

## Opening

Tell me about your everyday life including family, work, housing, hobbies etc. What does a typical day look like?

### 1) Everyday life and lifestyle

How do you consider your lifestyle in general (physical activity, diet, smoking and alcohol), and in relation to your arthritis?

### 2) Daily physical activity

Tell me about your daily movement, including physical activity and exercise. How much do you move during a typical day? – and how much time do you spent sitting?

### 3) Physical activity guidance in the healthcare system

Tell me about the information you have received in the rheumatology outpatient clinic about RA and lifestyle, including physical activity and exercise

### 4) Future physical activity guidance – content and structure

How would you imagine an offer of physical activity guidance from HPRs in the rheumatology clinic?

## Supplementary questions

### 1. Everyday life and lifestyle

- What are your experiences with physical activity/daily movement/exercise?
- What are your experiences with other lifestyle factors such as diet, smoking and alcohol consumption?
- And what do you think of your lifestyle in relation to the arthritis?

### 2. Daily physical activity

- How much do you value physical activity and exercise? For instance, is it a natural part of life for you and your family/partner?
- Would you like to be more physically active than now? If so, what kind of activity would you like to do? What makes it difficult?
- How do you consider physical activity and exercise in relation to the arthritis?

### 3. Physical activity guidance in the healthcare system

- How was the guidance carried out?
  - o By whom?
  - o Where?
- If no memory or experience of guidance – what have you missed of information and guidance about physical activity and rheumatoid arthritis?

### 4. Future physical activity guidance – content and structure

- For instance, if you knew that it was possible to get a personal 1:1 session with a health professional three times a year, where you would discuss your daily physical activity? What would you talk about?
- For instance, what are your thoughts about participating in a supervised exercise program? Individual or in groups? And if you needed to attend a class 1-1½ hours 2-3 times a week.
- What would hinder you to attend either individual sessions with a HPR or the exercise classes? And on the other hand - what would act as facilitating factors?
- Of health professionals, who would you prefer to meet during these sessions? – a nurse, a physiotherapist, an occupational therapist, others?
- In what settings would you prefer the sessions? At the rheumatology outpatient clinic, as a health service in your municipality, or other places?

Interview guide to patients with RA (N=20)

Physical activity guidance in rheumatology clinic. Clinical Rheumatology. Thomsen T et al. Corresponding author: Tanja Thomsen, Center for Rheumatology and Spine Diseases, Rigshospitalet, Copenhagen. Mail: [tanja.thomsen@regionh.dk](mailto:tanja.thomsen@regionh.dk)