

Supplementary Material 10: Talking Mats interview schedule

Talking Mats Interview Plan for SPIRIT participants (young person)

Target duration: 15 minutes

Talking Mats will be used in this study as a communication tool for young people receiving the SPIRIT treatment. All interviews will be conducted by a researcher who has been trained to use Talking Mats.

A Talking Mat will be used with all young people, irrespective of their communication abilities, to ensure that we are providing all young people with the same opportunity to express their thoughts and feelings. All Talking Mats contain three component parts: the Topic, Top Scale, and Options (see Figure 1).

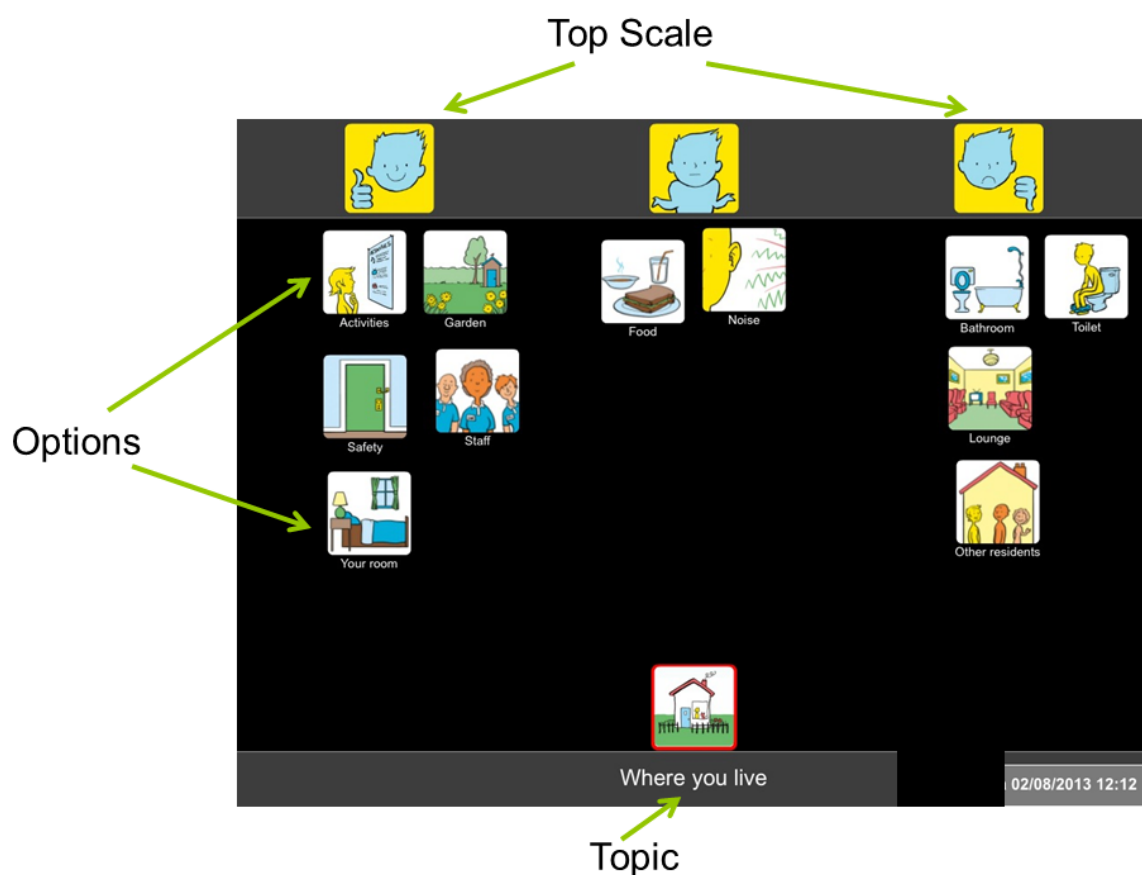


Figure 1. Example of a Talking Mat with labelled components

The **Topic** symbol represents the interview question and is a visual representation that can be drawn on throughout the interview should the young person go off topic. There is only one Topic per Talking Mat. In this study, the topic will be "How do you feel about the SPIRIT treatment?"

The **Top Scale** symbols are a three-point visual scale for the interviews, whereby the young person will be able to categorise their options. In this study, the top scale will represent "like",

“not sure” and “I don’t like”. If some young people find it difficult to have a three-point top scale, this can be reduced to a two-point scale with only “like” and “don’t like”.

The **Options** symbols represent the different responses related to the interview question. Young people will be given one symbol (or tile) at a time and asked to place it on the mat under the top scale symbol that represents their feelings about that option. Each option will be highlighted in turn and the young person will be asked the open question “How do you feel about..?” Only 10-15 options will be used within each Talking Mat. If it is possible to do so, the placing of the options symbols can lead to further conversation and questions about the option. In this study, the Options symbols will include: “mum/dad helping me”, “talking about things that I’m afraid of”, “looking at pictures/booklet”, “relaxation”, “trying new things”, “making choices”, “using visual schedule”, and “talking about how I feel”. Options symbols will be taken from Easy on the I or we will use photographs. Young people will also have the option to add their own options symbols to the mat about other things that they liked/disliked about the SPIRIT treatment. Further to this, young people will be given the opportunity to review their mat and move the tiles to other top scale symbols if they have changed their mind.

OPTIONS (“How do you feel about...?”):

Mum/dad helping me

Talking about things that I’m afraid of (with picture representing their phobia)

Looking at pictures/booklet

Relaxation

Trying new things

Making choices

Using schedule

Talking about how I feel (with photo of the Rating Scale)