying, that's like healthy and good for  
44 you, then I should really keep carrying it on.

45

## Phase 3 - P9

1 P1 Ah, thanks, P2. Can I just go back to that other question, when I asked you how  
2 other young people with CF do you think wearing the GenieActive and Fitbit would  
3 encourage them to be more active? You said something like it depends on them, whether  
4 they were a bit pushy or not, and I was just wondering if you could explain that a little bit  
5 more to me.

6  
7 P2 Well, now and then people think, "I've got this. I want to try and be best in everyone  
8 else", and it's got to be dead good and high and that. When it does it, all you have to do  
9 really is do your normal days, and people go out of their way to change it, or just because  
10 they think that being good at this is going to change everything, when it's not. You've got  
11 to keep doing healthy activities and eating healthy food and stuff like that. It's not all to do  
12 with just the Fitbit.

13  
14 P1 It sounds like you're saying that being healthy involves a lot of different things like  
15 eating healthy and keeping active, not just one thing.

16  
17 P2 Yes. you've got to do a variety of different things, but you've got to remember the  
18 fact that you can't just keep to one variety of like fruits and vegetables. You've got to eat  
19 different, otherwise really you're just not going to get further than you are, and you're  
20 going to either get well below weight or above it, so it just helps a lot to eat different foods  
21 and try different things.

22  
23 P1 That's a really good answer. Thank you. Can you tell me how you think using the  
24 GenieActive and Fitbit was useful or not useful at encouraging physical activity?

25  
26 P2 It was. I knew that it was to compare a CF person's life, so I didn't do anything that  
27 would change my normal day, but as I said, if I did go into hospital, I think it would  
28 encourage me, because as I was saying about being pushy, I'm not pushy, but I'm a bit  
29 competitive, just a bit.

30  
31 P1 And can you tell me a little bit more about that? So how did wearing the activity  
32 monitors would encourage you to be more active? You mentioned you're a little bit  
33 competitive

34  
35 P2 Yes. Well, if there's like a score saying "Well, this is what you should be doing",  
36 saying like it's three thousand a day, I would get to three thousand a day, because, I don't  
37 know, I would just be like wandering round the room to get to that, because if I do three  
38 thousand a day, then that's going to make my health a lot better, and if I choose salad  
39 over a chocolate bar, have like the salad and then a bit of a chocolate bar, it's just going to  
40 help me a lot more, but it depends on who you're talking to, because different people need  
41 different diets, because now and then people listen to one diet, and think that's what I  
42 need when it's not. You've got to listen to a variety, like some people might be  
43 underweight, some people might be over, and some people might be allergic to most  
44 things, so they've got to try and find other stuff to fill in, and some people might be  
45 vegetarians, because meat's important as well, so you've got to try and fit all of them

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1 things in to make it work, really.

2

3 P1 OK. and what was it about the GenieActive and Fitbit that you feel encouraged you  
4 to be more active?

5

6 P2 The fact that they were both, like if I was to have them again, and it was to see if I  
7 could get to a certain score, they would just make me, I don't know, because if you're not  
8 well, and you want to be well again maybe, all you need to do is do a bit more, get a bit  
9 more activity into your life, and I think that's encouraging, because if you're competitive  
10 like me, and you find a score on the Fitbit that you should be doing, if you try and get to  
11 that score, you will eventually if it takes like a week, two weeks, a month. You will get  
12 there eventually, so all you need to do is keep trying and stuff like that.

13

14 P1 You said there that with the Fitbit you could be a little bit competitive, you could  
15 see how much steps you could get to. It sounds like that encouraged you to be a bit more  
16 active. How about the GenieActive? How did you feel that would encourage you to be  
17 more active?

18

19 P2 I think it might encourage me a bit, but I like to see what I've done, but at the end of  
20 a day I didn't get to see, so it was just like normal and that, but if I was to recommend either  
21 one, for this reason it would probably be the Fitbit.

22

23 P1 OK. And what was it about the GenieActive and /fitbit that you feel stopped you  
24 from being active?

25

26 P2 The Fitbit wasn't waterproof, and I've said this a million times, the GenieActive was  
27 big and like a man's watch, and thick.

