

### **DREAM Atlanta FOCUS GROUP GUIDE - Template**

*Focus group facilitators will introduce themselves and explain the purpose of the focus group, as well as the procedures (including group rules, respect, confidentiality, voluntary participation, expected length of focus group, incentives, etc.). Facilitator will thank participants for their time and explain that their opinions are valuable in improving the program for future participants.*

Hello, I will be leading the group discussion today. The purpose of this discussion is to learn about your experiences with the DREAM program.

Before we begin, could everyone please introduce themselves and briefly talk about what living in [city] is like?

#### **Program Experiences**

CORE QUESTIONS	PROMPTS
<p>Why did you decide to participate in the DREAM program?</p> <p>[For those of you were active participants]:</p> <p>*Why did you decide to stay?</p> <p>[For those of you who were not active]:</p> <p>*Why did you decide to leave?</p>	<p>What were you hoping to get from this program?</p>

#### **Program Design / Logistics**

CORE QUESTIONS	PROMPTS
<p>How did you feel about the content (information) that was presented by the community health worker at each session?</p> <p>Would you have liked to see information about something else? If so, what?</p>	<p>Was the information presented:</p> <ul style="list-style-type: none"> <li>- Informative</li> <li>- Useful</li> <li>- Comprehensive / complete</li> </ul>
<p>What are your thoughts on the format of the sessions? <i>(for example: group setting, length, education followed by exercise, etc.)</i></p>	<p>What feedback do you have regarding the group format?</p> <p>Would you prefer if this program was offered <u>in-person</u>? Why?</p>
<p>What are your thoughts on the Community Health Workers (CHWs) who led the sessions?</p> <p>Do you have any comments or suggestions for the CHW?</p> <p>Did you interact with any other staff in the program?</p> <p>If so, how satisfied were you with those interactions?</p>	<p>What would you say about how well the CHWs led the sessions?</p> <p>Were other program staff effective? Why or Why not?</p>
<p>Can you tell me what your relationship with the CHW was like? Was the CHW accessible/easy to reach? Why or Why not?</p>	<p>How would you say the CHW:</p> <ul style="list-style-type: none"> <li>- Helped you set and achieve your goals?</li> <li>- Answered any questions that you had?</li> <li>- Provided specific assistance to you as needed?</li> <li>- Did the CHW provide useful information during the <u>follow-up phone calls</u>? Why or why not?</li> <li>- What was the most common way that you communicated with your CHW? (phone, text, sessions?)</li> </ul>

## Learning and Application

CORE QUESTIONS	PROMPTS
What goals or expectations did you have of the program?	<p>Did you get what you were hoping to out of this program? <i>[e.g., health benefits, weight loss]</i> Why or Why not?</p> <p>Can you name something that you got out of this program that you were not anticipating? <i>[Probe: non-health benefits, e.g., feel empowered/control over life; more connected/ friendships/social support etc.]</i></p> <p>In this program, the CHW worked with you to set goals.</p> <p>-What factors helped you to achieve your goals?</p> <p>-What made it difficult for you to achieve your goals? Why?</p> <p>-What barriers have you faced when applying the information you learned to your daily life?</p>
In what ways have you applied the skills you learned from the program?	How have your behaviors changed since you started the program? <i>[e.g., the way you eat/cook/ grocery shop/ exercise/ manage stress/ seek medical care/etc.?]</i>

## Recruitment & Participation

CORE QUESTIONS	PROMPTS
What can be done to improve the experience for future participants in this program?	[Probe further: Tell me more. Give me other ways. Tell me another way.]
How can we encourage other community members to participate in this program?	<p>-What is the best way to let others know about the program? <i>[e.g., word of mouth, personal invitation via mail/telephone, media, social media, employers, etc.]</i></p> <p>-Where are the best places to find community members to invite them to join the program? <i>[e.g., community centers, workplace, library, mosques, etc. Ask specifically where]</i></p>
How can we encourage future participants to continue with the program?	What can we do to keep participants from dropping out or leaving the program before it is complete?
How did you feel about completing surveys? Why?  Do you understand why surveys were collected in this program?	

## Program Impact

Would you recommend this program to someone else? Why or Why not?	Do you think DREAM is valuable for the community?
<p>Do you know who the partners are in this project?</p> <p>Do you know who is funding this project?</p> <p>Is it important to you that the government is interested in the health of your community?</p>	Do you know who is bringing this program to your community?

### Telehealth Sessions

CORE QUESTIONS	PROMPTS
What are your thoughts on the Zoom sessions?	Have you had any challenges with the zoom sessions?  Can you describe of any technological challenges that you may have faced when trying to attend a session?  What could have been done better?  Do you have a specific platform that you would prefer using other than what we used?  Any resources that you felt you needed to improve your experience?  What were some of the advantages of the telehealth sessions?

### Final thoughts:

Is there anything else you would like to share about the program that we have not talked about?

We have reached the end of our discussion. Thank you all for being so patient and thank you all for your time and feedback! I hope you all have great day!