

Topic Guide – Healthcare professional

Research Questions

1. What types of risk-taking behaviours are talked about by people with clinical experience of bipolar?

Introductions

Thank you for taking part in this interview as part of my research into the language of risk-taking in bipolar. In the first part of the interview, I'll ask a number of open-ended questions to learn more about risk-taking from your experience as a clinician. In the second part of the interview, I'll ask you to complete a rating exercise to determine the relevance of certain risk-taking behaviours if you're happy to do so, and there will be time at the end of the interview if you want to discuss anything else that wasn't covered by the questions. I won't be making any judgments on anything that you tell me today and I'd like you to feel as comfortable as possible so please tell me if you'd like to move on to a different question or if you'd like to take a break. Everything you say to me will remain confidential unless what is said in the interview makes me think that you, or someone else, is at significant risk of harm. In this case I will have to break confidentiality and speak to a member of staff about this, but where possible, I will tell you if I have to do this.

I'm going to be recording the interview using Teams so that it can be transcribed for qualitative analysis after the interview, I know that it may feel a bit uncomfortable but just try to ignore it as much as possible. Are you happy to proceed with the interview on the basis of everything I've just discussed?

Use Qualtrics link for consent: https://lancasteruni.eu.qualtrics.com/jfe/form/SV_9vHziwKcsoScZFQ

Opening Questions

- Can you tell me about yourself? eg. name, age, occupation, where you work
- Can you tell me more about your work?
 - How frequently do you treat people with a bipolar diagnosis?
 - How long have you had experience in this area?
 - In what capacity do you usually work with people who have a diagnosis of bipolar e.g. NHS/ private/ therapy?

Part 1 – Main Interview Questions

- How would you define risk-taking?
- From your professional experience, can you tell me a bit about the types of risky behaviour people living with bipolar might engage with?
 - Can you tell me about any other risk-taking experiences?
 - Do service users talk openly about their risk-taking behaviours?
 - Do service users usually tell you about their intention to do something risky or is it more likely that you'll hear about it afterwards?
- What are the biggest impacts that you have observed as a result of risky behaviours?
- Do you see any relationship between medication adherence and risky behaviours?
- What are the negative outcomes associated with risk-taking?
 - Are there some positive outcomes associated with risk-taking?

- What type of support is available to service users who may be thinking about taking risks?
 - Do you think that the available support allows people to talk openly about their experiences?

Part 2 – Examining Risk Taking Behaviours from Literature

Qualtrics Link: https://lancasteruni.eu.qualtrics.com/jfe/form/SV_9vHziwKcsoScZFQ

The next part of the interview includes a survey of 17 risk-taking behaviours that have been cited as being relevant to the study of risk-taking in the literature. I'd like you rank each behaviour according to how often you have observed that behaviour in clients – either by self-report or observation – (1: I have never observed this behaviour, 5: I frequently observe this behaviour). If there are any behaviours that you don't feel comfortable talking about, please skip them.

Risk-Taking Behaviour	I have never observed this behaviour (1)	I rarely observe this behaviour (2)	I sometimes observe this behaviour (3)	I observe this behaviour fairly often (4)	I frequently observe this behaviour (5)
Suicidal ideation					
Eat excessive amounts of food					
Shop without worrying about running up debts					
Start an argument					
Initiate relationships with strangers					
Excessive alcohol consumption					
Seek out and engage in casual sexual relations					
Go to a potentially dangerous place where client wouldn't normally go					
Dangerous or aggressive driving					
Self-harm					
Hit someone or break something					
Attempt suicide					
Gamble					
Recreational drug use					
Make risky investments					
Shoplift or steal something					
Set fire to something					

- Are there any behaviours that aren't described above that you think are important to consider in the future?

- Are you aware of any risk-taking questionnaires that can be used to assess risk-taking with service users?
 - Do you think such a questionnaire would be helpful/ useful?

Closing Questions

So we've reached the end of the interview. I just want to say thank you again for taking the time to speak to me about such a personal topic.

- I'd really like to hear your thoughts and feedback on anything we discussed today, or to know if there was anything else that you'd like to talk about that didn't come up in the questions?
- Would you like me to provide you with a transcript of the interview when they have been transcribed/ or contacted with the details of any publications that use this research?

Thank you for your further thoughts, this has been really insightful for me.

- In which format would you prefer the £30 reimbursement offered for this study e.g. bank transfer, voucher, donation to charity etc.

Inform participant that I'm turning the recording off.

Provide participant with debrief sheet.