

Appendix 1

Interview schedule for face-to-face interviews with people with high blood pressure to assess their experiences using the text message delivery mode of the digital intervention

Interview set-up

- Begin audio recording device
- Ask participant for their consent to be interviewed about their experiences using the intervention, and their consent for this interview to be audio recorded.

Introduction

- Introduce myself
- Give an overview of the aims of the interview
- Consent issues
 - ask if participants have read the information sheet and if they have any questions
 - if not, overview the information included
 - clarify that they can withdraw from the interview at any time, without giving a reason
 - clarify that the interview will be audio recorded, explain the use of transcripts and the confidentiality issues

Questions to assess participants' experiences using the digital intervention

- Did the digital intervention help you to take your medications as prescribed?
 - If yes, in what way?
 - If no, can you elaborate on the reasons?
- What did you like most about the digital intervention?
- Do you ever forget to take your medication or alter the dose?
 - If yes, which medications?
 - If yes, how often would you estimate you do not take your medications as prescribed?
- What might be the reasons for this?
- What did you find difficult about the digital intervention?
- How did you find the content of the reminder messages?

- Did you like the personalisation of the text messages? E.g. name.
- How did you find the content of the advice messages?
- Do you have any other suggestions for what we may include in the advice messages?
 - Did you find any faults in the text messaging service?
 - Do you have any suggestions for improvements regarding any features in the text messaging service?
- How easy was it to reply to the Q&A style questions on the digital intervention?
- If you were designing the digital intervention, what would you do differently?

4th Interview

- All of the above questions, plus:
- We're also developing an app to deliver this service. Do you think you would use an app version of this service?
- Who do you think would use the app?
- We could include other features in the app such as tablet-taking logs, percentage of medication adherence, and a snooze button for the reminders. Do you think these ideas would be helpful to you when encouraging you to take your tablets?
- What else do you think would be helpful to include into the app?
- The app may include 'sensing data', which means it may look at the accelerometer data on your smart phone, and will not send you messages when you are exercising. Do you think this is acceptable? Would you be happy for the app to look at this data?
- Also, the app could look at when your phone is connected to your home Wi-Fi and only send you messages when you're at home with your tablets. Would you be happy for an app to do this?
- What are your concerns with the sensing data?
- Finally, would you like to test using the app for one month?

Appendix 2

Interview schedule for face-to-face interviews with people with high blood pressure to assess their experiences using the app delivery mode of the digital intervention

Interview set-up

- Begin audio recording device
- Ask participant for their consent to be interviewed about their experiences using the intervention, and their consent for this interview to be audio recorded.

Introduction

- Introduce myself
- Give an overview of the aims of the interview
- Consent issues
 - ask if participants have read the information sheet and if they have any questions
 - if not, overview the information included
 - clarify that they can withdraw from the interview at any time, without giving a reason
 - clarify that the interview will be audio recorded, explain the use of transcripts and the confidentiality issues

Questions to assess participants' experiences using the app

- Did the app help you to take your medications as prescribed?
 - If yes, in what way?
 - If no, can you elaborate on the reasons?
- What did you like most about the app?
- What did you dislike about the app?
- Do you ever forget to take your medication or alter the dose?
 - If yes, which medications?
 - If yes, how often would you estimate you do not take your medications as prescribed?
- What might be the reasons for this?
- What did you find difficult about using the app?
- How did you find answering whether you had taken your medication every day?
 - Was it acceptable to you to answer every day?
 - Should we include reasons why you may have not taken your medication so you can track these reasons?

- Did you use the snooze button at all?
 - Did you find it easy to use the snooze button?
 - Is the snooze button a helpful addition to the app?
- Did you like the advice messages coming through every day?
- Do you have any other suggestions for what we may include in the advice messages?
- Did you look at your adherence reports?
 - Were they easy to understand?
 - Did looking at your adherence report change your motivation for medication adherence?
 - What else do you think we could include for increase motivation to adhere to medication?
 - What other reports would you like to see? Reports of other behaviours? Different style of reports e.g. pie chart, bar graph, line graph.
- Who do you think would benefit from using the app?
- If you were designing the app, what would you do differently?
- What else do you think would be helpful to include into the app.