

Appendix A

Questions Used in Semi-Structured Interviews of More Than Walking Peer Mentors

1. Tell me your name, where you are from, and something you care deeply about or love doing, and why.
3. What was life like before your injury?
4. How and when did your injury occur?
5. What were your first thoughts after your injury?
6. What did you think your future would be like as a result of your injury?
7. When did you understand what your injury meant?
8. Please describe your level of injury: What can you move and feel?
9. What barriers did you face afterwards to get back to living independently?
10. What has helped you live again despite your injury and the barriers you faced?
11. How did your injury affect your relationships with friends, family, and the community?
12. What have been your most surprising accomplishments since your injury?
13. What skills or experiences are you eager to have next?
14. Speaking directly to a newly injured person who is similar to you, what advice can you offer them?
15. Are there other goals in your life that are more important than walking again?
16. Is there anything that you would like to share with newly injured patients about you or your experience that I haven't asked about?