

Report Supplementary Material 1: Topic guides for qualitative interviews

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The topic guides for the qualitative interviews of each participant group (people with diabetes and severe mental illness [SMI], family members and supporters, and healthcare staff) are detailed below. The format used was semi-structured interviews, and so these guides were used to inform the interviewer of key topics and provide prompts where necessary, but did not represent a set of structured questions.

Topic guide for the interviews with people with diabetes and SMI

Outline Topic Guide: Patient Interviews

1. Background information

- Demographic information: age, gender, employment status, ethnicity, level of educational attainment. Perception of neighbourhood – belonging/ safety. Relative financial situation.
- Family and home circumstances: support networks, social activity, transport/ mobility issues.
- Current health conditions
- Experience of diabetes and mental illness diagnoses (e.g. initial signs, knowledge of risk, being given diagnoses)
- Has anyone explained to you why you got diabetes? What did they tell you?
- Why do you think you got diabetes?
- Experience of post-diagnostic period for diabetes and mental illness (e.g. referrals, provision of education or information, medication and monitoring)

2. Managing diabetes alongside mental illness

- Perception of how diabetes and mental illness affect activities of daily life: a ‘good day’ with mental illness and diabetes, a ‘bad day’ with mental illness and diabetes
- Self-management activities for diabetes and mental illness (e.g. medication, health checks, diet, exercise)
- Perception of barriers and facilitators to self-management
- Involvement of relatives/ friends in the management of mental illness and diabetes
- Perception of the impact of diabetes on mental illness and the impact of mental illness on diabetes
- How well do you think your diabetes is managed?
- What do you think helps you, or has helped you the most to manage your diabetes?

- What things make it more difficult for you to manage your diabetes?
- What problems, if any, do you experience because of your diabetes?
- What problems, if any, do you experience because of your mental health?
- New prompt added 21/05/18 – explore effects of sleep disturbance

3. Experiencing healthcare

- Experiences of care/ interventions currently received for a) diabetes b) mental illness including who they would approach with concerns about their diabetes
- Perceptions of barriers and facilitators to accessing care
- Relationships/ communication with healthcare professionals in primary and secondary care
- Perceptions of information/ education provision for a) diabetes b) mental illness
- Connections with other organisations / support networks related to their condition.
- Thinking about the support and care you have received, what helps you or has helped you the most with your diabetes?
- Suggestions for improvements to the health care of people with SMI experiencing diabetes

Topic guide for the interviews with family members and supporters of people with diabetes and SMI

Outline Topic Guide: Relative/ Friend Interviews

1. Background information

- Demographic information: age, gender, employment status, ethnicity, level of educational attainment. Perception of neighbourhood – belonging/ safety. Relative financial situation.
- Family and home circumstances (including whether they co-reside with the person with SMI, social networks, mobility issues, access to transport)
- Relationship with person living with diabetes and mental illness
- Own health conditions/ status
- Other caring commitments

2. Supporting the patient to manage diabetes alongside mental illness

- Basic formation about the diabetes and mental illness of the person they support [diagnoses, severity, treatment, care]
- Has anyone explained to you why your [relative/friend] got diabetes? What did they tell you?
- Why do you think they got diabetes?
- How well do you think your [relative/friend] manages their diabetes?
- What do you think helps your [relative/friend], or has helped them the most to manage their diabetes?
- What things make it more difficult for them to manage their diabetes?
- What problems, if any, do they experience because of diabetes?
- What problems, if any, do they experience because of mental illness?
- Perception of how diabetes impacts on mental illness and how mental illness impacts on diabetes

3. Supporting the patient to manage diabetes alongside mental illness

- Current caring / supportive activities for diabetes and mental illness (e.g. medication, lifestyle, healthcare)

- Changes in their supportive role over time
- Help received for their role (e.g. from other family, healthcare professionals, community/social groups, third sector) including who they would approach with concerns
- Perception of how the diabetes and mental illness of the person they support affects shared activities of daily life: a 'good day' with mental illness and diabetes, a 'bad day' with mental illness and diabetes
- Perceived impact of providing support on own life, on the relationship with the person with mental illness and diabetes and on the wider family context including financial and social impact

4. Perceptions of healthcare

- Perceptions of the care their relative/friend currently receives for a) diabetes b) mental illness
- Perceptions of barriers/facilitators to accessing care
- Perceptions of education/ information provision for a) diabetes b) mental illness (for the person they support and themselves)
- Relationships with health professionals and the extent to which they are included in health care decisions
- Thinking about the support and care your [relative/friend] has received, what helps them or has helped them the most with their diabetes?
- Suggestions for improvements to the health care of people with SMI experiencing diabetes

Topic guide for the interviews with healthcare staff working with people with diabetes and SMI

Outline Topic Guide: Staff Interviews

1. Background information

- Current role/ length of service in that role
- Professional training
- Specific training received in supporting people with SMI to prevent or manage co-existing diabetes

2. Supporting the patient to manage diabetes alongside severe mental illness (SMI)

- Role in supporting / monitoring patients with SMI to prevent diabetes
- Role in supporting patients with SMI to manage diabetes (including when they become involved, interventions / care provided)
- Working with others to support patients (e.g. with colleagues / other professionals and services, referrals, signposting, looking specifically at primary & secondary care working practices)
- Understanding of how diabetes impacts on SMI, how SMI impacts on diabetes and how both impact on daily living
- Understanding of factors that impact on patients' own management of a) diabetes b) SMI
- What do you think helps people with SMI the most to manage their diabetes?
- What do you think the main barriers to managing diabetes are for people with SMI?
- Why do you think people with SMI are at greater risk of developing diabetes?
- What complications do you think people with SMI are most likely to have with their diabetes?

3. Perceptions of diabetes care for people with SMI

- Perceptions of care and interventions delivered to support patients with SMI to prevent / manage diabetes (e.g. lifestyle advice, medication, monitoring, education, information provision)
- Perceptions of barriers/facilitators to a) providing care b) patients receiving care
- Perceived training needs and gaps in training provision
- Perceived gaps in care provision
- Of the support and care available to help prevent diabetes for people with SMI, which do you think has the most potential?
- Of the support and care available to help people with SMI to manage their diabetes, which do you think has the most potential?
- Suggestions for improvements to diabetes care for people with SMI
- Comparing needs of people with schizophrenia/ bipolar (new prompt added 24/05/18)