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Using implementation intentions to prevent relapse after remission from psychological treatment for depression - the SMArT intervention.

Topic guides for Patient and PWP interviews

Patient topic guide

We are very interested in your views about your follow up sessions after therapy and how helpful they were to you. Your feedback should benefit patients in the future by developing effective ways to help people stay well after therapy. So we really appreciate you taking the time to share your thoughts and answering the following questions about your experience.

1. Overall, do you think the face to face and telephone sessions were helpful in terms of supporting you to stay well?

What, if anything, was helpful about it?

What, if anything, was unhelpful about it?

2. How helpful was the first meeting with the Psychological Wellbeing Practitioner?

What if anything, was helpful about it?

What if anything was unhelpful about it?

3. How helpful were the sessions on the phone?

What if anything, was helpful about them?

What if anything was unhelpful about them?

4. How easy was it to set yourself specific plans?

5. How many plans did you set yourself?

6. How helpful was it to set yourself specific plans?

What if anything, was helpful about setting plans?

What if anything was unhelpful about setting plans?

Did you involve anybody else in your plans, e.g. spouse/partner/close family member or friend (either by telling them about your plans or asking them to be part of them)?

7. Did setting plans make you more likely to carry them out?
Yes/No

If it did make it more likely to carry out the plan, why was it?

If it did not make it more likely, why was that?

If you involved anybody else in your plans, how helpful or unhelpful did you find this in carrying them out?

8. Overall, what was most helpful about the sessions?

9. Overall, what was unhelpful, or how could it have been improved?

10. Do you feel the sessions helped you to stick to your aims and accomplish your goals?

Thanks very much for providing this feedback to us.

Psychological Wellbeing Practitioner topic guide

We are very interested in your views about the SMARt intervention and how helpful you think it was. Your feedback should benefit patients in the future by developing effective ways to help people stay well after therapy. So we really appreciate you taking the time to share your thoughts and answering the following questions about your experience.

1. Overall, do you think the intervention helped patients to stay well?

What, if anything, was helpful about it?

What, if anything, was unhelpful about it?

2. How helpful do you think the first meeting with patients was?

What if anything, was helpful about it?

What if anything was unhelpful about it?

3. How helpful do you think were the sessions on the phone?

What if anything, was helpful about them?

What if anything was unhelpful about them?

4. How easy do you think it was for patients to set specific plans?

5. How many plans do you think are helpful?

What if anything, was helpful about setting plans?

What if anything was unhelpful about setting plans?

Did you ask patients to involve anybody else in their plans, e.g. spouse/partner/close family member or friend?

6. Did you feel that setting plans made patients more likely to carry them out? Yes/No

If it did, why was it?

If it did not make it more likely, what was that?

How helpful or unhelpful do you think it was to involve other people in patient plans?

7. Overall, what do you think patients found most helpful about the sessions?
8. Overall, what was unhelpful, or how could it have been improved?
10. Do you feel the sessions helped patients stick to their aims and accomplish their goals?
11. What did you think about the training session and intervention materials? Please provide specific feedback about how this could be improved.
12. How well did the SMArT intervention fit with your role as a PWP?

Thanks very much for providing this feedback to us.