28

29 P1 Thank you. Well, a little rest for you now, P2. It's a good time to ask you some  
30 questions, P3.

31

32 P3 Yes, fine.

33

34 P1 What do you think the benefits of wearing a physical activity monitor are for P2?

35

36 P3 Well, I think she was more aware. I think at the end of the day, especially with the,  
37 was it the Fitbit, when we eventually got round to logging on, and having a little look  
38 what the information did show you, it was interesting to see where she peaked and, you  
39 know how we realised that one day when you were out with your friend, how active you  
40 actually were during that short space of time?

41

42 P2 Yes, when we walked round the park, wasn't it?

43

44 P3 I think it was. I think it's a good reminder as well. I mean, I think most parents with  
45 CF children are aware of the benefits of exercise anyway, so you're aware of it, and it was

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1 a little another thing to do every morning, like remembering to put it on and just filling it in,  
2 but it wasn't too arduous or anything. It was good, really, and I think certainly the Fitbit  
3 was interesting, because it gave you a lot more information. She was happy to wear it.  
4 It was pink for a girl.

5  
6 P2 I like pink.

7  
8 P1 And what do you think are the negatives of wearing a physical activity monitor are  
9 for P2?

10  
11 P3 There weren't any, really. I mean, the first one was a bit too big for her wrist. The  
12 second one was a perfect fit. So there was no, I mean, they're always wearing watches,  
13 children, or bracelets or something, so there was no negative really.

14  
15 P1 Ah, thanks. And thinking about P2, do you feel that the activity monitors  
16 encouraged her to be more active?

17  
18 P3 I don't think she was any more active. In fact, some days she was a bit less active,  
19 because I think you had a few days when you weren't so well, weren't you, I think.

20  
21 P2 Yes.

22  
23 P3 And I think the weather was bad a couple of days, so she wouldn't. I think it teemed  
24 for a few days during the...

25  
26 P2 It was like three or something.

27  
28 P3 I can't remember, so considering the time of the year and the light nights, I think  
29 her activity was reduced on those days. But no, it did make you aware. I don't think she  
30 did any more than usual, but it made you aware of it. Do you know what I mean?

31  
32 P1 Yes. Sounds like you're saying it gave her, I suppose a tangible thing to look at.

33  
34 P3 Yes.

35  
36 P1 Although you know that P2 is active, very active, you had something...

37  
38 P3 It made me think, "Oh gosh, she's had a few quieter days. That's not typical ". Do  
39 you know what I mean? Or it made me thinking, "Oh, I bet you that one's really ...", like  
40 she's on rollerboots. And then interestingly though, I think when we knew it didn't show as  
41 a high level, because obviously she's just gliding everywhere. It's only really the bottom  
42 half of her body doing the work, so that was interesting as well, to think that maybe all the  
43 rollerblading isn't quite as beneficial as going for a swim or doing something else. No, you  
44 didn't do any more exercise, did you? But it made me aware of perhaps days that she did  
45 a bit less.

## Phase 3 - P9

- 1  
2 P1 And on those days when PO2 did do a bit less, if you were a little bit more aware of  
3 it, how would that make yoyu feel?  
4
- 5 P3 Nothing. I was just thinking, "Oh, the results'll be interesting", I was thinking.maybe  
6 your results. You know, some days weren't particularly typical for her, but you never know  
7 with P", because she could be ill for a week,and it would be drastically reduced, or it could  
8 be a good night when she plays out every night, and she does this, this, this and this. So  
9 no two weeks are the same, really for P2 really.  
10
- 11 P2 I was surprised, because I thought that the Fitbit would react a lot more to the  
12 rollerboots, and I thiuyght that the rolletboots would be more energies than running, so I  
13 was surprised at the fact that they were a lot, lot, lot less.  
14
- 15 P1 A lot less. I wish I could give you a reason for that, to be honest, but lcan;t.  
16
- 17 P3 I think it's just low impact. It must be low impact, mustn't it?  
18
- 19 P2 Because you're gliding, but...  
20
- 21 P1 Sorry. Do you think it's reasonable that for P2 wearing a physical activity monitor  
22 might influence the amounbt or type of activity that she;s done?  
23
- 24 P3 I thnk it would, you know. Yes, I think it would.  
25
- 26 P2 Like in what ways?  
27
- 28 P3 Well, I think the fact that she's going up to the high school, and you can measure  
29 your steps, the Fitbit in particular, because we were able to visually see what she's been  
30 up to and things. I think the next part of her education, she's going to go to high school,  
31 she's going to be doing a lot more walking, a bigger campus, walking to get there, walking  
32 to her Nan's afterwards. So I do think it would benefit her wearing one as well. I think it  
33 would make her more aware. What was the question?  
34
- 35 P2 Oh yes, it was just do you think wearing the physical activity monitor might  
36 influence the amount or type of activity that P2 does?  
37
- 38 P3 Yes, I think it probably would.I think it would make me have a little nose and think  
39 about it more, and perhaps, I mean, I don;t know, it might be a novelty to begin  
40 with,mightn't it? And then I think you'd just balance out, wouldn't you? But I suppose, I  
41 think she's quite active anyway, on good days. I don't knpw whether it would change  
42 anything, because I think I already know she should be exercising. But I think it might for  
43 her be a good prompt.  
44
- 45 P2 A good nudge.



