

## **PIM-COVID Study: SUPPLEMENTARY MATERIAL**

### **Cognitive Attentional Syndrome Scale-1 Revised (CAS-1R)**

The author of the CAS-1R questionnaire has granted permission for the use of CAS-1R in the study but has stated ‘...the measure cannot be re-published or reproduced in a published paper as it is copyright protected and also part of the PATHWAY treatment manual that is protected by a non-disclosure’.

### **PIM-COVID INTERVIEW GUIDE**

Interviews will be arranged at a time convenient for the participant and will be conducted via telephone, an online secure platform (e.g. MS Teams or Zoom), or in person as per the participant’s preference and current government guidance regarding lockdowns.

Closed questions are to be avoided as much as possible. To ensure that the research questions are addressed, a semi-structured approach should be used. Interruptions from the interview should be kept to a minimum, with the interviewer reflecting, prompting and summarising, with open or closed questions and probing where appropriate. Participants should be encouraged to speak about their specific experience.

Before the interview commences, ensure that the participant has read the information sheet. Questions and prompts below are resources on which the interviewer can draw and only relevant questions should be asked.

#### **1. Introduction**

#### **2. Reassurance of confidentiality**

Ensure the participant that their answers will be treated confidentially, and their interview will be anonymised before being analysed. Confidentiality will only be broken if they say something that indicates risk to themselves or others.

#### **3. Clarification of research aims and the interview purpose**

#### **4. Time for questions from the participant about the interview and/or information sheet**

Remind participants that the interview will be recorded.

## 5. Interview questions

The format and sequencing will be guided by the patient's responses.

- What has your experience been since leaving intensive care?
- What psychological and/or physical symptoms have you experienced, including:
  - Difficulty concentrating
  - Breathlessness
  - Coughing
  - Difficulties sleeping
  - Nightmares
  - Pain
  - Weakness
  - Fatigue
  - Intrusive thoughts
  - Seeing insects
- Have your psychological and/or physical symptoms changed over the course of your recovery?
  - If so, how?
- Do you think your physical symptoms (e.g. breathlessness, pain, weakness) have affected your mental well-being?
- How do you think that COVID-19 has affected your recovery, if at all?
- How have any of the following COVID-19 related factors influenced your recovery:
  - Restricted family/friend visiting whilst in hospital
  - Staff wearing PPE
  - Difficulty getting face to face appointments with your GP
  - Reminders about COVID-19 in the media.
  - Family support. Limits on family/friends visiting when at home because of lockdown. Or more family support because of furlough.
- What follow-up services have you been offered?
- Have you attended ICU follow-up clinic?
  - If no, why not?
  - If yes, did you find it helpful and what services were offered as part of that (ICU doctor, physio, dietician, respiratory physician)
- Were you given a phone number to contact for advice?
- Did you use it?
  - If no, why not?

- Is there any other support that you would have liked to have been offered?
- Were you contacted to attend a follow-up clinic? Would you have preferred to have been contacted once you got home (at an earlier time point than being invited for follow-up clinic)?
- At what time frame would you have found that helpful?
- What support do you think you would have benefitted from?
- Did you feel you knew what to expect during your recovery?
- Were you given any information regarding what experiences to expect during your recovery e.g. timespan / symptoms?
  - If so what information was given?
  - Where you satisfied with the information given?
- Specifically - were you given information about ICU recovery / ICUsteps / locally available support services?

#### **6. Close**

- Is there anything else you would like to share?

Thanks for taking part.