

**This document comprises:**

- **RAFT fidelity assurance template used by the observer**
- **RAFT tutor interview schedule**
- **RAFT tutor focus group interview schedule**

# RAFT fidelity assurance template

## RAFT observer's chart

Tutors: \_\_\_\_\_

Hospital: \_\_\_\_\_ Date: \_\_\_\_\_ Session: 1 2 3 4 5 6  
7

Observer: \_\_\_\_\_

<p><b>Group management eg.....</b></p> <ul style="list-style-type: none"> <li>• Engagement?</li> <li>• Interaction and collective discussion?</li> <li>• Encouraging shy participants?</li> <li>• Managing 'talkers'?</li> <li>• Managing 'it can't be done' / negativity?</li> </ul>	<p><b>Guided discovery vs didactic info/advice eg...</b></p> <ul style="list-style-type: none"> <li>• What happened? What did you do?</li> <li>• What did you think/feel?</li> <li>• What might you do?</li> </ul>
<p><b>Linking thoughts, feelings and behaviours eg</b></p> <ul style="list-style-type: none"> <li>• What did it feel like?</li> <li>• What were you thinking?</li> <li>• Why do you think you did that?</li> <li>• Is there another way of thinking of this?</li> </ul>	<p><b>Goal setting eg</b></p> <ul style="list-style-type: none"> <li>• Patient driven, not AHP driven</li> <li>• Specific</li> <li>• Measureable</li> <li>• Achievable</li> <li>• Rewarding</li> <li>• Time-limited</li> <li>• Reviewing homework esp diaries</li> </ul>
<p><b>Structure eg</b></p> <ul style="list-style-type: none"> <li>• Delivered content as given?</li> <li>• Timing of sessions?</li> <li>• Working as a team?</li> <li>• Cross-link with other sessions?</li> </ul>	<p><b>Observer's reflections</b>  <b>Acceptable – Yes / No</b>  <b>Comment:</b></p>

## **RAFT tutor interview schedule**

**Introduction:** This is an opportunity to discuss your experience of RAFT. Hearing about your experiences will help us to understand the practicalities, challenges and benefits of training nurses and allied health professionals to deliver the programme. As well as telling us about this research trial, your views and ideas will inform how RAFT will be rolled out in the future.

**Prior to RAFT:** Please tell me about:

- Your reason(s) for deciding to take part in RAFT
- Any previous experience of working with groups / using cognitive-behavioural techniques
- Any other relevant experience (eg training in motivational interviewing)

**Training:** We would like to hear your thoughts on the 4 day training that you did in Bristol:

- The content / structure / your experience / would you suggest any changes?
- How did you feel about delivering RAFT after completing the 4 day training?
- How did you feel about the idea of delivering RAFT after doing your first practice run?

**Delivery:** We would like to hear your thoughts on delivering the 4 cohorts:

- Practical challenges / personal/professional challenges / co-tutoring
- Were there particular sessions or aspects of RAFT that you found problematic/did not like?
- Clinical supervision / was this a helpful part of the process? If so, how?
- Any particular issues you sought support for? Did nature of supervision change over time?
- Did delivery of each cohort feel different? If so, how?

**Impact of wider clinical practice:**

- Has taking part in RAFT had any impact on your wider clinical practice?
- Do you perceive any benefits to patients? / Do you perceive any drawbacks for patients?
- Do you perceive any benefits for your professional development? / Do you perceive any drawbacks for your professional development?

**In the future:** Thinking about how we might roll out RAFT in the future:

- Are you and your wider team likely to support the delivery of RAFT in the future?
- Do you know whether you could access clinical supervision locally?
- Do you think training needs to be face-to-face? In a group? Would DVDs be useful?
- Would you recommend changes to the manual? If so, can you describe them?

**Close:** Are there any other aspects of your experience or thoughts about RAFT in the future that you would like to tell us about? **Thank you for your time**

## **RAFT tutor focus group schedule**

**Introduction:** Many of you have already taken part in an interview which has given us very helpful information on your personal experiences of RAFT, for example ways in which it had influenced your clinical/professional role. In the next hour, we'll try not to cover too much of the same ground today and will focus more on what RAFT might look like in the future.

**Training:** Our original plan was for local psychologists to train and monitor local tutors (similar to RAFT training) but we don't think this will be feasible.

- Views on an initial training DVD and then focus on observation and feedback
- Views on whether parts of training (eg CB approaches / "Ask don't tell", group management, or RAFT content / examples of sessions) could be delivered separately
- Views on whether there was sufficient emphasis and training on the daily diaries
- Views on how much training is enough, and how much difference experience of delivery and clinical supervision/support makes
- Any other ideas/models of training that we could consider?

**Manual:** Some of the feedback informed the summary pages, and we have already highlighted some of the amendments that we'll make. What else should we think about?

- Discuss ideas for changes in each chapter
- Discuss whether specific chapters are challenging and need amending
- Should summary pages be within the manual or separate?

### **Delivery issues:**

- Any experiences of delivering RAFT that we should be aware of?
- Practicalities (eg location/rooms, materials, time of day)
- Any top tips that RAFT tutors would pass on to new tutors?
- How to prepare for delivering RAFT
- How to 'use' the manual during the sessions
- How to build your confidence

### **Roll out:**

- How can we ensure 'quality' (eg observation by a local clinician using our fidelity sheet)?
- How to evaluate RAFT in clinical practice (eg outcomes)
- Who needs to 'buy-in' to RAFT to increase up take in new centres?
- Local context/variations