

COBRA Qualitative Interview Topic Guide

1. General experiences of treatment

You recently received a course of CBT/BA as part of the COBRA trial. Please tell me about your experiences of receiving treatment.

Probe areas:

What it felt like receiving treatment

Anything in particular that they liked or found helpful

Anything they didn't like or found less helpful

2. Barriers to treatment

We are interested in reasons why people might decide to attend some or all of their therapy sessions, including completing some exercises and maybe not others. Please could you tell me about your reasons for deciding to continue with or stop therapy?

Probe areas:

Personal contextual factors

Specific therapy factors

Therapeutic relationship factors

Stages or exercises causing difficulty?

Anything (else) that could have been done to overcome these difficulties

3. Cognitive change strategies

We are interested in your views on the role of therapy in changing your beliefs or the way you think, and any impact this may have had on your mood. Did the therapy have any effect on your beliefs or the way you think?

Probe areas:

Underlying beliefs

Style of thinking

Influence of the changes in the way they think on mood/depression

4. Behavioural change strategies

We are interested in your views on the role of therapy in changing your behaviour, and any impact this may have had on your mood. Did the therapy have any effect on your behaviour?

Probe areas:

Changes in specific behaviour, e.g. avoidance, rumination

Recognising triggers and changing behaviour in response to them

Influence of behavioural changes on mood/depression

5. Most important part of therapy

What was the most important aspect of your therapy for you?

Probe areas:

Therapeutic relationship

Exercises/homework tasks

6. Broader impact of treatment

Please tell us about the impact the treatment had on you generally or in other aspects of your life.

Probe areas:

Thoughts and opinions on depression

The way they feel about themselves

The role of psychological therapies in the treatment of depression

Impact of treatment on any other areas of life

COBRA Therapist Qualitative Interview Topic Guide

Introduction

Experiences of delivering the treatment

Please tell me about your experience of delivering the COBRA therapy.

- What did you think of the COBRA therapy?

Probe: how acceptable?

- Tell me more about ...

Therapeutic Strategies

The COBRA protocol contains certain therapeutic strategies and techniques.

- Which elements of the therapy did you use most?
- Why?

Probe: are there any other elements you used frequently or particularly liked?

- Were there any elements you didn't like?

Broader impact of treatment

Did you notice an impact, of the treatment, on patient's lives?

- Were there any particular things you noticed that changed regarding their cognitions or behaviours?

Probe: can you link that to a specific therapeutic strategy?

- Were there any particular things you noticed that changed for patients generally (anything you don't think is covered by cognitions or behaviours)?

Probe: can you link that to a specific therapeutic strategy?

- Did you notice a change in the patients' health and well-being?

Probe: can you link that to a specific therapeutic strategy?

People who stayed in therapy but didn't improve

Some people responded better to therapy than others. Why do you think that might be?

- Were there any characteristics of those people that affected their response to therapy?
- Were there any characteristics of the therapy that affected their response to therapy?
- Was there any part of the COBRA therapy that affected the therapeutic relationship?

Added after therapist 5:

Was there anything different about COBRA patients compared to the patients you usually treat?

Summarise

Thank you I will now summarise your answers...

Is there anything you would like to add to that summary something you may have just thought of?

Therapist's personal experience

The final part of the interview is to ask about your personal experience of working on the COBRA trial?

- Did the training help you?
- Do you do anything differently now?
- Do you have any suggestions for future trials?