

Supplementary file 1: Interview guide for semi-structured interviews on perceived facilitators and barriers to Nigeria nurses engagement in health promoting behaviors (HPBs).

INTRODUCTORY QUESTIONS

*** Think about your daily activities, how would you describe your _____ behaviours?

Probes: Ask specifically for

- Dietary behaviours
- Physical activity behaviors
- Alcohol consumption behaviors
- Smoking behaviours

Ask about above mentioned behaviors

- At work
- Outside of work

(If engaging in healthy behaviours) ask the following question for the healthy eating and physical activity.

***Can you explain to me how regularly or frequently you engage in healthy eating/physical activity?

FACILITATORS FOR NURSES ENGAGEMENT IN HPBs

***Think about the healthy choices you mentioned that you make in _____ (named healthy behaviour). Can you tell me about the factors that encourage you to make the healthy choices in _____ behaviours?

Probes:

Ask specifically for facilitators for

- healthy eating
- Physical activity
- Non-risky alcohol behaviours
- Non-smoking behaviours

(adapt as applicable to respondent)

***Can you explain how _____ factor (named facilitator) positively affects you?

Probes:

Ask specifically for facilitators for

- healthy eating
- Physical activity
- Non-risky alcohol behaviours
- Non-smoking behaviours

(adapt as applicable to respondent)

Ask about facilitators

- At work
- Outside of work.

*** Tell me of anything you feel would further encourage you (or make it easier for you) to adopt healthy behaviours?

Probes:

Ask specifically for

- healthy eating
- Physical activity
- Non-risky alcohol behaviours
- Non-smoking behaviours

(adapt as applicable to respondent)

Consider facilitators:

- *At work*
- *Outside of work.*
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BARRIERS TO NURSES ENGAGEMENT IN HBPs.

***Think about the health promoting behaviours (Probe: Mention specific HPB as applicable) you previously said you were not practicing (adequately/regularly). Could you describe what you feel prevents you from engaging in ____ (named behaviour(s))?

Probes:

Ask specifically for

- *healthy eating*
- *Physical activity*
- *Non-risky alcohol behaviours*
- *Non-smoking behaviours*

Ask about above mentioned health promoting behaviours

- *At work*
- *Outside of work.*

***How would you explain the challenges you encounter (or mentioned) regarding taking part in _____ (Probe: Mention specific HPB as applicable).

Probe: How does the barrier make it difficult or impossible to make healthy choices sometimes or regularly?

***Can you tell me about any changes you perceive would help to eliminate or reduce the impact of (named barrier)?

Probe: Repeat question but adapt to elicit information for other barriers mentioned by respondent.

***Suppose ____ (named barrier) is reduced or removed, do you feel it would improve your engagement in ____ (named HPB)? In what ways would your behaviours in ____ (named HPB) be improved?

*** What sort of programs or interventions do you feel might be helpful for improving your behaviours related to _____ (Probe: Mention specific HPB as applicable)?

CLOSING QUESTIONS

***Would you like to provide any additional information you feel might be relevant that we have not discussed in the course of this interview?