

## Appendix A – structured interview scheme

### Demographics

Age
Gender
Profession
Colour-blind
Number of contract hours per week
Percentage of worktime working with PC

### Intervention as a whole

What is your first (overall) impression of the intervention?
Do you think it could be of added value in your job? (If yes, why?)
Do you have the intention to use this intervention in the future?

### Added value & Potential effect

Do you feel this intervention was of added value to you? <b>If yes</b> , in what way? (Continue by asking each of the following questions. Ask for a really short reply on each suggestion, only the first thing that comes to their mind.) <b>If no</b> , do you feel it could be of added value to others? If so, why?
By supporting you in your work? If yes, in what way?
By relaxing? If yes, in what way?
Training/increasing your physical health? If yes, in what way?
To stay focused during your workday? If yes, in what way?
Otherwise?

### Content questions

Could you name three things you like about the intervention?
Could you name three things you dislike about the intervention?
Is this (messages including physical activity suggestions) how you would like to be motivated to be more physically active during the workday?