**Interview Questions / Topic List (version 1, 29/10/18)**

*1) Introduction*

* Go over information sheet and address any questions / clarify any issues
* Obtain written consent
* Remind the participant that they can take a break or withdraw at any time, and do not need to answer all questions
* Clarify age and sobriety date
* Encourage participants to give as full and detailed a response as possible

*2) Drinking history*

* So before we start talking about alcohol, could you start by telling me a bit about you?
	+ Family? Relationships? Job? Background? Education? Hobbies and interests?
* In the first section of the interview I’d like to talk about your past relationship with alcohol. Could you tell me a bit about that?
	+ Can you remember when you started drinking?
	+ How did your drinking practices change as you got older?
	+ Do you think your family and upbringing shaped your relationship with alcohol? How?
	+ \*\*\*How would you describe your past relationship with alcohol?
	+ What did alcohol mean / represent to you?
	+ What were you drinking patterns, habits or routines?
	+ Were there both good and bad things about drinking? Tell me about some of these
	+ What were your drinking practices like when you decided to stop?
* What made you decide it was time to stop drinking?
	+ \*\*\*Was there a particular ‘trigger’ or incident that made you decide to stop drinking?
	+ Did anything ‘hold you back’ or stop you from making changes sooner?
	+ How did drinking make you feel towards the end? Shame?
	+ \*\*\*Did you compare your drinking to others’?
	+ Would you contrast your drinking with ‘normal’ drinking? Ever compare and think ‘I’m not that bad’? Off-switch?
	+ Did others encourage you to stop drinking? Or did they react very differently?
	+ Did you associate drinking with ‘risks’? What kinds of risks?
	+ Do you think you knew a lot of the ‘facts’ about the effects of alcohol?
	+ Is this the first time you’ve stopped drinking? Or have you tried before? What happened the previous times? Did you experience any ‘false starts’?
		- E.g. dry months? Moderation?
	+ Have you tried to moderate or limit your alcohol intake in the past?
		- Did this work as a strategy for you?

*3) Present experiences, practices, relationships and identity*

* What does sobriety mean to you?
* What does alcohol mean to you now?
* What are some of the changes you’ve experienced since you stopped drinking?
	+ \*\*\*What are the changes you expected / didn’t expect?
	+ Were there things you thought would change, that haven’t?
* Are there any positive benefits you’ve experienced? What are these?
	+ \*\*\*Do you have a favourite thing about being sober?
	+ Do you have a proudest moment or biggest achievement in sobriety?
* What about challenges or more negative experiences?
	+ \*\*\*What do you dislike about being sober?
	+ Are there things you miss about drinking?
* What have been some of your motivations to stay sober?
* Do you associate sobriety with ‘risks’? What kinds of risks?
* What has helped you to stay sober?
	+ How was this been ‘different’ to any other times?
* What are the kinds of things you’d want to talk about with someone who asked you for advice about getting sober?
	+ What are the lessons you’ve learned that you would share with others?
* Have there been any particular tools or strategies you’ve used?
	+ Books? Podcasts? Routines? Exercise etc.?
	+ Alcohol-free drinks?
	+ Sober role models?
* Have your behaviours changed? What do you do differently?
	+ E.g. leisure and hobbies? Going out? Staying in?
	+ Social situations?
	+ Lifestyle changes?
	+ Drink choices? Alcohol-free drinks? Or others?
* Do you tell people about your non-drinking?
	+ Who do / don’t you tell?
	+ Do you ever hide your non-drinking? Or try to ‘pass’ as a drinker?
	+ Do you use different strategies in different contexts or with different people?
* Have your relationships with others changed?
	+ With who? In what kinds of ways? Positive or negative changes?
	+ Are they any relationships that are particularly important to you in sobriety? Have you lost any relationships or seen them change?
	+ How have other people reacted to your decision to stop drinking?
	+ Do you or have you encountered resistance to your attempts to be sober from others? Peer pressure?
	+ \*\*\*Do you think society judges people who stop drinking? In what ways? Is this starting to change?
* Has your relationship with yourself changed?
	+ In what ways?
	+ \*\*\*Do you think being a non-drinker or being sober is part of your identity?
	+ Has your identity changed? In what kinds of ways?
	+ Do you have a phrase you use to describe your non-drinking e.g. ‘I’m teetotal’, ‘sober’, ‘in recovery’, ‘alcoholic’, ‘problem drinker’, ‘I don’t drink’?
	+ Did you have to change your mindset / identity from drinker to non-drinker? Was this also something other people had to do?
	+ If current ‘you’ could go back and talk to drinking ‘you’, what would you say?
* Do you think things are different for men and women who get sober?
	+ Do men and women experience different challenges?
	+ Do you think age comes into it as well?

*4) The future*

* Do you celebrate milestones in your sobriety?
	+ What is the next milestone to celebrate?
* I’ve used the term ‘early sobriety’ when I’ve been planning this project... would you relate to that term?
* Are there things you’re still finding difficult about not drinking?
* \*\*\*So what’s the plan moving forward in terms of alcohol?
* What do you think the future looks like you?
* If I could give you an ‘off switch’ / if you could drink moderately, would you want to?
* Are you planning to stay sober in the long term / what does the long-term goal look like for you?
* If future ‘you’ could go back and talk to current ‘you’, what would you like to be able to say?
* Do you think wider society’s relationship with alcohol and attitude to non-drinkers is changing?

*5) Close and thanks*

* Ask if there is anything else they would like to add or talk about
* Stop the recording
* Ask how they are feeling, refer to support organisations on information sheet if necessary
* Confirm about gift voucher and clarify process for expenses if required