

Experience of Bluelce Interview

1. What did you think about using Bluelce?
Example prompt questions:
 - What did you think about the mood diary?
 - What did you think about the different techniques suggested?
 - Did you like the way it looked / was laid out?
 - Was it easy/hard to use?
 - Did you personalise Bluelce at all?
 - How does using Bluelce compare to other types of support for self-harm?

2. Do you think Bluelce has helped you to manage your self-harm / improve your wellbeing?
Example prompt questions:
 - What techniques did you try that helped/didn't help?
 - What impact did Bluelce have on your self-harm/mood?
 - What bits specifically do you think helped / didn't help?
 - Do you think using Bluelce helped you learn or practice alternative coping strategies?

3. Why do you think Bluelce helped / didn't help you manage your self-harm and wellbeing?
Example prompt questions:
 - How does it compare to other types of support you've had?
 - Were there any barriers to using Bluelce?
 - Do you think it's just Bluelce that isn't helpful for you, or smartphone apps in general?

4. Do you think Bluelce could be helpful for other university students?
Example prompt questions:
 - Do you think students would use Bluelce?
 - What would the disadvantages and advantages be for other students using Bluelce?
 - Do you think if a student was struggling to ask for formal support, they may benefit from using Bluelce?

5. Is there anything else you would like to say about Bluelce or about this study, that hasn't yet been covered in the questionnaires or in this interview?