

Reading and Wellbeing Interview Schedule

Hello, it's lovely to meet you. Thank you so much for talking with me today. My name is [Researcher Name] and I work at the University of Edinburgh.

I'm here today because we are studying children's/adolescents/adults* experiences of reading fiction books and exploring how reading might support wellbeing. We are particularly interested in how reading fiction makes you feel, how it might help you to connect with other people and what we can learn about ourselves and others from reading fiction. We are also interested in how reading fits into your daily life. We will be chatting to adults/children* as well to help us to understand people's experiences at different stages of life.

Some people enjoy reading non-fiction but today I'm really interested to hear your thoughts about reading fiction books, so whenever I ask you about reading this will just be about your fiction book reading only.

We will talk for up to 30/45* minutes. Some questions may take time to think about so don't feel you have to respond straight away – you can take your time to answer the questions. There are also no right or wrong answers – I am interested in your reading experiences. If you want to stop at any time, that's fine. You don't have to give a reason.

I will be recording our conversation. I will then write down/transcribe* our chat and delete the recording. Any identifiable information such as names or places will be removed during this stage.

Do you have any questions before we start?

Are you happy to begin?

(RECORD)

*Adapt as necessary relevant to age group.

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Adult Questions	Child/Adolescent Questions
<p>Affect: To begin with I am going to ask about fiction books you have read and how you felt when you read them.</p> <p>1. Can you tell me about a book you have read recently that you enjoyed, or an all-time favourite book? (Give the participant time to reflect) Prompt: Can you tell me a bit about this book? How did you feel when you were reading this book? Prompt: (If 'negative' emotions) Despite making you feel [add emotion here] what made you read on?</p> <p><i>(Some components of question 2 may have already been covered in the response to question 1).</i></p> <p>2. Can you say what it was about the characters, story or setting that made you feel this way?</p> <p>3. (If required) Do you have any other favourite books? Can you describe how you felt when reading this/these books?</p> <p>4. Has a book ever reminded you of things that have happened in your own life? If you feel comfortable sharing this, what were they? How did they make you feel?</p> <p>5. Do you ever think about the books you are reading, or books you have finished, at times when you are not actually reading? Prompt: If not, why do you think this is?</p>	<p>Affect: To begin with I am going to ask about fiction books you have read and how you felt when you read them.</p> <p>1. Can you tell me about a book you have read recently that you enjoyed, or an all-time favourite book? (Give the participant time to reflect) Prompt: Can you tell me a bit about this book? How did you feel when you were reading this book? Prompt: (If 'negative' emotions) Despite making you feel [add emotion here] what made you read on?</p> <p><i>(Some components of question 2 may have already been covered in the response to question 1).</i></p> <p>2. Can you say what it was about the characters, story or setting that made you feel this way?</p> <p>3. (If required) Do you have any other favourite books? Can you describe how you felt when reading this/these books?</p> <p>4. Has a book ever reminded you of things that have happened in your own life? If you feel comfortable sharing this, what were they and how did this make you feel?</p> <p>5. Do you ever think about the books you are reading, or books you have finished, at times when you are not actually reading? Prompt: If not, why do you think this is?</p>
<p>Connectedness: Now I am going to discuss with you the idea of connection. This includes how we might feel particularly connected to a book</p>	<p>Connectedness: Now I am going to discuss with you the idea of connection. This includes how we might feel particularly connected to a book</p>

