

Interview Guide

1. General questions

1.1 Greeting

For the interviewer: Please find your own words!

- Introduction. You have decided to participate in study KuS. Before the real start we would like to conduct our first telephone interview with you today.
- The telephone conversation will last about one hour; data will be treated in strict confidence.
- It may be easier for you if you have the questionnaire in front of you.
- It is important that we as interviewers do not know which group you have been assigned to. Therefore, if possible, do not tell us whether you are in the bouldering, depression or exercise group.

1.2 Date of birth: _____

1.3 Gender

For the interviewer: please fill in independently

- female
- male

1.4 Family status

- single
- married/ living in a partnership
- segregated
- divorced
- widowed

1.5 Do underage children live in your household?

- yes
- no

1.6 What is your highest school or university degree?

- no school degree
- "Hauptschule"/ elementary school
- "Realschule"/ secondary school
- "Abitur"/ High school graduation

1.7 Are you currently employed?

- yes
 no
 never been

If YES: you are currently employed

1.7.1 What is your professional position?

- self-employed
 employed
 official

1.7.2 How many hours/week do you work in total?

For the interviewer: this means the contractually agreed working time (even if on sick leave)

Total working time: _____ hours per week

1.7.3 Do you currently work with reduced hours due to your mental illness?

- yes, reduced by _____ hours per week
 no

1.7.4 Are you currently on sick leave due to your mental illness?

- yes, since _____ (month/year) until about _____ (month/year)
 no

1.7.5 Have you been on sick leave in the last six months due to your mental illness?

- yes, about _____ weeks
 no

1.7.6 Please indicate how often you have been restricted in your professional activities in the last month as a result of your psychological well-being.

- Missing an entire working day: _____ times
 OR Missed working hours per month: about _____ hours

If NO: you are not employed

1.7.7 Why did you stop working??

- retirement age reached
- prematurely retired (not due to depression)
- termination
- children
- on account of mental state
- miscellaneous: _____

1.7.8 When did you stop working?

Since _____ (month/year)

1.8 Has there been a serious negative event in your life in the last 2 weeks?

- yes
- no

If YES: there has been a serious negative event

1.8.1 Which? _____

2. Questions about your illness and psychotherapeutic treatment

2.1 Are you currently suffering from depression for the first time?

- yes
- no

If YES: you are currently suffering from depression for the first time

2.1.1 Since when do you suffer from depression?

Since about _____ (month/year)

If NO: you are not suffering from depression for the first time

2.1.2 How many depressive phases have you had?

_____ phases

2.1.3 When did the current depressive phase start?

About _____ (month/year)

2.2 Are you taking medication regularly because of your mental state?

- yes
 no

If YES: you are taking medication regularly

2.2.1 Which medication, in what dose and since when?

- Amitriptylin, dose (mg): _____, since _____ month
 Citalopram, dose (mg): _____, since _____ month
 Duloxetine, dose (mg): _____, since _____ month
 Escitalopram, dose (mg): _____, since _____ month
 Fluoxetine, dose (mg): _____, since _____ month
 Mirtazapin, dose (mg): _____, since _____ month
 Opipramol, dose (mg): _____, since _____ month
 Sertralin, dose (mg): _____, since _____ month
 Venlafaxin, dose (mg): _____, since _____ month
 Miscellaneous: _____,
dose (mg): _____, since _____ month

2.3 Are you currently undergoing outpatient psychotherapeutic treatment?

For the interviewer: ask exactly! No quarterly contacts with the doctor!

- yes
 no

If YES: you are currently undergoing outpatient psychotherapeutic treatment

2.3.1 What type of treatment are you undergoing?

- Individual psychotherapy
- Group psychotherapy
- ECT/ other stimulation methods
- Miscellaneous: _____

2.3.2 How long have you been undergoing treatment?

For the interviewer: Indicate the treatment that was started first and continues.

Since _____ (month/year)

2.4 Have you visited a doctor in the last 3 months because of your depression?

- yes
- no

If YES: you have visited a doctor

2.4.1 How often?

about _____ times: with the following physicians

- Family doctor
- Psychiatrist
- Other doctor: _____

2.5 Have you been in outpatient psychotherapeutic individual or group treatment before?

For the interviewer: ask exactly! No quarterly contacts with the doctor!

- yes
- no

If YES: you have been in outpatient psychotherapeutic individual or group treatment before

2.5.1 How often have you been in outpatient psychotherapeutic individual or group treatment?

For the interviewer: If group and individual treatment were done at the same time and with the same therapist, this combination counts only as 1 time.

_____ times,

the last time from about _____ (month/year) to about _____ (month/year)

2.6 Have you had an inpatient stay in a psychotherapeutic clinic in the past?

yes

no

If YES: you have had an inpatient stay in a psychotherapeutic clinic in the past

2.6.1 How often have you had an inpatient stay in a psychotherapeutic clinic?

_____ times,

the last time from about _____ (month/year) to about _____ (month/year)

2.7 Have you been diagnosed with other mental disorders besides depression?

yes

no

If YES: you have been diagnosed with other mental disorders

2.7.1 Which?

1) _____

2) _____

3) _____

3. Questions about physical activity

3.1 Did you do any sports regularly before your illness?

- yes
 no

If YES: you did any sports before

- 3.1.1 Which sports? _____
How many hours per week on average (across all sports)? _____

3.2 Do you currently do sports - apart from the sports offered in our study?

- yes
 no

If YES: you currently do sports

- 3.2.1 Which sports? _____
How many hours per week on average (across all sports)? _____

3.3 What is your attitude towards physical activity?

- Physical activity is good for me.
 Physical activity is nothing for me.

4. Closure

4.1 We are now almost at the end of the telephone conversation. Is there anything else you would have liked to talk about or has been neglected in the conversation?

4.2 So that we can also contact you later: Is it foreseeable that your contact details will change (e.g. address, telephone)?

- yes
 no

If YES: new contact details

4.2.1 What are your new contact details? _____

4.3 Arrange a date for the next telephone call in 10 weeks:

For the interviewer: Please check the CATI calendar for the next call

Thank you for the interview. We'll call you again in about 10 weeks. Would it be possible to make an appointment today? Or are there generally times during the day or days of the week when we can reach you easily?

4.4 Finally, I would like to ask you one last question. When you think about our next phone call in two months: what do you hope to be able to tell me then according to the therapy offer?

After hanging up, please assess the language competence of the interviewee.

4.5 Did you have the impression that the interview partner understood the questions (acoustically/lingually)?

- not at all (1)
- partially (2)
- completely (3)

4.6 Did you have the impression that the interviewee succeeded in answering the questions adequately?

- not at all (1)
- partially (2)
- completely (3)