

Appendix B – PROSPERA Fidelity Scale

PROSPERA Fidelity Scale – Part 1 (Month 4)

Introduction

This questionnaire contains questions regarding the use of the PROSPERA program in your primary care practice thus far.

Part A. General

Question 1. Year of birth

What is your year of birth?

[numeric entry]

Question 2. Gender

What is your gender?

[option group]

- *Female*
- *Male*
- *Other*

Question 3. Professional role

What is your professional role?

[option group]

- *Practice nurse (PN)*
- *Nurse specialist (NS)*
- *General practitioner (GP)*
- *GP in training*

Question 4. Workplace

Where do you work?

[name of general practice]

Question 5. Work experience

How many years of work experience do you have as a PN, NS, GP, etc.?

[numeric entry]

Part B. Training and start

The following questions concern the training and the start of the study.

Question 6. Training

Did you attend the PROSPERA training on 09-10-24?

[option group]

- *Yes*
- *No*

Question 7. Recording

Did you watch the recording of the PROSPERA training on 09-10-24 online afterwards?

[option group]

- Yes
- No

Question 8. Kick-off visit

Were you present at the kick-off visit?

[option group]

- Yes → if yes, then question 8.1
- No

Question 8.1. Kick-off visit_month

In which month did the kick-off visit take place at the practice?

[option group]

- October 2024
- November 2024
- December 2024
- January 2025
- February 2025
- March 2025
- This took place later than March 2025
- This never took place

Information

In addition to the training, the PROSPERA program consists of several other components:

1. Proactive selection and invitation
2. Use of the Lifestylecheck
3. Use of the automatically pre-filled U-Prevent application

The following questions concern these components of the PROSPERA program.

Question 9. Intention

Before the study started, did you intend to work with all components of the PROSPERA program?

[option group]

- Yes
- No → if no, then question 9.1

Question 9.1. Fidelity_prior

Which component of the PROSPERA program did you expect beforehand to use less or differently than intended?

[option group, multiple answers possible]

- *Proactive selection and invitation*
- *The Lifestylecheck*
- *The automatically pre-filled U-Prevent application*

Question 9.2. Explanation? (Optional)

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Question 10. Completeness

Have you worked with all components of the PROSPERA program thus far?

[option group]

- *Always*
- *Almost always*
- *Sometimes*
- *Almost never*
- *Never*

Question 10.1. Explanation? (Optional)

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Question 11. SOP

How often have you consulted the manual thus far?

[option group]

- *Never*
- *1–2 times*
- *3–4 times*
- *5–10 times*
- *More than 10 times*

Information

The following questions concern the individual components of the PROSPERA program.
Indicate how often you have used specific components of the PROSPERA program thus far.

Question 12. Proactive invitation

Have you thus far invited patients with an increased cardiovascular risk (including patients with diabetes) with prioritization? *Check all that apply.*

[option group]

- *Always*

- *Almost always*
- *Sometimes*
- *Almost never*
- *Never*

Question 12.1. Explanation? (*Optional*)

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Question 13. Shared decision-making

How often have you thus far conducted a shared decision-making consultation with patients using **both** components mentioned above (**Lifestylecheck and U-Prevent**)?

[option group]

- *Always*
- *Almost always*
- *Sometimes*
- *Almost never*
- *Never*

Question 13.1. Explanation? (*Optional*)

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Question 14.

On a scale from 0 (never) to 100 (always): how often have you thus far conducted a shared decision-making consultation with patients using **only the Lifestylecheck**?

0 _____ 100

Question 15.

On a scale from 0 (never) to 100 (always): how often have you thus far conducted a shared decision-making consultation with patients using **only the automated version of U-Prevent**?

0 _____ 100

Question 16. Explanation? (*Optional*)

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Closing

This was the final question of this questionnaire. Thank you very much for completing it!

PROSPERA Fidelity Scale – Part 2 (Month 10)

Information

In addition to the training, the PROSPERA program consists of the following components:

- Proactive selection and invitation
- Use of the Lifestylecheck
- Use of the automatically pre-filled U-Prevent application

Question 1. Completeness

Have you thus far worked with all components of the PROSPERA program?

[option group]

- *Always*
- *Almost always*
- *Sometimes*
- *Almost never*
- *Never*

Question 1.1. Explanation? (Optional)

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Question 2. SOP

How often have you consulted the user manual thus far?

[option group]

- *Never*
- *1–2 times*
- *3–4 times*
- *5–10 times*
- *More than 10 times*

Question 3. Proactive invitation

Have you thus far invited patients with an increased cardiovascular risk (including patients with diabetes) with prioritization? *Check all that apply.*

[option group]

- *Always*
- *Almost always*
- *Sometimes*
- *Almost never*
- *Never*

Question 3.1. Explanation? (Optional)

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Question 4. Shared decision-making

How often have you thus far conducted a shared decision-making consultation with patients using **both** the Lifestylecheck and U-Prevent?

[option group]

- Always
- Almost always
- Sometimes
- Almost never
- Never

Question 4.1. Explanation? (Optional)

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Question 5.

On a scale from 0 (never) to 100 (always): how often have you conducted a shared decision-making consultation with patients using **only the Lifestylecheck**?

0 _____ 100

Question 6.

On a scale from 0 (never) to 100 (always): how often have you conducted a shared decision-making consultation with patients using **only the automated version of U-Prevent**?

0 _____ 100

Question 7. Fidelity_during

Was there any component of the PROSPERA program that you used differently than intended?
Examples include completing the Lifestylecheck during the consultation instead of beforehand or switching to the non-automated version of U-Prevent.

[option group]

- Yes
- No

Question 7.1. Which component did you use differently than intended?

[option group, multiple answers possible]

- Proactive selection and invitation
- The Lifestylecheck
- The automatically pre-filled U-Prevent application

Question 7.2. Explanation? How did you use it differently?

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Question 8. Target population

On a scale from 0 (never) to 100 (always): were you able to use the PROSPERA program for all cardiovascular disease (CVD) patients you had selected? In what percentage of cases do you think this was successful?

0 _____ 100

Question 9. Explanation? (*Optional*)

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Question 10. Early discontinuation

The intention was to use the PROSPERA program for 10 months. Did you discontinue the program prematurely?

[option group]

- Yes
- No

Question 10.1. Duration of the program

For how long were you able to use the PROSPERA program?

[option group]

- *I used it for 7 to 10 months*
- *I used it for 3 to 6 months*
- *I used it for 0 to 3 months*
- *We never started*

Question 10.2. Explanation? (*Optional*)

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Question 11.

Do you have any additional comments or anything else you would like to add?

Closing

This was the final question of this questionnaire. Thank you very much for completing it!