

Interview guide

Themes	Examples general questions	Examples of prompts
Introduction	Aim of interview Permission recording Information privacy policy	
Participant characteristics	Social environment Problems related to OA/PA Experiences Expectations	<ul style="list-style-type: none"> - What did you expect when you decided to participate <i>Join2move</i>? - Why you have chosen to participate in this program? - Were other people aware/involved during your participation?
Intervention characteristics	General aspects Reasons (non)usage Relative advantages Complexity Compatibility	<ul style="list-style-type: none"> - Overall, what did you like most about <i>Join2move</i>? Influence on usage? - What did you like the least? Influence on usage? - Did you experience difficulties? (language, functionality etc.) Influence usage? - Do you have any suggestions for improving the <i>Join2move</i> program? - Did you participate in an (online) PA program before? - It was not possible to test out the program, would practicing improve the program? Influence usage??
Study characteristics	Information letter/informed consent Questionnaires Impact study participation	<ul style="list-style-type: none"> - Did you experience any difficulty in completing the online questionnaires? Influence usage? - Why have you decided to participate in a the study?
Ending	Summary interview	