Semi-structured interview guide based on the COM-B model of behaviour change self-evaluation questionnaire described in ‘The Behaviour Change Wheel: a guide to designing interventions’ by Michie, Atkins and West (2014)

Based on your experience delivering BCI-FEST, when it comes to you personally performing BCI-FEST for the upper extremity with a patient with stroke or SCI/D what do you think it would take for you to perform this regularly in clinical practice? So, to deliver BCI-FEST to every appropriate patient would you have to....

| COM-B components | Interview questions and probes |
|------------------|--------------------------------|
| Capability       | 1. Know more about why it is important? (e.g. have a better understanding of the benefits of behavioural planning; have a better understanding of the technology) |
|                  | 2. Feel more comfortable performing BCI-FEST? [Probe: Describe the training you received.] |
|                  | 3. Increase the physical skills that BCI-FEST delivery requires? |
|                  | 4. Increase mental skills, like learning how to reason effectively or ‘thinking on your feet’ to deliver BCI-FEST? |
|                  | 5. Increase physical strength is required to deliver BCI-FEST? |
|                  | 6. Develop mental strength, such as resilience against switching tasks too early (e.g. giving the patients enough time to initiate an upper limb movement before applying the stimulation)? |
|                  | 7. Overcome physical limitations that you might have? (e.g. get around problems relating to disability) |
|                  | 8. Overcome mental obstacles? (e.g. reduce unwanted feelings or temptations) |
|                  | 9. Improve your physical stamina to deliver BCI-FEST? |
|                  | 10. Improve your mental stamina to deliver BCI-FEST? (e.g. develop greater capacity to maintain mental effort) |
| Opportunity      | 11. Increase the amount of time need for set up? [Probe: How much time did you have to set up and complete a therapy session? Did you feel that this was enough time? Considering the set-up time, was there usually enough time to perform therapy?] |
|                  | 12. Increase funding allocation for this device to be available clinically? [e.g. would the cost of this device be manageable clinically?] [Probe: Do you think that another option would work like renting?] |
|                  | 13. Have more support if you wanted to implement BCI-FEST clinically at your workplace? [Probe: funding, management, personnel, supporting equipment] |
|                  | 14. Improve the accessibility of BCI-FEST? [Probe: How could you make it more accessible clinically?] |
|                  | 15. Be part of a group that performs BCI-FEST whether in your department or remotely across sites? |
|                  | 16. Have more triggers to prompt you? (e.g. more reminders at strategic times) |
| Motivation       | 17. Feel a sense of satisfaction about delivering BCI-FEST? |
|                  | 18. Feel that you need to do it enough? (e.g. care more about the negative consequences of not doing it) |
|                  | 19. Believe that it would be a good thing to do (e.g. have a stronger sense that you should do it) |
|                  | 20. Develop better plans for doing it? (e.g. have a clearer and better developed plan for achieving it) |
|                  | 21. Develop a habit of doing it? (e.g. get into a pattern of doing it without having to think) |
|                  | 22. Is there anything else that you would like to mention related to your capability, opportunity or motivation that would help you to deliver BCI-FEST clinically? |