

Supplementary Material 8 : Interview schedule for parents/carers

SPIRIT interview schedule - parents

Target duration: 40min

Warm up
To start, please can you tell me a bit about your family, and what led to you and your child to taking part in the SPIRIT study?
Who, if anyone, was involved in treatment apart from you and the therapist? Did you involve your child's school or other family members/carers?
Acceptability of consent processes
How did you hear about the study? How do you think we can promote the study in the future to reach more parents?
Before you started the SPIRIT treatment, what did you know or think about it?
What did you think about the booklet you received with information about the study? Was it helpful in understanding the study?
What did you think about the consent forms? Was the process of receiving and signing them straightforward?
Overall, what was your experience of joining this study? What did you think about how this was organised? Is there anything that you think we could be doing differently for family carers in a future study?
Intervention accessibility and acceptability
What was your experience of attending the two SPIRIT workshops at the beginning of the treatment?
How did you find attending the workshops online? Did it make it easier or more difficult to be involved in the study? Would you prefer for the workshops to be delivered in a different way?
What was your experience of attending the weekly support sessions?
How did you find attending the support sessions over the telephone/online? Did it make it easier or more difficult to be involved in the study? Would you prefer for

the support sessions to be delivered in a different way?
Overall, what did you think about number of sessions offered as part of the SPIRIT treatment? Were the two workshops and eight support sessions sufficient or do you think there should have been more or less sessions?
Did anything help you to attend the SPIRIT workshops and weekly support chat? Did anything stop you from attending them?
Were there any sessions that you couldn't attend? What happened?
Helpful / unhelpful aspects, including barriers to change
What things do you think were good about the SPIRIT treatment for you and your child?
Was there anything you didn't like about the SPIRIT treatment, or that you would have liked to have been done differently?
The value of our adaptations
Do you think the treatment met your child's needs?
Do you think any further adaptations / changes are needed for the treatment to meet the needs of young people with learning disabilities and their family carers?
Relationships with therapists within intervention
What was your experience of working with therapist from (name of the NHS Trust)?
Did you feel supported during the treatment?
Did you feel you were able to ask questions and raise concerns with your SPIRIT therapist?
Is there anything the therapist could have done differently to support you better?
Acceptability of outcome measures
Thinking back to when you completed the same set of questionnaires before and after the treatment, what was this experience like for you?
Acceptability of randomisation within a future trial
In future studies, some children will receive the SPIRIT treatment in addition to the

supports usually available, and some will continue with support options normally available in the NHS. Would you be happy with this process for your child? How would you feel if your child was put on a waiting list to receive the SPIRIT treatment at a later date?

Acceptability of parent mediated treatment model

What, if anything, was helpful about being involved in your child's treatment?

What, if anything, was unhelpful or difficult about being involved?

What, if anything, made your involvement in treatment difficult? Were there any barriers to your involvement?

What, if anything, helped facilitate your involvement in the treatment? Was there anything that made it easier to be involved?

Effects of participation

What sort of things do you think that you learned during workshops and support sessions?

Do you think that anything has changed for you and your child since you have started the SPIRIT treatment?

Has this made any difference to your family?

What do you think will happen in the future for your child and your family now that you have started the SPIRIT treatment?

Closing questions

Is there anything else you think we should know?