**Interview schedule**

**Interview 1**

**Introduction**

* Thank person for their participation
* Go through the participant information sheet and answer any questions
* Remind participants that there are no right or wrong answers.
* Remind people that they do not have to answer any questions if they do not want to and that they are free to leave whenever they wish.
* Get informed consent for use of audio recorder. Negotiate written informed consent

**Background information**

1) Collect limited personal data (name, age, ethnicity)

1. Who do you live with?
* Age and gender of other household members
1. How long have you lived in [study site]?
* If moved to study site in past five years, where lived before?
1. How do you feel about living in study site?
* Why is this?
* How does it compare with anywhere else you’ve lived?
1. What do you do for a living? What about other household members?
* How do you like/ feel about this?

**Health and wellbeing**

1. How would you describe your health and your wellbeing?
2. Do you do anything in particular to keep healthy/well?
3. How easy/difficult is it to maintain your health and wellbeing? Why?
4. Are there aspects of living in [study site] that you feel particularly affect your health and wellbeing?
* Prompt discussion on positive and negative aspects.
* Social, economic and environmental factors influencing this and how this may have changed over time.
* Influence of health and wellbeing status on other members of the household.
* Any health and wellbeing issues amongst other household members that affect them.

**Mental distress**

1. What have been the main challenges you have faced in the past few years? Why has this been challenging?
2. What could be done to make this better? Who should do this?
3. What have you done to try to make this situation better?
4. What do you see as being your main source/s of distress? Why did this distress you?
5. What role (if any) did anyone/anything else play (including service providers, media, welfare reforms etc) in making you feel distressed? Prompt discussion on issues identified, how and why this impacted on them.

**Seeking medical intervention**

1. Did you seek medical support for your distress?
2. Why did you decide to see/not see a GP? Prompt discussion on what role (if any) anyone/anything else played (including service providers, media, welfare reforms etc.) in making you feel you should/should not seek medical support (nb. to be discussed in depth in Interview 2). Were there any challenges in getting to see a GP? Given that it can be difficult to get an appointment, was there a particular reason you decided to make one?
3. Did you talk to anyone about your distress? Why/why not? Who? How did they react?
4. Was anyone else involved in your decision to seek/not seek medical support? Who? Why/why not?
5. If you sought a medical consultation, what were you expecting/hoping for from the consultation? Were these expectations met, say how/how not. Did you have some sort of diagnosis or outcome in mind? If so, what influenced this/ what/who led you to this? Talk about the experience of consultation (but nb. to be discussed in depth in Interview 2).
6. Did you seek support from any other kind of organisation/service? Who, why? What was your experience of this? (nb. to be discussed in depth in Interview 2)

21) Any other topics the participant would like to discuss now?

*Thank the participant for their time. Ensure they have the research team contact details in case they have any queries. Offer to send the participant a summary of the discussion for them to check and ensure that there have been no misunderstandings in interpretation.*

**Interview 2**

**Introduction**

* Thank person for their participation
* Go through the participant information sheet and answer any questions
* Remind participants that there are no right or wrong answers.
* Remind people that they do not have to answer any questions if they do not want to and that they are free to leave whenever they wish.
* Get informed consent for use of audio recorder. Negotiate written informed consent
* Recap on previous discussion from Interview 1 to agree/clarify understanding.

**Medical consultation**

1. Recap on their decision to seek/not seek medical consultation for mental distress.
2. If you sought medical help, can you tell me about what happened at the consultation? Prompt discussion on how issue of distress was broached, and how they felt during the consultation. Was there any discussion around the pressures/perceptions you may have felt from elsewhere e.g. service providers, media, welfare reforms? If so, was there any response to this? Did you feel you could be open and honest during the consultation / were there things you didn’t want to share?
3. What were your expectations from a medical consultation? If you had one, were these met?
4. If you sought medical support, what was the outcome of the consultation? What was offered to you? How did you feel about this at the time? If you did not, what were the main reasons why not? Prompt discussion around the role of moral narratives in this decision, and any influence based on issues such as age and gender.
5. If you sought medical support, was there anything about the consultation (or any follow up consultations) that was particularly helpful/unhelpful? What role did you play in the diagnosis and treatment/outcome? / who do you feel made the decision over any treatment?
6. If you did not seek medical support, did you seek any other type of support? Prompt discussion on what and why.

**Post consultation (for those receiving medical consultation)**

1. How did you feel after you left the consultation?
2. Did you discuss the outcome of the consultation with others/Why/why not? Who? How did they respond? How did this make you feel?

**Antidepressants (for those receiving medical consultation)**

1. If you were offered antidepressants, how did you feel about this? Prompt discussion around issues of stigma, shame, relief etc.
2. Did you/do you use them? For how long? If not, why not?
3. What impact did they/have they had on your distress?
4. What impact have they had on you and on your family’s wellbeing? Prompt discussion around health, access to services, employment etc.
5. Did/do you feel that they were an appropriate response to your needs? If not, why not.

**Non-medical / mixed outcome (for those receiving medical consultation)**

1. Other than antidepressants, did your GP discuss other treatment options? How did you feel about the way in which they were discussed? /what was the outcome of the consultation and what role did you play in the diagnosis and decision about outcome? How did you feel about this? Why? Probe on the felt differences between different types of treatment.
2. What impact did the outcome of the medical consultation have on your distress?
3. What impact did the outcome of your medical consultation have on your and your family’s wellbeing?
4. Did/do you feel that this was an appropriate response to your needs? If not, why not?

**Other services**

1. What other services exist in the area to help support you?
2. If you did not receive medical support for your distress, what services, individuals or initiatives were useful to you? Prompt discussion on why, and how they feel this differed from medical support.
3. What (else) do you feel would help you to reduce your distress? Who should be responsible for this?

18) Any other topics the participant would like to discuss?

*Thank the participant for their time. Ensure they have the research team contact details in case they have any queries. Offer to send the participant a summary of the discussion for them to check and ensure that there have been no misunderstandings in interpretation.*