

# Appendix

**Appendix Table 1:** Interview guide.

Topic areas and questions
<p><b>Rapport-building initial questions regarding type 2 diabetes and metformin prescriptions</b></p> <ul style="list-style-type: none"> <li>To begin, would you mind sharing a little bit about yourself and your whānau (family)?</li> <li>Could you tell me about your diabetes?             <ul style="list-style-type: none"> <li>When were you first diagnosed with diabetes?</li> <li>How does diabetes affect your day-to-day life/work?</li> <li>What does your whānau understand about your diabetes?</li> <li>What sort of effect does your diabetes have on your whānau?</li> <li>How do you manage your diabetes? (<i>e.g. medications, lifestyle</i>)</li> <li>Who helps you to manage your diabetes?</li> </ul> </li> <li>When were you first prescribed metformin?</li> <li>Is your doctor still prescribing metformin for you? <b>If no:</b> When did you stop taking metformin? What was the reason for stopping?</li> </ul>
<p><b>Questions related to Behavioural Beliefs</b>  <i>(i.e. perceived advantages and disadvantages of medication adherence)</i></p> <ul style="list-style-type: none"> <li>How did you feel about starting metformin? <i>If still taking:</i> How do you feel about taking it now?</li> <li>What are the benefits of taking metformin?</li> <li>How does/did taking metformin help you?</li> <li>Can you tell me what you understand about how metformin works?</li> <li>What are the things you don't/didn't like about taking metformin?</li> <li>How does/did taking metformin affect your whānau and social life? Your work?</li> </ul> <p><i>If relevant:</i></p> <ul style="list-style-type: none"> <li>How does metformin affect your mental/physical/spiritual/whānau wellbeing?</li> </ul>
<p><b>Questions related to Normative Beliefs:</b>  <i>(i.e. perceived social pressure regarding medication adherence or non-adherence)</i></p> <ul style="list-style-type: none"> <li>Who would approve of you taking metformin regularly?</li> <li>Is their opinion important to you? Why?</li> <li>Who would disapprove of you taking metformin regularly?</li> <li>Is their opinion important to you? Why?</li> </ul> <p><i>If relevant:</i></p> <ul style="list-style-type: none"> <li>How do you think your doctor/nurse/whānau feels about you not taking your metformin? How does this make you feel?</li> <li>How important is it for you to follow your health professional's instructions about taking your metformin?</li> </ul>
<p><b>Questions related to Control Beliefs:</b>  <i>(i.e. perceived factors that impede or facilitate medication adherence)</i></p> <ul style="list-style-type: none"> <li>What are the things that help/helped you to take metformin regularly?</li> <li>What situations make/made it easier for you to take metformin regularly?</li> <li>Are there people who help/helped you to take metformin regularly?</li> <li>What strategies have you/did you use to help you take metformin regularly?</li> <li>What is/was the most challenging part of taking metformin regularly?</li> <li>What situations make/made it difficult for you to take metformin regularly?</li> <li>Are/were there people who make/made it difficult for you to take metformin regularly?</li> </ul> <p><i>If relevant:</i></p> <ul style="list-style-type: none"> <li>Probe: household dynamics, family connectedness, social connectedness</li> <li>What might be ways to fix any of the metformin-related problems you face/faced?</li> <li>Where do/did you go, or who do/did you see, if you need/needed help with metformin issues?</li> </ul>