

## DPH Report 22-23 Appendix 4 (Focus Group Questions)

The provider will be expected to host and facilitate the focus group/s using the questions specified in the report template from BCC Public Health. These will be supplied to successful providers after award of contract. The questions will be supplied with prompts that can be used to provoke further discussion around the topics below:

1. The everyday use of digital technology to improve participants' health.
2. Participants' attitudes towards digital technology and their own health.
3. Participants' attitudes towards digital technology and the wider health of the public.
4. The issues with using digital technology for improving health.

The number after each question highlights which topics this question is linked to, where applicable.

### Engagement Questions

- What digital technology do you use in your everyday life? **(1)**
- Why do you use digital technology? **(1)**
- What kinds of innovations would you like to see in terms of digital technology that can improve health? **(1)**
- What types of digital technology have you used to improve your health? (gamification, etc) *Can you give an example of the last time you used it?* **(1)**
- What do you like/dislike about using digital technology to improve your health? **(1)**

### Exploration Questions

- How often do you use digital technology to improve your health? **(1)**
- What do you think are the pros/cons of digital technology in terms of improving your health? **(2)**
- What do you think are the pros/cons of digital technology in terms of improving the health of the public? **(3)**
- Which area/s of your life does the digital technology affect? (e.g. nutrition, physical activity, mental health, social, logistical) **(2)**
- How do you think you could increase your use of health-improving digital technology? **(2)**
- Can you think of any problems that might come from using digital technology for health improvement? **(4)**
- If there are problems, what solutions do you think there are? **(3/4)**
- Have you ever experienced problems using digital technology in the past? **(2)**

### Exit Questions

- How has digital technology changed the way you live and/or work? **(2)**
- Do you feel like this discussion has changed your opinion (better or worse) around using digital technology to improve health? **(2/3)**

- Do you think there are any areas we have missed?