

Schedule for Module 3B: Semi-structured interviews with service users

(version 2)

- 1) Thank you for sharing the story of your network: of people, the things you do, and places you go to when we met last time [*the map should be introduced as a visual prompt*]. How do you feel now about the network we described last time?
 - *Provide key words they used to describe network – do they feel ok still? Why did you choose those words?*
 - What kinds of relationships are most important in your network? And why?
 - What kinds of activities are most important?
 - What kinds of places are most important?

- 2) In a recovery journey towards getting better, people often try different things to manage their well being. Can you tell me a little bit about the most important things in your life that help you **stay well**?
 - (probe strategies and how much practitioners assist or person does themselves) **Emphasis here is on staying well (health aspects of networks)**
 - What things do you find most helpful when you are feeling unwell?

- 3) What is unhelpful about your network (of people, places and activities) and why?
 - Are there any people in your network you are not seeing, or seeing less of, along with places you are not going, and activities you are not doing, or doing less (even though they might be possible) ?
 - Can you tell me why that's the case? Is this because of your own choice or are there times when you think that people and other things (i.e. services) are preventing you? (*probe around things that hinder managing wellbeing*)

- 4) Thinking about the past – what has changed in your network (in terms of people, places, activities)?
 - What has brought about these changes?
 - Did you want these changes?
 - What are the things you are no longer doing or have lost in your life? Why is this?

- How has your strategy for wellbeing developed over time? How have you learned the strategies you have?
- 5) How much of a role do health and social care professionals have in your life?
- Do they help you engage in (new) social interactions and activities?
 - Is this their role? Would you like to see or have more/less support from them? Why?
 - Have things been different in the past?
 - Help / hinder / facilitating / controlling;
 - The impact of personal relationship with practitioners (positive/negative) – what makes for a good relationship with a practitioner?
 - Do you view practitioner relationships as close personal relationships?
- 6) What would you like your 'network' to look like? Why?
- Thinking about how things might be in the future, do you think there will be changes, do you want anything to change?
 - How are these likely to occur – through yourself? Practitioners? Other things or people? What barriers are there?
- 7) How was the experience of doing the mapping exercise last time?
- How did it make you feel? Do you think it will change what you do and who you see? Has it already?

The themes we are looking to address

- What people are doing now – and how these are perceived in terms of:
 - What they used to do in the past
 - What they would like to in the future
 - What they are not doing now? [Potential opportunities that are not being accessed]

This could be a way in to explore agency vs structure as facilitator/barrier and self vs practitioner regarding responsibility.

- Recovery: Personal views versus society norms/structures
- The role of close relations
- Responsibility and personal control over their lives – and impact on their sense of self
- Barriers and hurdles to recovery
- Reciprocity of relationships in network (both personal and practitioners) – how participant contributes to others and impact on wellbeing
- Well versus unwell – how wellness affects network, how network affects wellness.
- Physical health

Impact of environment on well being