

INTERVIEW GUIDE-QUESTIONS FOR FOCUS GROUP INTERVIEWS 26.11.2015

EDUCATIONAL PROGRAM (ISP)

Aim; *Measure learning effectiveness from Intensive Study Week program (ISP-week 48)*

Participants; *2 Greek student, 2 Norwegian student, 2 Cypriot students*

1 a) In what way do you see that your expectations from the Intensive Study Week have been met

 b) What were your expectations really? (more details)

2 a) Will the educational program be useful in your future jobs? In what way?

b) Any new ideas about future jobs after this week?

c) Target groups to work with?

3 According to your expectations, do you consider the chosen topics relevant to prepare for future jobs doing rehabilitation training with shoulder - neck-pain at the work site for office workers?

4 Were the lectures manageable? Comprehensive? Suggest improvements for better understanding?

- 5 Give some comments about the lectures given about;
 - a. Neck-pain
 - b. Anatomy of the cervical Spine
 - c. Biomechanical mechanism of the spine
 - d. Stress management (psychological factors)

- 6 Did you get enough information prior to this week about the intentions of the program? Improvements possible?

- 7 How do you consider your own input prior to and during this week to increase learning outcomes? Suggest possible changes?

8 **Knowledge and skills;** To be able to suggest training/ exercises for office workers with shoulder / neck-pain, did you get enough time practicing skills suggested? If not suggest improvements

9 What were your expectations to acquire personal skills as far as training programs is concerned to prevent shoulder neck-pain?

Expectations met?

Further suggestions for the program?

Follow up , one week- e-learning?