

### Preface:

- You have the option to withdraw from this interview at any time.
- Explain that i'll nod along in agreement but not say anything.
- Leave a few seconds between answer and question.
- If you could try to repeat the question or include some of its wording in your answer.

### **FOCUS ON FEELINGS**

#### Questions:

- Can you tell me your name, and a bit about yourself?
    - How would you like others to see you?
  - Can you tell me a bit about your family?
  - Can you tell me about your favourite walk alone, or a moment during one when you felt truly carefree?
    - Was this place special to you? Do you have an emotional connection? Explain why?
    - Can you describe what the weather was like that day and how it made you feel?
    - Can you recall what you saw, and what your thoughts and feelings were at the time?
  - Moving a little closer to home, can you recall a walk across the Tay Bridge that was your favourite?
    - Can you explain to me why it was your favourite?
    - Can you tell me who was with you at the time?
    - Can you describe what the weather was like that day and how it made you feel?
    - Can you recall what you saw, and what your thoughts and feelings were at the time?
  - Can you tell me about a time when you went for a walk or cycle to clear your head?
    - Can you remember what (if anything) was overwhelming you at the time?
    - How did you feel at the start of the walk/ cycle compared to the end?
    - During this walk/ cycle, can you pinpoint what helped you feel better?
      - Time spent rationalising the problem etc?
- 
- Before you were diagnosed, can you tell me what you knew about depression?
    - Did you know anyone suffering from depression at the time?
    - Do you feel your perception and understanding of depression was skewed by social stigma?
    - How do you feel when people use “man up” when talking to someone about mental health issues?

- Do you feel it is more difficult for men to be open about mental health? If so, why?
- Is there anything you think that can be done to combat this issue?
- Can you tell me about when you first realised something was wrong?
  - What types of symptoms were you experiencing?
  - How did these symptoms and feeling impact your daily life?
    - How did they affect how you feel about cycling, meeting friends, eating, work etc?
- Where there any factors at work, home, or otherwise that you feel made the situation worse?
  - What actions did you take to try mitigate these?
- Who did you first talk to about your symptoms?
  - That must have taken a lot of courage, what was it like sharing your thoughts and feeling with someone else?
- What prompted you to go talk to the doctor about your symptoms?
  - How did you feel about going to see a doctor?
- Do you feel that you talked to someone about your problems at the right time?
  - Do you feel things may have been different if you opened up any sooner/ later? How do you feel this may have gone?
- Can you tell me about your diagnosis journey?
  - Do you feel the doctors listened to you?
  - Can you tell me how you felt sitting in the waiting area waiting to be seen to?
  - **What piece of advice, resource, or medication do you feel made the biggest impact on your life?**
  - How did you feel about medication?
  - What is your opinion on online forums or support groups?
- When you took time off work to recover, can you tell me about how you felt and your thoughts at the time?
- Can you give me a few examples of what you considered to be good days and why?
- Can you give me a few examples of what you considered to be bad days and why?
- **Can you tell me about how depression affected those closest to you?**
  - **On a more personal note, there was one moment in particular that stands out in my mind. When I went into the livingroom and you were curled up on the floor crying. Mum ushered me out. Can you tell me a bit about what was happening at the time?**
- Can you tell me about a time where you felt your depression was at its worst?
  - Where were you when this happened?

- Could you share with me a little about what your thoughts were at the time?
- During these moments, were there any methods that you or your family used to help you cope?
  
- Looking back, what was the scariest moment, and why?
  - What made you change your mind?
  
- What do you feel was your greatest strength at the time?
  
- What do you feel was your greatest weakness at the time?
  
- How would you describe yourself before you started showing symptoms of depression?
  
- How would you describe yourself when you were at your worst?
  
- How do you see yourself now that you have been diagnosed and are receiving treatment?
  
- Do you feel this experience has changed your perspective on life?
  
- Were there any happy or funny moments during this experience that stick out?
  
- When spending time outdoors walking or cycling does that change the way you are feeling?
  
- Looking back, what would you have done differently if you could, and why?
  
- If future you could give past you one piece of advice, what would it be?
  
- Is there anything else you want to say, or anything that you would like to add that I didn't cover in my questions?

Fin.