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<p>and its characters and how books might help us to feel connected to others in our daily life.</p> <p>1. So again, thinking about a favourite book or a book you have recently enjoyed, what sorts of things really helped you to connect with that book?</p> <p><i>(If unsure about the concept of connection with a book) Prompt:</i> 'Connection with a book could mean different things for different people but it might mean, for example, really being able to understand or relate to something or someone in the book.'</p> <p><i>(Question 2 may be covered in the response to question 1)</i></p> <p>2. Did you feel connected to the characters? Prompt: If so, can you describe this? Prompt: If not, why do you think you didn't connect with the characters?</p> <p>3. Do you find some book characters easier to connect to than others? Prompt: If so, why do you think this is?</p> <p>4. Has reading ever made you feel more connected to other people in your daily life? Prompt: If so, can you describe this? Prompt: How did this make you feel?</p> <p>5. Do you talk with others (e.g., friends and family) about books you have read? Prompt: If so, what do you enjoy about this?</p> <p>6. Are you part a reading group? Prompt: If so, what do you like about this? Prompt: If not, would you like to be?</p>	<p>and its characters and how books might help us to feel connected to others in our daily life.</p> <p>1. So again, thinking about a favourite book or a book you have recently enjoyed, what sorts of things really helped you to connect with that book?</p> <p><i>(If unsure about the concept of connection with a book) Prompt:</i> 'Connection with a book could mean different things for different people but it might mean, for example, really being able to understand or relate to something or someone in the book.'</p> <p><i>(Question 2 may be covered in the response to question 1)</i></p> <p>2. Did you feel connected to the characters? Prompt: If so, can you describe this? Prompt: If not, why do you think you didn't connect with the characters?</p> <p>3. Do you find some book characters easier to connect to than others? Prompt: If so, why do you think this is?</p> <p>4. Has reading ever made you feel more connected to other people in your daily life? Prompt: If so, can you describe this? Prompt: How did this make you feel?</p> <p>5. Do you talk with others (e.g., friends and family) about books you have read? Prompt: If so, what do you enjoy about this?</p> <p>6. Are you part a reading group? Prompt: If so, what do you like about this? Prompt: If not, would you like to be?</p>
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<p>Personal Growth: The next few questions will focus on what we might learn from fiction books.</p> <ol style="list-style-type: none"> 1. Do you think reading fiction has helped you to develop any skills or abilities? 2. Has reading fiction ever helped you to understand other people better? For example, this could include things like different life experiences, different views... Prompt: If so, in what ways? Prompt: Why do you think it was/was not able to do this? 3. Has reading fiction ever helped you to understand yourself better? Prompt: If so, in what ways? Prompt: Why do you think fiction is/is not able to do this? 4. Has reading fiction ever helped you during a difficult time in your life? If you feel comfortable sharing this, can you describe how? Prompt: Can you say anything more about this? 5. Is there anything else you have learnt from reading fiction? 	<p>Personal Growth: The next few questions will focus on what we might learn from fiction books.</p> <ol style="list-style-type: none"> 1. Do you think reading fiction has helped you to develop any skills or abilities? 2. Has reading fiction ever helped you to understand other people better? For example, this could include things like different life experiences, different views... Prompt: If so, in what ways? Prompt: Why do you think it was/was not able to do this? 3. Has reading fiction ever helped you to understand yourself better? Prompt: If so, in what ways? Prompt: Why do you think fiction is/is not able to do this? 4. Is there anything else you have learnt from reading fiction?
<p>Social Context: Finally I'd like to discuss where and when you read and how reading fits into your daily life.</p> <ol style="list-style-type: none"> 1. When and where do you usually read? 2. Do you find that when or where you read influences your experiences with a book? 3. What influences your book choices – that is, what type of fiction book you choose to read? 	<p>Social Context: Finally I'd like to discuss where and when you read and how reading fits into your daily life.</p> <ol style="list-style-type: none"> 1. When and where do you usually read? 2. Do you find that when or where you read influences your experiences with a book? 3. What influences your book choices - that is, what type of fiction book you choose to read?

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<p>4. Has your mood ever influenced what you have chosen to read? Can you explain how?</p> <p>5. Can you think of anything that gets in the way or prevents you from reading? (E.g., daily schedule, other commitments, mood) If so please can you explain? Prompt: How do you feel if you don't get chance to read?</p> <p>6. Do you think your reading habits have changed over your lifetime? Prompt: In what way?</p> <p>7. How important is reading to you?</p> <p>8. Do you have any thoughts or feelings about reflecting on your reading experiences during our discussion today?</p> <p>9. Is there anything else about reading and wellbeing that you would like to share that I haven't already asked about?</p>	<p>4. Has your mood ever influenced what you have chosen to read? Can you explain how?</p> <p>5. Can you think of anything that gets in the way or prevents you from reading? (E.g., school work, other commitments, your mood) If so please can you explain? Prompt: How do you feel if you don't get chance to read?</p> <p>6. (Adolescents only) Do you think your reading habits have changed since you were a child? Prompt: In what way?</p> <p>7. How important is reading to you?</p> <p>8. Do you have any thoughts or feelings about reflecting on your reading experiences during our chat today?</p> <p>9. Is there anything else about reading and wellbeing that you would like to share that I haven't already asked about?</p>
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Thank you so much for all your answers and for your time today. I really enjoyed talking to you and learning about your reading experiences. I hope you enjoyed our conversation too.