## Phase 3 - P9

1  
2 P3 But it was good the way it flashed. I didn't quite understand the way it worked, I  
3 mean because we didn't take the time to ready everything, but I realised when it flashed,  
4 when you'd done the right amount of steps...  
5  
6 P2 It came up like five flashes.  
7  
8 P3 It was the flashing came up, and things like that. Anyway, somebody in work wears  
9 one, you see.  
10  
11 P1 I remember you saying. Ah, thanks for that. That's brilliant. Back to P2 now.  
12  
13 P3 Well, go on, P2.  
14  
15 P2 I'll just move here again, then. All you can hear is probably me clomping round.  
16  
17 P1 Oh, don't worry about that. That's fine. So the GenieActive shows that on average  
18 you did three hundred and sixty-three minutes, which is six hours and three minutes of  
19 moderate to vigorous activity each day. It's recommended that children and young people  
20 should do sixty minutes of moderate to vigorous activity each day to stay healthy. You did  
21 more than this. What do you think about that?  
22  
23 P2 I am actually amazed, because I'm dead happy because I really did think that I  
24 might have only just got there, but to know that I was past, I reckon it's a good aim to go  
25 for, and I reckon other children to try and aim for that as well.  
26  
27 P3 Well, I didn't realise that. So she did a little bit more than the average?  
28  
29 P1 She's done significantly more really, so..  
30  
31 P3 Which one was that? With them both?  
32  
33 P1 Well, the GenieActive is what we could get off recording of P2's movements.  
34  
35 P3 And some of those days you were putting it on a bit later, weren't you, at the  
36 weekend and things?  
37  
38 P1 It shows three hundred and sixty-three minutes, and on average they say that  
39 children and young people should do sixty minutes of moderate to vigorous activity each  
40 day. You've done significantly more.  
41  
42 P3 That's good news, isn't it?  
43  
44 P2 That explains my hyperactivity.  
45

## Phase 3 - P9

1 P3 A bit, yes.  
2  
3 P2 I believe you now, Mum.  
4  
5 P1 So it sounds like it made you happy to hear that.  
6  
7 P2 Really, because I've got no words for it. It's just amazing. I can't believe I've  
8 actually got that many, and I reckon if you don't get the normal amount, I reckon try and  
9 keep the Fitbit on for as long as you possible can, and try and aim for a higher score, even  
10 if it's by a few minutes or hours or whatever, you're still going to be doing more, and more  
11 is better than less.  
12  
13 P1 That's really good. Thanks, P2. The GenieActive shows that you did the most  
14 moderate to vigorous activity on Wednesday. What do you think helped you to be more  
15 active on this day?  
16  
17 P2 I know. We went canoeing on wednesday, I think.  
18  
19 P1 So while you were wearing the GenieActive, so the black one.  
20  
21 P2 Oh!  
22  
23 P3 Oh, the black one, on a Wednesday.  
24  
25 P1 Yes.  
26  
27 P3 The timetable for school wasn't usual, because it was around SATS time, so I think  
28 things were focusing around SATS. Wednesday you don't particularly have anything on  
29 Wednesday.  
30  
31 P2 It was probably me shaking.  
32  
33 P3 Swimming's on a Friday, for example.  
34  
35 P2 No, we're talking about the GenieActive one, the one that's waterproof.  
36  
37 P3 But you don't swim on a Wednesday. Maybe, your PE lesson's not on a  
38 Wednesday either.  
39  
40 P2 No. I think it was just shaking, the fact that SATS are so close. That's the only thing  
41 that I can really...  
42  
43 P1 OK, so the GenieActive reports like movement, so they say tri-axle, so it records  
44 movements forwards, sideways, backwards I think, so it records like little bursts of  
45 activity, rather than still. Well, it does record stillness as well, but it wouldn't necessarily

