

Computerised Cognitive Behaviour Therapy for Depression

Topic Guide for Group 1: Participants Randomised to CCBT with Preference for CCBT who completed treatment

1. Can you describe the experience of recruitment into the REEACT trial?

Probe for

Adequacy of information from GP

Adequacy of information giving and consent-taking procedure by researcher

Experience of randomisation, feelings about being randomised to preferred arm

2. Can you discuss why you had a preference for CCBT?

Probe for

Views about CCBT: accessibility (benefits of doing at home and any disadvantages), acceptability (IT experience, prior experience of face-to-face therapy)

Views about usual care, prior experience of usual care

3. Can you discuss your feelings about the treatment you received?

Probe for

Experience of CCBT (time needed, machine interface, quality of therapy) and whether it matched expectations

Views on whether initial preference was appropriate choice

Experiences of usual care received in addition to CCBT

4. Can you discuss your thoughts about future treatment?

Probe for

Views about using CCBT again

Views about usual care for future episodes of depression

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Topic Guide for Group 2: Participants Randomised to CCBT with Preference for CCBT who did not complete treatment

1. Can you describe the experience of recruitment into the REEACT trial?

Probe for

Adequacy of information from GP
Adequacy of information giving and consent-taking procedure by researcher
Experience of randomisation, feelings about being randomised to preferred arm

2. Can you discuss why you had a preference for CCBT?

Probe for

Views about CCBT: accessibility (benefits and any disadvantages),
acceptability (IT experience, prior experience of face-to-face therapy)
Views about usual care, prior experience of usual care

3. Can you discuss why you discontinued CCBT?

Probe for

Experience of CCBT (time needed, machine interface, quality of therapy) and in what ways it differed from expectations
Experience of usual care received in addition to CCBT

4. Can you discuss your thoughts about future treatment?

Probe for

Views about using CCBT again
Views about usual care for future episodes of depression

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Topic Guide for Group 3: Participants Randomised to CCBT without preference for CCBT who completed treatment

1. Can you describe the experience of recruitment into the REEACT trial?

Probe for

Adequacy of information from GP
Adequacy of information giving and consent-taking procedure by researcher
Experience of randomisation, feelings about being randomised to preferred arm

2. Can you discuss why you did not have a preference for CCBT?

Probe for

Views about usual GP care, prior experience of GP care
Views about CCBT: accessibility (lack of time for therapy sessions), acceptability (concerns about personal IT skills, concerns about therapy via a computer, concerns about security of personal information, concerns about lack of personal support)

3. Can you discuss your feelings about the treatment you received?

Probe for

Experience of CCBT (time needed, machine interface, quality of therapy) and whether it matched expectations
Views on whether initial preference was appropriate choice
Experiences of usual care received in addition to CCBT

4. Can you discuss your thoughts about future treatment?

Probe for

Views about using CCBT again
Views about usual care for future episodes of depression

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Topic Guide for Group 4: Participants Randomised to CCBT without preference for CCBT who did not complete treatment

1. Can you describe the experience of recruitment into the REEACT trial?

Probe for

Adequacy of information from GP

Adequacy of information giving and consent-taking procedure by researcher

Experience of randomisation, feelings about being randomised to preferred arm

2. Can you discuss why you did not have a preference for CCBT?

Probe for

Views about usual GP care, prior experience of GP care

Views about CCBT: accessibility (lack of time for therapy sessions),

acceptability (concerns about personal IT skills, concerns about therapy via a

computer, concerns about security of personal information, concerns about lack of personal support)

3. Can you discuss why you discontinued CCBT?

Probe for

Experience of CCBT (time needed, machine interface, quality of therapy) and in what ways it differed from expectations

Experience of usual care received in addition to CCBT

4. Can you discuss your thoughts about future treatment?

Probe for

Views about using CCBT again

Views about usual care for future episodes of depression

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Topic Guide for Interviews with Health Professionals

1. Any prior use of/referral to cCBT? Was it available/had patients requested it?

2. Referral of patients to the trial:

What had patients asked for?

- a. Had patients heard of cCBT?
- b. Patients who accepted – why?
- c. Patient who refused – why?
- d. Did you do any selective referrals – anyone unsuitable for/more suitable for?

3. How do you think patients felt about being offered the chance to receive CCBT?

- Views about receiving a talking therapy
- Views about computerised CBT rather than therapist CBT
- Views about being randomised - how did patients describe the process
- Views about coming for appointments for CCBT or accessing at home

4. Can you describe the experience of supporting access to computerised CBT (CCBT) for the patients from your practice?

Probe for barriers and facilitators in terms of structure and process

If the service had been/needed to be provided in practice, practicalities of organising rooms, making space available, access to computers, appointments and support, fit with the running of the practice, workload for practice staff (appointments and support)

If service provided out of the practice or patients accessed at home, how was this and how did the GP find out about it?

5. Did you notice any differences in the way in which care was delivered for the patients who received CCBT compared to usual care? If so could you describe the differences?

Probe for

- Process of care (e.g. talking to the patient about problems, setting goals)
 - Outcome of care
 - Awareness of any way that CCBT interfered with or facilitated the relationship between the doctor and patient
 - Did you provide any follow up/monitoring? Who do you think could/should provide this?
 - Did patients who received cCBT ask for further therapies?
6. Did patients report to you about being involved in the study? If so, what sort of things did they discuss?
7. What are your views on whether CCBT should be routinely available for people with depression in primary care?
- How would it be delivered?
 - Benefits of having cCBT available/disadvantages?
 - Do you think patients would accept it?