If money was no object: A qualitative study of South African university office workers’ perceptions of using height-adjustable sit-stand desks

Supplemental Digital Content 1: Interview guide

1. What motivated you to participate in the trial of the sit-stand workstation?

Prompts
   a. How much did you use the sit-stand workstation?
   b. Was there anything about using the sit-stand workstation that you particularly liked?
   c. Was there anything that you particularly disliked?
   d. Any comments about the work surface attached to the workstation?

2. What were your general impressions of using the sit-stand workstation?

Prompts
   a. Where times of the day when you stood more?
   b. What made you change from standing to sitting?
   c. Were there any reasons for those decisions?

3. What types of tasks did you generally do standing up?

Prompts
   a. Where times of the day when you sat down more?
   b. What made you change from sitting to standing?
   c. Were there any reasons for those decisions?

4. What types of tasks did you generally do sitting down?

Prompts
   a. Were other people around you using a workstation?
   b. Did certain types of footwear make it easier?
   c. Were you able to stand for long periods over time?
   d. How long did you tend to stand up for each time?

5. Did anything encourage you to stand up more to complete your work?

Prompts
   a. Did being in an open plan office make any difference?
   b. Were there any tasks that were not practical while standing?
   c. Was it comfortable to stand and work?
   d. Did you have any injuries or other personal factors?

6. Was there anything that stopped you from standing more than you did?

Prompts
   a. Any changes in posture?
   b. Any musculoskeletal changes?
   c. Any changes in tiredness or energy levels?
   d. Were these related to using the workstation?

7. What types of changes in your work performance did you notice from using the sit-stand workstation?

Prompts
   a. Any effect on productivity?
   b. Any effect on the ability to concentrate?

8. Would you continue to use the sit-stand workstation if you could?

Prompt: why/why not?

In closing, is there anything else you’d like to say about your experience of using the workstation or about your experience of wearing the activity monitors?