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- 1 record shakiness, like nerves and all that. So can you think of anything that might have  
2 been different around on a Wednesday?  
3
- 4 P3 It couldn't have been your rollerskating.  
5
- 6 P2 I know, but that wasn't on Wednesday. I know...  
7
- 8 P3 We don't know what was on either.  
9
- 10 P2 That was on the day that I went to the park with...  
11
- 12 P3 No, you wouldn't go to the park on a Wednesday, P2, after school. Unless you  
13 were rollerblading, or maybe did you go on the trampoline that night for a while?  
14
- 15 P2 Trampoline.  
16
- 17 P3 I don't know.  
18
- 19 P2 When I got back it was nice, I think, on that day, and me and my niece was on the  
20 trampoline for like two hours.  
21
- 22 P3 The trampoline. Or maybe it was your rollerblading, I don't know.  
23
- 24 P2 The rollerblading didn't come up, so I reckon...  
25
- 26 P3 That was on the pink one, though. P1's talking about the black one.  
27
- 28 P2 I didn't do rollerblading on the black one. I reckon it's the trampoline.  
29
- 30 P1 Trampolining. Okey dokey. Thanks for that.OK, so the GenieActive shows that on  
31 average you spend a hundred and forty-two minutes, which is two hours and twenty-two  
32 minutes, being sedentary, and this means doing things while you're still, like sitting and  
33 watching TV. what do you think about that?  
34
- 35 P2 Quite shocking, actually.  
36
- 37 P1 What's shocking about it?  
38
- 39 P2 The fact that I'm sitting down for that length of time, and it sounds quite lazy.  
40
- 41 P1 It sounds quite lazy, does it, to you?  
42
- 43 P2 Does it record...  
44
- 45 P1 How would it be for me if I said to you that that was actually quite a low number,

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1 really?  
2  
3 P2 Was it?  
4  
5 P1 Yes.  
6  
7 P2 Oh.  
8  
9 P1 You'd think that was quite low. How would that be for you to hear that?  
10  
11 P2 Better, so I don't sound as lazy as I think I am now. Can I just ask a question?  
12  
13 P1 Course.  
14  
15 P2 You know, say if you're playing on an iPad. Does it record movement of the wrist  
16 like that?  
17  
18 P1 As far as I'm aware it doesn't. I don't really know a huge amount about the things. It  
19 more records five second spurts of activity.  
20  
21 P2 I don't know what I do when I sit down. The only thing I do is I'll go on my iPad or my  
22 phone or something. That's it, though.  
23  
24 P3 We watch a bit of telly of a night, don't we?  
25  
26 P2 Yes, unless it records me changing the channel on the TV. I can't think of a reason  
27 for having activity doing sitting down.  
28  
29 P3 In school you're not. You know, in a lesson you're sitting quite well. You're not...  
30  
31 P2 Oh, yes. During doing work, all I do is like swing my feet around or something, or I'd  
32 be like taking my shoes off, or I'll be writing. That's all we do.  
33  
34 P1 Does that sound, I was just wondering what you think about that, you know the  
35 amount of time that you spent sedentary? So a hundred and forty-two minutes, which is  
36 two hours twenty-two minutes. What do you think about that? Do you think that was good,  
37 or do you think that was bad?  
38  
39 P2 I don't know. I think everybody's got to have a rest during the day, but..  
40  
41 P1 I think you're right.  
42  
43 P2 Yes. But it doesn't feel like every time I sit down. It's like during the day, if I can put  
44 it all together, it doesn't feel like two hours. Like at school I could probably think of two  
45 hours, because if we're doing like a writing lesson, we're in our chair like forty-five

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1 minutes, and then if we do a maths lesson that happens again. Yes, and it was around  
2 SATS, so yes, I think it was just each test was like an hour you had to do with them, so I  
3 can sort of work out now where it's all coming from, but I can't think of what I'll be doing  
4 activity-wise, if it doesn't record like hand movements that much.

