# Focus Group Guide: Concept Evaluation and Co-Creation

**Participants**

2 focus groups, each with 3-4 participants

1 group of healthcare providers

1 group of (former) participants

**Procedure**

Before the research, participants will receive an information letter. The focus groups will take place in the meeting room at xxx location. Each focus group will last approximately 1.5 hours and will roughly consist of the following steps:

1. Introduction, explanation of the research, and signing informed consent.

2. Presentation of the concept storyboard.

3. Questions: Evaluation (see Appendix 1).

4. Co-creation session (see Appendix 2).

5. Conclusion

**Analysis**

The focus group discussions will be recorded and transcribed. The transcripts will be thematically analyzed using Atlas Ti. For the evaluation questions, we will look at positive aspects, negative aspects, and areas for improvement. For the co-creation session, we will compile a list of ideas. The outcomes will be used for a new iteration of the concept.

## Patients

**Evaluation Questions**

**Waiting Period Experience**

Do you recognize the situation described in this story?

How did you feel during this waiting period?

What did you do during the waiting period? Were you active? Did you dare to move?

What did you think about rehabilitation at that time?

How did you think you would be doing now/in 1 year?

Were you well informed about what had happened to you?

And why it happened?

Did you know what you could already do at that moment to prepare for rehabilitation?

Would you have wanted to use this app?

Do you think the app would have helped you? In what way?

Do you think the app could have given you a better feeling? How?

Do you think the app would have helped you feel more certain about what you can and cannot do?

Do you think the extra information you would get through the app would have helped you? How?

Do you think the tasks in the app would have helped you be more active?

**Co-Creation**

3 rounds of brainstorming sessions with 3 different themes

*Theme 1: Content*

In this round, we want to identify the most useful activities for patients to undertake during their waiting period. These activities have 2 goals:

1. Staying engaged (not being idle)

2. Preparing for rehabilitation

Each of you will receive a stack of sticky notes. You have 5 minutes to come up with as many things as possible that you could or would have liked to do during your waiting period. I'll leave a screen with inspiration on. These are things I'm thinking of, and you can certainly use them, but also feel free to come up with your own ideas.

*Theme 2: Engagement*

Within this theme, we want to gather ideas on how to keep the app usage enjoyable and motivating. What do you think is necessary for that? I have some possibilities on the screen that I'm thinking of. Please write down which of these things you think would work for you. After that, feel free to add your own ideas about what could work for you in terms of keeping engagement and motivation high.

*Theme 3: Communication*

Lastly, I'm interested in how the app should communicate with patients. How do you prefer the app to communicate with you? On the screen, I've outlined three different possibilities.

## Healthcare Providers

**Evaluation questions**

Do you think the app would help patients during the waiting period? How?

Do you think the app could give patients a better feeling during the waiting period? How could it achieve that?

Do you think the app would help people better understand what they can and cannot do? How could you best achieve that?

Do you think extra information in the app could help patients during the waiting period? How could it help?

Do you think the tasks in the app would help patients be more active during their waiting period?

3 rounds of brainstorming sessions with 3 different themes

*Theme 1: Content*

In this round, we want to determine which activities would be most useful for patients to undertake during their waiting period. These activities serve two purposes:

1. Keeping them occupied (not being idle)

2. Preparing for rehabilitation

Each of you will receive a stack of sticky notes. You will have 2 minutes to come up with as many useful activities as possible for patients during their waiting period. First, brainstorm freely, and then I'll show some ideas I have in mind. Please indicate which of these ideas resonate with you, and feel free to add your own.

*Theme 2: Engagement*

Within this theme, we want to gather ideas on how to make using the app enjoyable and motivating. What do you think is needed for that? I have listed some possibilities on the screen that I'm considering. Please write down which of these ideas you believe would work well. After that, feel free to suggest additional ideas that you think could be effective.

*Theme 3: Communication*

Finally, I'm curious about how the app should communicate with patients. In what manner do you think the app should interact with patients? On the screen, I've outlined three different approaches.