

## **Interview schedule: Understanding adolescent musculoskeletal pain and mental health**

### **Understanding your individual pain experience**

1. Could you tell me about your experience with pain and how it affects your life?
  - (prompt) How has your pain changed your sleep/relationships/activity/school/work/goals?
  
2. Now we'll talk a bit about how you understand your pain
  - (prompt) so, what do you believe causes your pain?
  - (prompt) what does pain mean to you?
  - what is your attitude to doing exercise or undertaking physical activities when you are in pain?
  
3. What are your main concerns about your pain?
  
  
4. What do you do to manage your pain?
  - (prompt) what about any social support i.e. family/friends/school/work?
  - (prompt) support from your doctor or other health professionals involved in your care?
  - (prompt) what about coping strategies? (relaxation, distraction, alcohol, medicine etc).
  
5. What things have you experienced that have made managing your pain difficult?
  - so these are difficulties you have in managing your emotions/feelings/state of mind?

### **Exploring relationship between pain and mental health**

6. What effects has pain had on your general emotions or sense of wellbeing?
  - (prompt) so, for example does your pain impact on things like feeling down or upset, stressed, angry or confused?
  
7. Thinking about your pain and your emotions, do you think your emotions impact on your pain or does your pain impact on your emotions?
  - (prompt) so, for example, do you feel down or angry or stressed?
  
8. Can you describe how both your pain and emotions affect your daily activities?
  - (prompt) has pain/emotion affected sleep/relationships/activity levels/quality of life?

- (prompt) has pain/emotion changed your ability to take part in things you like to do?
9. Do you think the combination of your pain and emotion affects your confidence to live the life you want to?
10. What things help you to manage your emotions?
- (prompt) do these things change your pain?

### **Exploring needs**

*[n.b. interviewer to tailor questions in this section so they refer to pain or emotion or both as appropriate]*

11. Can you tell me about any healthcare services you have used for your pain or emotions or both?
12. Have you found the services helpful?
- If yes, how?
  - If no, why not?
13. Have any of the healthcare services or information you have come across, been tailored specifically for you and your direct needs or have they been more general?
14. In your opinion, what is the biggest thing missing to help young people manage their pain and/or emotions?

### **Designing an ideal service**

I now want to give you a scenario, if you were asked to design a complete service that catered to the needs of young people with pain, what would it look like? I know that it is putting you on the spot so let's break it down into components.

15. So firstly, what types of things would you include in the service?
- (prompt) knowledge/education, skills/self-management
  - (prompt) which people/professionals would you include?
  - polls/feedback and satisfaction surveys
16. How would the service work?
- (prompt) how could people access it?
  - (prompt) what would the service do for people?
  - should it be costed or free?

### **ICT solutions**

OK, we are now at the last part of the interview. One of the things we are interested in is to develop some sort of IT solution, to help young people manage their pain and emotions. I'm now going to ask for your opinion and views on a few things relating to this idea.

17. What type of IT format would you be most likely to use?
  - (prompt) for example, a website, app, blog
  
18. What features would you recommend including in this IT solution to help young people manage their pain and emotions?
  - (prompt) for example, podcasts, videos, online surveys
  
19. Do you think that there should be a section for parents, carers or significant others within this IT solution?
  - (prompt) What would you include in that section?
  - (prompt) What about information for any other groups?

### **Conclusion of interview/focus group:**

- Reiterate that all participants will be sent a copy of the verbatim transcript of today's discussion in the next few weeks to check for potential errors/misrepresentation.
- Thank participants for their time.