

## **Patient Interview Schedule**

Duration: 30-40 minutes

Medium: Face-to-face, telephone or Skype based on the patient's preference

### **Patient ideas, concerns or expectations treatment**

How did you feel about receiving this treatment compared with other types of treatment for insomnia that you have (a) tried before (b) expected to receive?

- What treatments were you aware of and how did you learn about these?
- What concerns did you have, if any?

### **Patient understanding of treatment**

Tell me about your treatment?

- What do you remember about what was explained to you?

What was your understanding of your treatment after your meeting with the nurse?

How did you feel about your treatment?

- What do you feel went well in your treatment?
- What do you think could have been improved?

What did you do after your consultation with the nurse?

- What recordings did you do?
- How easy or hard were the recordings?

Tell me about the SRT?

- How easy or hard was it to do the sleep restriction therapy?
- Was it what you expected?

### **Barriers/facilitators to treatment**

What ideas or expectations did you have before attending your treatment?

- Where did these thoughts come from? (Media, relatives, friends, etc.)

Could you tell me about your face-to-face appointments?

- How were these arranged?
- How easy/difficult were these to arrange?
- How was the nurse with you? What did you like most/least about the consultation?

Could you tell me about the telephone appointments?

- How were these arranged?
- How easy/difficult were these to arrange?

### **Patient response to treatment**

How do you feel about your treatment?

- What effect did it have on you?
- If you did, when did you start to feel different?
- What do you feel helped/didn't help?

How does SRT compare to treatments that you have tried in the past?

Do you have any further experiences/thoughts that you would like to share?

### **Nurse interview schedule**

Duration: 30-40 minutes

Medium: Face-to-face, telephone or Skype based on the patient's preference

#### **Experience/Training**

Could you tell me something about your previous experience of managing people with sleep problems as a practice nurse?

- What was your approach?
- What was the approach of GPs in the practice?
- Had you heard about psychological treatments for sleep problems?

Could you describe your experience of training for the study?

- What do you feel went well in your SRT training?
- What, if anything, do you think could have been improved?
- How was the quality of training materials provided?
- Was the time training about right, too short or too long?

#### **Delivery of intervention**

Could you describe the SRT consultations with the patient?

- What did you feel went well?
- How confident did you feel delivering the SRT consultation?

Did you feel that the intervention was delivered as you planned it (including at each phase).

- Was there any aspect that you felt needed to be improved?
- What modifications to the intervention happened and why?

#### **Response of patient**

How did you think your patient responded to the treatment you delivered?

What factors helped or hindered the consultation?

- Nurse: previous experience, familiarity with sleep/psychological problems
- Patient: previous relationship with nurse, positive/negative attitude to intervention or alternatives
- Other: pressure of other work/demands
- Time: was the length of time given about right, too much, too little?

How were the logistics of arranging consultations?

- Did patients arrive for their session?
- Were you able to reach them for follow up (available for 30 min face to face session, 10 min follow up call?)
- If not, what did you do about the situation (e.g. if final treatment session was not implemented)?

Do you have any further experiences about delivering SRT that you would like to share?

### **Practice Manager or General Practitioner interview schedule**

Duration: 30-40 minutes

Medium: Face-to-face, telephone or Skype based on the patient's preference

#### **Experience/Training**

(GPs only) Could you tell me something about your previous experience of managing people with sleep problems as a GP?

- What was your approach?
- What was the approach of other GPs in the practice?
- Had you heard about or used psychological treatments for sleep problems?

Could you describe your experience of the study?

- What do you feel about it?
- What are the positives/negatives from your point of view?

#### **Delivery of intervention**

Could you describe the logistics of providing SRT consultations as part of this trial?

What, if any, are the enablers/barriers?

- What are the attitudes of the nurses delivering the intervention?
- What are the attitudes of other staff?

Did you feel that if the intervention was shown to be effective/cost effective it could be implemented more widely?

What, if any, do you feel would be the enablers/barriers to wider implementation?

Do you have any further experiences/thoughts that you would like to share?