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| **Supplementary File 1. Semistructured interview questions.** |
| **Theme** |  | **Baseline (week 0)** | **Post-supervised HIIT (week 12 or week 24)** | **Post-unsupervised HIIT (week 24 or 36)** |
| Feelings about HIIT risks and change | Understanding  | What do you know about HIIT? |  |  |
|  | Feelings | How do you feel about doing HIIT? |  |  |
|  | Barriers | What might get in the way of doing HIIT? |  |  |
|  | Enablers | What might help you to do HIIT? |  |  |
| Experience of supervised HIIT | Feelings |  | How did you feel doing the supervised HIIT program? |  |
|  | Outcomes |  | What have you noticed since doing the supervised HIIT program? |  |
|  | Barriers |  | What gets in the way of doing your supervised HIIT or has made it difficult? |  |
|  | Enablers |  | What has helped do your supervised HIIT program? |  |
|  | Program design |  | How could the HIIT training program be different to help people with NASH to do HIIT? |  |
| Experience of home-based (unsupervised) HIIT | Feelings |  |  | How did you feel doing the home-based HIIT program? |
|  | Outcomes |  |  | What have you noticed since doing the home-based HIIT program? |
|  | Barriers |  |  | What gets in the way of doing home-based HIIT or has made it difficult? |
|  | Enablers |  |  | What has helped you do your home-based HIIT program?  |
|  | Program design |  |  | How could the HIIT training program be different to help people with NASH to do HIIT at home, unsupervised? |