5  
6 P1 Thanks for that. The GenieActive shows that you were more sedentary on Friday  
7 and Wednesday. What do you think about that?

8  
9 P2 I think they're the days that I've either gone on the trampoline, or Friday I've been  
10 swimming, and I think it's just them two days I've got a lot more time to myself to do  
11 activities, so yes.

12  
13 P1 So it sounds like you've got more time on those days. My next question, it's a little  
14 bit contradictory, this, because I was going to say what was different about those days,  
15 the Friday and Wednesday, compared to Wednesday, when you were most active? So  
16 it's kind of like on the Wednesday you were most sedentary, but also on the Wednesday  
17 you were most active. What do you think about that?

18  
19 P2 Confusing. I can't explain.

20  
21 P3 The second Wednesday, wasn't that the day that the battery went, that you went  
22 on that day, and you had to take it off for the water sports?

23  
24 P2 Yes. The second Wednesday was when my battery ran out, and...

25  
26 P1 Ah, so I'm talking about the black one, so the clunky one.

27  
28 P2 Oh.

29  
30 P3 Is that when she did a lot or a little bit? A little bit?

31  
32 P1 So I suppose my question was what was different about those days, Friday and  
33 Wednesday.

34  
35 P3 On the black one?

36  
37 P1 Yes, on the black one, compared to those days when P2 was most active, which  
38 was also a Wednesday.

39  
40 P2 It was such a long time ago I can't remember what we did.

41  
42 P1 Oh, that's ok if you don't remember the time. It was a long time ago, and to be fair,  
43 I couldn't remember what I did. I can't even remember yesterday, to be honest. I can't  
44 even remember this morning.

45

## Phase 3 - P9

1 P2 I know. I can't even remember what I had for my breakfast this morning. I don't  
2 know. I can't answer that question fully. The only thing thing I could say was maybe I've  
3 gone on the trampoline or something, but because it was like three, two weeks ago, it's  
4 hard to answer the question, because I'm trying to think now, but it's just I've been ill, and  
5 then there's been days that I've been so active, and then not, so I really, honestly couldn't  
6 answer the question.

7  
8 P1 That's fine, P2. Thanks. Did you change the amount of activity that you normally do  
9 while you were wearing the physical activity monitors?

10  
11 P2 No, but if I was to get one again, for like a different reason like hospital said that I'm  
12 low on activities, I'd probably change it then, but doing it for like you and the other people  
13 that I join in the activity, no.

14  
15 P1 OK. So you said that you might change it if you got one at the hospital, and it said  
16 that your activity level was low. How would you change your activity levels?

17  
18 P2 I would try and go out a lot more. I'd start going on the trampoline a lot more, I'd  
19 start rollerblading, and I would start playing golf. Stuff that the rollerblading made a little  
20 bit, but a little bit can, if I do loads of it, a little bit can turn into more and more and more,  
21 and then along with the other activities, they'll help, like swimming and that, so yes, that's  
22 basically...

23  
24 P1 Thanks. On the feedback questionnaire you said that you strongly disagreed that  
25 you tried new activities out while you wore the GenieActive, and that you didn't agree or  
26 disagree that you tried new activities out while you wore the Fitbit. Can you tell me a bit  
27 more about that?

28  
29 P2 When I was out, like I went out with my friend one day, so I wouldn't have gone out  
30 with a friend normally, because that was just like there was nothing to do, but yes, so  
31 really that's it. Can you just repeat the first question?

32  
33 P1 Yes, course. I was going to say, what the question says is, on the feedback  
34 questionnaire you said that you strongly disagreed that out new activities while you were  
35 on while you wore the GenieActive, and that you didn't agree or disagree that you tried  
36 new activities out while you wore the Fitbit, but you said you went out with your friends,  
37 and normally you wouldn't necessarily do that. Was that while you wore the Fitbit, or was  
38 that while you wore the GenieActive?

