Focus group topic guide

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| Prior to focus group | 1. Introduce self; name and role and introduce assistant moderator; name and role
2. Today we are looking for you to discuss some of your thoughts and ideas about deprescribing in hospital
3. Please note that any work you may have missed as a result of you being here, you will need to catch up on.
4. We would like to record the session so that we can focus on what you’re saying without the need to make a lot of notes, though I may make a few notes if I need to.
5. It’s important to remember when answering and discussing questions that there are no right or wrong answers, just be yourself and speak as honestly as possible.
6. For the purposes of the recording, please try not to talk over somebody as the recording may not capture what you are both saying
7. Please refrain from talking about specific patients, or aspects of your working life which may not be appropriate in this setting.
8. Anything that is said within the session will be treated confidentially, your responses will be stored in an anonymous format, and so your names will not appear in any report.
9. We also ask that each of you treat what is said within this session with the same confidentiality, and don’t share other people’s responses. Though, of course, you are free to share your own experience.
10. The session should take no more than one hour
11. Finally, please interact with each other and bounce your ideas and thoughts around the group. We are only here to guide the discussion and if we end up saying nothing for the next hour – that’s fine!
12. Are there any questions before we begin?
13. Finally, please relax and enjoy the experience of the focus group – I value each of your thoughts and opinions and this is an environment where you can express your views.
 | Organise paperwork (consent forms and information sheets)Two DictaphonesSpare batteriesNotebookPaper and pens for participantsOrganise refreshments |
| Switch on the recording device | * Confirm current status of each participant
	+ Can you please confirm your name for the recording?
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| **Question** | **Probes (TDF domain number)** |
| 1. **What are your thoughts on proactive deprescribing during the hospital stay?**
 | * What is the first thing that pops into your head? Is this something that you do? **(3)**
* What are the benefits? **(9)**
* What are the disadvantages? (risks, harms, missed opportunities for alternative activities) **(9)**
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| 1. **What point or points during the hospital stay is it best to undertake proactive deprescribing?**
 | * At what point would you like it to happen? **(11)**
* Who do you think is best placed to do this**? (6)**
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| 1. Research suggests that very little deprescribing happens in hospital and this is dominated by ‘reactive’.

**What are the reasons for low rates of proactive deprescribing? (Barriers)** |  |
| 1. **What can we do to increase proactive deprescribing activity during the hospital stay? (Facilitators)**
 | * What additional resources do you require? (access to computers, time etc.) **(4)**
* What additional skills/training do you require? **(1, 2)**
* What is the role of other healthcare professionals in proactive deprescribing? **(6)**
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| 1. **If we wanted to increase proactive deprescribing activity, what advice would you give us?**
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| 1. **We talked about a number of factors that might help or hinder you in deprescribing. What we haven’t talked about is x. Is that something that you think may be relevant to facilitating proactive deprescribing?**

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| **COM-B/TDF domain** | **Example probe** | **Covered** |
| **Psychological capability** |
| **Knowledge (1)** *An awareness of the existence of something* | What do you know about deprescribing? | □ |
| **Skills (2)** *An ability or proficiency acquired through practice* | Do you know how to deprescribe? (Identify and stop potentially problematic medicines) | □ |
| **Memory, attention and decision processes (3)** *The ability to retain information, focus selectively on aspects of the environment and choose between two or more alternatives* | Is deprescribing something you usually do? | □ |
| **Behavioural regulation (4)** *Anything aimed at managing or changing objectively observed or measured actions* | How could you monitor whether you are proactively deprescribing all inappropriate medicines? | □ |
| **Physical opportunity** |
| **Environmental context and recourses (5)** *Any circumstance of a person’s situation or environment that discourages or encourages the development of skills and abilities, independence, social competence and adaptive behaviour* | To what extent do physical or recourse factors facilitate or hinder deprescribing? (e.g. time or information sources) | □ |
| **Social opportunity** |
| **Social influences (6)** *Those interpersonal processes that can cause individuals to change their thoughts, feelings, or behaviours* | To what extent does what other people think influence your decision to deprescribe? (Patients, relatives, colleagues) | □ |
| **Reflective motivation** |
| **Social/professional role and identity (7)** *A coherent set of behaviours and displayed personal qualities of an individual in a social or work setting* | Should deprescribing be part of your job? | □ |
| **Beliefs about capabilities (8)** *Acceptance of the truth, reality or validity about an ability, talent or facility that a person can put to constructive use* | How difficult or easy is it for you deprescribe? | □ |
| **Optimism (9)** *The confidence that things will happen for the best or that desired goals will be attained* | What do you think about the feasibility of deprescribe in hospital? | □ |
| **Beliefs about consequences (10)** *Acceptance of the truth, reality, or validity about outcomes of a behaviour in a given situation* | Do you think deprescribing will confer benefits? Or Harms? | □ |
| **Intentions (11)** *A conscious decision to perform a behaviour or a resolve to act in a certain way* | How likely are you to deprescribe? | □ |
| **Goals (12)** *Mental representations of outcomes or end states that an individual wants to achieve* | Where would you like to start with deprescribing (e.g. specific patient groups)? | □ |
| **Automatic motivation** |
| **Reinforcement (13)** *Increasing the probability of a response by arranging a dependent relationship, or contingency, between the response and a given stimulus* | What would incentivise you to deprescribe? | □ |
| **Emotion (14)** *A complex reaction pattern, involving experiential, behavioural, and physiological elements, by which the individual attempts to deal with a personally significant matter or event* | What emotions or feelings do you have about deprescribing? | □ |

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