



Interview Schedule

1. Opening

Clarify ethical implications, confidentiality, and consent

Ensure that participants have read and signed the consent form. Emphasise that the data from the interview will be treated in a confidential manner, that they can stop at any point without negative consequence, and ask them if they have any questions.

Explain the NOTEPAD study and the aims of the research

The aim of the NOTEPAD study is to find new ways to help older people who have low mood or stress. Based on our previous work, we think that helping people to do activities that they previously enjoyed can help them to feel better. The people who will be finding out what activities people might enjoy and helping them to participate will be workers from Age UK.

The aim of this study is to try to find the best way of making this idea work in practice.

Explain the purpose of the interview

We are interested in finding out what you think of our idea. We want to know if you or people you know might be willing to take part in this study if you happened to feel stressed or have low mood.

Highlight the areas to be covered

I'd like to find out if you have any views about or experience of low mood or stress. If you have experienced stress or low mood in the past I would like to hear about your experience of that. If you have not experienced low mood or stress in the past I would like to know what help you might prefer if you were to find yourself in such a position. I would also like to know what you think of our study idea.

Invite and answer any questions

2. Low mood or stress

Aim: to explore participant views/experience of low mood or stress

Has there been a recent time in your life when you have had low mood or stress?

If yes,

How did you cope with that? Did you seek out help?

Did you go to your GP? What help did you receive? What did this involve? Did the GP refer you anywhere else? Did the GP offer any tablets – did you take them?

Did any of this help? If not, what help would you have preferred?

Did you seek help from anywhere else? (family, friends, self-help materials, local groups/lunch clubs/vol sector)

If no,

Are you aware of any older friends or family who have experience of low mood or stress? Have they sought and received help? What do you know about the help they received? Have they been happy with that help?

3. Low mood or stress in the future

Aim: to encourage participant about what they might do in the future, how they would cope, who they would contact

If you were to find yourself experiencing low mood or stress in the future, what do you think you would do? Would you talk to other people about how you felt? Would you tell friends and family?

Would you ask for help from your GP? Would you think to access organisations such as Age UK?

Would you feel comfortable talking to someone at an organisation such as this about how you felt?

4. Views on NOTEPAD

Aim: Investigate views on NOTEPAD and whether participants feel they would take part in the study.

I. One-to-one sessions with an Age UK worker

If you had low mood or stress how would you feel about taking part in a research study on this?

Would you have any concerns? What might prevent you from taking part?

How would you feel about receiving visits from a worker from Age UK on a one-to-one basis?

The aim would be for the Age UK worker to discuss strategies to make you feel better – do you think that would be acceptable? In what ways do you think this could be helpful? What concerns would you have about this?

II. Group sessions

If a person is feeling a bit better, it is envisaged that the Age UK worker might arrange or accompany the person with low mood or stress to do a group activity. This activity would be entirely of the person's own choosing.

Had you been experiencing low mood or stress how would you feel about participating in a group activity? Would this be acceptable? Would you have any concerns about this? How would you feel about being accompanied to do a group activity?

5. Closing

Aim: Summarise some of the participant's main thoughts for clarity.

Ask if there is anything else that they want to say.

Explain the next stages of the programme and how the interview data will be used in relation to them.

Is there anything that you'd have liked me to ask about but I didn't?