39  
40 P2 It was while I wore the Fitbit, and I also wore the Fitbit as well for canoeing, which  
41 that was like a different week, because then two things happened, but it was a bit, one I  
42 wouldn't normally do the things that I did when I did them.

43  
44 P1 And that was activities that you did in school, was it?  
45

## Phase 3 - P9

1 P2 No, that was just an activity.  
2  
3 P3 Like an extra-curricular thing.  
4  
5 P1 Oh, right. I see. Thanks, P2. Did you notice a change in how strenuous the  
6 activities you typically do are, like how fast you run or went on the trampoline?  
7  
8 P2 No, not really. Not at all, actually.  
9  
10 P1 No? Can you tell me about how you used the Fitbit? Like what settings on the Fitbit  
11 you used.  
12  
13 P2 I just kept it on like the day and the normal one. I thought if I wear it at night I'm  
14 such a wriggler. It's like a disaster waiting to happen, so I just thought it's easier to just  
15 keep it on the day, so if I keep it on the day, and yes.  
16  
17 P1 It sounds like you're saying you kept it on the day. And you've mentioned that you  
18 used the step counter, so when you tapped it. I was jsut wondering was there anything  
19 else that you used on the dashboard?  
20  
21 P2 Nothing that we didn't know how to use, but when I tapped it, I sort of tapped it  
22 quite a bit because I liked the feeling of when it made the buzz. It went, "Bzzzz".  
23  
24 P1 So you liked the buzz.  
25  
26 P2 Yes.  
27  
28 P1 What was it that you liked most about using the Fitbit and the functions that it's got?  
29  
30 P2 With the Fitbit it was just like the whole like you could see how many steps, and it  
31 buzzed, and it flashed, and stuff like that, and stuff that, I don't know. You think, "Well, if it  
32 does that, that means I've done loads of steps". I don't know, it'd more motivating than the  
33 GenieActive.  
34  
35 P1 More motivating than the GenieActive. And what did you dislike most about the  
36 Fitbit dashboard?  
37  
38 P2 You had to log in with loads of different like passwords and that, and I think it's a bit  
39 confusing for kids, getting them to do it on a computer. It'd be good if they made like an  
40 app for like iPads, where you could just constantly be logged on.  
41  
42 P1 Ah, I see. OK. I mean, I think they've got an app for a phone, like a mobile  
43 Smartphone, but obviously if you haven't got a mobile Smartphone, that means you  
44 haven't got that app, doesn't it?  
45

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1 P2 I know. We asked P, and P said it was iPhones, yes, but I don't always carry mine  
2 with me, because if I'm going swimming I'm not going to take it with me to the baths. It's  
3 only if I'm going out where I want to take pictures or I'm going out with my friends and my  
4 Mum needs to know if she needs to pick me up or where I am or if I get lost. So that's it.  
5

6 P1 Thanks, P2. You mentioned on the feedback questionnaire that you agreed that  
7 getting some information each day would encourage you to do more activity. Can you tell  
8 me a bit more about that?  
9

10 P2 Well, you could see what you're doing wrong during the day. Like if, I don't know,  
11 you're on the trampoline and you're only going on it for like say ten minutes, when it would  
12 be better if you're going on it for half an hour. You could change it and think, "Well, if I  
13 started doing this an odd time, when the trampoline's only got me so far, if I do twice as  
14 much it'll get me a lot further".  
15

16 P1 And what is it about getting some information that tells you how active you are you  
17 feel would encourage you to be more active?  
18

19 P2 You just want to be like the best you can be, and the best you can be is like  
20 checking, making sure that you're doing the right amount of steps, and if you're sitting  
21 down and you're bored, go and like wander around, or go on the trampoline or go and play  
22 outside and play football, something like that, so you're not just wasting your time sitting  
23 down. You're going and you're doing stuff, and that's going to help you get more steps in.  
24 That's the only thing I could really recommend to people to do.  
25

26 P1 Thanks, P1. Just two more questions now. You said that you would like to wear a  
27 GenieActive and Fitbit again. Can you tell me a bit more about that?  
28

