

## Interview Guide

**Interviewer instructions:** Please warmly greet the study participant by phone and say the following introductory comments, *“Thanks again for taking the time to speak with us today. We know that this is a difficult time and appreciate your continued participation in the PACIFIC Study. As you know, our study’s exercise and educational classes were temporarily suspended because of the novel coronavirus (COVID19) outbreak. Given this unprecedented situation, we would like to understand the impact that the study’s suspension and social distancing has had on your life. We will first ask you a few open-ended questions followed by a survey questionnaire on your current health status. The interview will last approximately 30 minutes. Please let me know if you would like to take a break at any time or prefer not to answer a specific question or would like to stop the interview -- your participation in this interview is completely voluntary. If we get disconnected, please call me back using the same phone number that you just used. Finally, we would like to record the interview to accurately transcribe your responses so that the research team can clearly understand and learn from them. All of the data will be anonymized and therefore you will not be personally identified in any scientific reports or presentations that result from this interview. Do you have any questions about the interview?”* [Answer all questions.]

*“Do I have your permission to begin recording this interview?”* [If yes, then proceed with the interview. If no, then explore and address any concerns. If the participant would like to proceed with the interview but prefers not to have an audio recording of it, then please take handwritten notes instead.]

1. **As you are aware, several cities and states, including Washington, have now mandated social distancing for all residents. How has social distancing, that is avoiding social gatherings and staying physically apart from one another, affected you?** [Potential question probes: *Have you experienced or felt a change in social contact, support, or services?* If so, elicit examples/descriptions of what has changed or what they miss or have gained in social contact/support, and ask whether this has increased or reduced feelings of anxiety, worry, or emotional stress. *How have you coped with social distancing?* Explore use of social media, videochat, email, and telephone calls to interact socially. *How are you spending your time?*]
2. **In the next set of questions, I am going to ask you about specific parts of the PACIFIC Study that have been suspended by the coronavirus outbreak. Thinking only about the study’s exercise program, how has the suspension of the Enhance Fitness exercise classes affected you?** [Potential question probes: *Are there specific elements of the class that you miss? Have you experienced any change in your arthritis pain, muscle strength, or physical function?*]

3. **Thinking only about the study's educational program, how has the suspension of the behavioral health/health education classes affected you?** [Potential question probes: *Are there any social aspects of the class that you miss?*]
4. **How has the closure of the senior center affected you?** [Potential question probes: *Are there any social aspects of coming to the senior center that you miss? Were you regularly coming to the center before the study started?*]
5. **Since social distancing has been mandated, how are you doing with managing pain and other health conditions?**
6. **Have you had difficulty coping with pain?** [if already answered in question above, skip]
7. **With regard to the coronavirus (COVID19) outbreak in our region, Seattle and King County Department of Public Health had issued a recommendation on March 4th to avoid gathering in groups of 10 or more people and targeted this recommendation to adults age 60 years and older. How did you feel about this initial recommendation at that time?** [Potential question probes: *Did you feel it was appropriate to target people 60 years and older? Did you think that the recommendation should have been more specific or more general? If so, how?*]
8. **There is currently a debate on how the country should manage COVID-19. Some people say that everyone should stay at home and avoid social gathering. Others say that only people who are at high risk of severe infection should stay at home and avoid social gathering, while everyone else should return to their jobs and roles in society in the next 2-3 weeks. What are your thoughts about this debate?**

Thank the participants and tell them that you are stopping the recording  
and will now move onto the survey.