

SUPPLEMENTAL FILE**INTERVIEW GUIDE FOR THE PERSON IN RECOVERY**

Before the recording begins: The purpose of the research is to better understand the aspects of interpersonal relationships that influence recovery from mental disorders. You are invited to answer interview questions for approximately 90 minutes depending on your answers. Participation is free and voluntary at all times. You have the right at any time to request that the interview be suspended or stopped. The interview will be recorded. All information you give me will remain confidential even with other interviewees. During the writing and dissemination phases, care will be taken to ensure that none of the information can identify you.

*****Presentation of the consent form and signature of both copies*****

*****Start of recording*****

Recovery

What was your first contact with mental health services?

Were you given a diagnosis?

How did you respond to this diagnosis? Did you agree with the diagnosis?

How are you doing today?

What does it mean to you to be recovered or in recovery?

Do you consider yourself to be recovered?

What has helped you the most in your recovery?

Social Support

On the phone, when I asked you who had helped you the most, you named _____ [name of caregiver]. Tell me, briefly, the story of your relationship. How did _____ [name of caregiver] help you with your [name the disorder] recovery? Can you give me an example that represents the role this person had?

[If necessary develop the example further :

- **When did it happen? Where were you? What did she do or say? What did you do or say? What effect did it have on you? How did it make you feel? Did it have any other impact].**

Can you give me another example?

How do your encounters usually work?

Where do they take place? How does this environment influence the relationship?

[Optional question] How has your relationship with [name of caregiver] changed over time? Have there been times when you wanted to stop seeing him/her?

Compared to other relatives or friends, you feel that this person was the most helpful. What did this person do that was particularly helpful?

Did this person act differently compared to other relatives or friends?

Practitioner support/relationship

On the phone, you also referred to me as _____ [name of provider]. Please give me a brief history of this relationship. How long have you known each other? How has _____ [name of provider] helped you with your [name the disorder] recovery? Do you have an example that represents the role she has had?

[If necessary develop the example further]

What did this person do that was particularly helpful?

Did this person act differently compared to others?

How do your meetings usually go?

Where do they take place? How does this environment influence the relationship?

[Optional, if time permits] Can you think of another example where a caregiver, family member or friend has helped you? [Expand on example]

How has your relationship with [name of provider] changed over time? Were there times when you wanted to end the relationship?

What is the difference between the help of [relative] and [provider]?

Negative social support

Are there times when a caregiver, family member or friend has negatively affected you or your recovery, even if it was not their intention? Tell me about this experience. **[If necessary develop the example further]**

Were there things that [relative or caregiver] did that you didn't like, that annoyed you, or that got on your nerves?

Reciprocity and influence

What is the decision-making process like in the relationship with [stakeholder]? Do you have an example?

On your end, have you had a positive impact on the lives of any of the people you told me about? If asked, what role have you had in their lives?

Have you ever helped them?

Guided questions: We have reached the last part of the interview. I am going to ask you questions about the people who fill different roles in your life. For each question, I would like you to tell me if that role is filled by any of the caregivers. You can also tell me if anyone else in your life fills that role.

#	Questions for the person in recovery	Caregiver	Practitioner	Other
1	Who can you talk to if you have important decisions to make?			
2	Who are the people you can confide in, talk freely about your problems and receive emotional support?			
3	Who are the people who share your attitudes, beliefs, interests and concerns?			
4	Who do you trust?			
5	Who are the people you can count on to give you concrete and material help, especially when you are in trouble?			
6	Who allows you to help them in return?			
7	Who are the people you are most attached to? With whom do you feel a strong emotional bond?			
8	Who are the people who are present and available to you?			
9	Who makes you feel good and competent? Who highlights your strengths and abilities?			
10	In what relationships do you have power, for example, over decision-making?			
11	From whom do you seek advice and insight?			
12	Who are the people who make you feel included or who give you a sense of belonging?			

Closure

We still have a few minutes left. Is there anything you wanted to say during the interview that you weren't able to say? Is there anything we didn't talk about that would be interesting for me to understand?

INTERVIEW GUIDE WITH THE CAREGIVER

Before the recording begins: The purpose of the research is to better understand the aspects of interpersonal relationships that influence recovery from mental disorders. You are invited to answer interview questions for approximately 90 minutes depending on your answers. Participation is free and voluntary at all times. You have the right at any time to request that the interview be suspended or stopped. The interview will be recorded. All information you give me will remain confidential even with other interviewees. During the writing and dissemination phases, care will be taken to ensure that none of the information can identify you.

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*****Start of recording*****

History of the relationship

To begin, I would like you to tell me the story of your relationship with _____. When did you meet him/her? Did he/she have a diagnosis of a mental disorder at the time?

[If not] Tell me about the time you knew he/she had a mental health diagnosis? How did you react? Did you notice a difference in your relationship before and after his/her diagnosis?

How has your relationship changed over the years?

Recovery

How is _____ [person's name] doing today? Do you consider him/her to be worse or better? Do you consider him/her to be recovered?

What does it mean to you to be recovered or in recovery from a mental disorder?

What do you think has helped him/her get better the most?

Social support

How would you describe your relationship with _____ [name of person]?

What do you think your role was in _____'s recovery? What did you do to help _____? If you were to ask _____, what would he or she say?

Can you give me an example of a situation that represents your relationship well?

[If necessary develop the example further:

- **When did it happen? Where were you? What did she do or say? What did you do or say? What effect did it have on you? How did it make you feel? Did it have any other impact].**

How do your encounters usually work?

Where do they take place? How does this environment influence the relationship? _____ has identified you as the family member or friend most helpful to his or her recovery. What do you think is the difference between the relationship between the two of you and the relationship that _____ has with these other family members or friends?

[Optional, if time permits] Can you think of another example where you believe you have had a beneficial effect on _____ or his recovery?

Role of others

In your opinion, are there any other family members or friends who have had a significant impact on _____? Can you give me an example? **[Develop the example further]**

What do you think the role of practitioners was in _____'s recovery? Do you have an example? **[Develop the example further]**

What do you see as the difference between a helping relationship in an intervention setting and a helping relationship with a relative or friend? Can you give me an example? **[Develop the example further]**

Negative social support

Are there times when you have felt like you were interfering with _____'s recovery, even though you did not intend to? **[Develop the example further]**

Reciprocity

On his or her end, has _____ had a positive or negative impact on your life? How has it affected you?

Do you feel that you have any power or influence over _____?

Guided Questions

We have reached the last portion of the interview. I am going to ask you questions about the different roles you play in the life of _____.

#	Questions to the caregiver	Answer
1	Do you think that _____ comes to you to discuss important decisions?	
2	Does _____ confide in you? Does _____ talk to you about these issues?	
3	Do you share the beliefs, attitudes, interests and concerns that _____ ?	
4	Do you believe that _____ trusts you?	
5	Do you provide concrete, material assistance to _____?	
6	Does _____ help you in turn?	
7	Do you consider that you have a strong emotional bond with _____ ?	
8	Do you consider yourself to be present and available for _____ ?	
9	Do you emphasize the strengths and abilities of _____ ?	
10	In your relationship with _____, who has the power, for example in decision making?	
11	Do you give advice or insights to _____?	
12	Do you consider yourself to be inclusive or belonging at _____ ?	

Closure

We still have a few minutes left. Is there anything you wanted to say during the interview that you weren't able to say? Is there anything we didn't talk about that would be interesting for me to understand?