29 P2 I think that it was fun doing the tests, and it's fun to think that people are actually  
30 going to be wearing when I need advice and stuff like that, so it's nice to think that you're  
31 helping a bit.  
32

33 P1 So do you mean as part of the research?  
34

35 P2 Yes. I liked being a part of the research, and seeing how they worked, and I  
36 thought they were really clever.  
37

38 P1 And how about outside of research? Would you still like to get to wear them again?  
39

40 P2 Yes. The only thing that I really enjoyed with the GenieActive one was being a part  
41 of like helping other people use them and stuff like that, and advice. And the Fitbit one I  
42 would wear because it was fun, and it was motivational, and you could see how many  
43 steps you've done, and it was just a lot easier to handle and cope with than the  
44 GenieActive.  
45



## Phase 3 - P9

1 P1 So outside of research, would you try and do the GenieActive and the Fitbit again,  
2 or would you just prefer to use one or the other?

3  
4 P2 I would just prefer to maybe use the Fitbit.

5  
6 P1 The Fitbit. Thanks. Last question. If you could ask the clinicians of the CF team at  
7 Alder Hey anything, what would you ask them?

8  
9 P2 What's a clin...

10  
11 P1 Ah, so you know the doctors and the nurses, and like P, and R, so all the people at  
12 Alder Hey in the CF team.

13  
14 P2 The only thing I'd ask is if I added more into my day, would it be beneficial, or would  
15 it not make a difference? That would be the only thing I'd probably ask. And I'd probably  
16 ask if there was other choices like the phone app and like a little stick that went into your  
17 pocket. So I would probably ask which one would be best to use as a different thing. Like  
18 I've tried the GenieActive and the Fitbit, which were both like watches. Should I try like the  
19 little box or the phone app? Should I say if they would help more?

20  
21 P1 And when you say help more, what does that mean to you, help more?

22  
23 P2 Can you just repeat that question, please?

24  
25 P1 Yes, sure. So you said that you'd maybe like to try the mobile phone app and the  
26 GenieActive, the box one, and you said just to see if they're better, that you'd like to ask  
27 them which is the best. I was just wondering what that would mean to you, something  
28 being the best.

29  
30 P2 Like increasing my steps maybe, to make me do more. I don't know. Maybe there  
31 was a certain thing that counted other, like rollerblading and stuff more, just, I don't know,  
32 being more active.

33  
34 P1 Sounds like you're trying to say maybe that what might be better than the other.

35  
36 P2 Yes. Maybe there was one that, I tried two like a watch and a bracelet. Maybe if I  
37 had more pockets all the time, and maybe the little stick thing might be better for me, and  
38 maybe I'd enjoy having that more. Maybe it's more comfortable, maybe it's better for my  
39 lifestyle and what I do during the day.

40  
41 P1 OK. Ah, thanks. That's a really good question. Thank you very much, P2. Thank  
42 you for speaking with me today. I've really enjoyed hearing what you thought about  
43 wearing the physical activity monitors. That's the end of the interview now. Is there  
44 anything more you'd like to add?

45

## Phase 3 - P9

1 P2 No, I don't think there is.

2

3 P1 Maybe something I've missed?

4

5 P2 Don't forget to not charge the Fitbit, and if you do get a scare if you think you've  
6 been in the shower. That's the only thing I could physically add.

7

8 P1 Aah, thanks for that. And how about you, Mum? Have I missed anything, or  
9 anything that you'd like to add?

10

11 P3 No, no. I think it's been a good thing for P2 to be involved with really, because I  
12 think it's made her more aware as well, and I think a few of the results you've given then,  
13 to me I thought it would have been on the low side. I didn't realise she perhaps could be  
14 doing a little bit more than what was expected, because no two days are the same, so the  
15 school timetable changes a lot, and the weather.

16

17 P1 Yes.

18

19 P3 But I think it's been good for P2 to think about it. Because that'd be good for the  
20 kids for sure, for the children, and as I say, the Fitbit's like the latest gadget thing, isn't it?  
21 So that is going to be interesting, and if I thought I could get away with wearing one, if it'd  
22 have any impact on my life. Oh no, no, it's been interesting.

23

24 P1 Ah, that's brilliant. OK, I'll end the interview now. Well, thank you very much for  
25 your time.

26

27