

Interpretative Phenomenological Analysis of Study participants' experiences in testing the EMPOWER App and its potential impact on self-management in their recovery

Prior to undertaking interviews check that room and seating arrangements are comfortable; giving participant and interviewer equal access to the door and ensure that Digital Recorder is fully charged and working.

Take some time to settle the participant down before starting the interview. For example: "This interview has been designed to help us understand your experiences of using the EMPOWER App. We would like to understand what your experience was, how you found using the App and how it makes sense to you in your recovery. It is important that you understand that there are no right or wrong answers."

"To help us understand your experiences fully, I'll be recording this interview today using this Digital Recorder" [invite participant to try out recorder and test it for themselves] "We use this recorder to transcribe our conversation today. After transcribing the interview the recording will be destroyed. Any information contained in the interview that identifies you or anyone else will be concealed or anonymized."

"Do you have any questions before we get started?"

- How did you get involved in participating in the EMPOWER App testing?
- What were your general experiences in using the App?
 - Enquire about clarity of instructions
 - Ask for examples of experiences offered
 - Probe both positive and negative experiences

"Now I'd like to talk about some more specific aspects of the App"

- How did you experience the questions that were asked in the App?
 - Ask for examples of experiences offered
 - Probe both positive and negative experiences
- How did you experience the messages generated by the App.
 - Ask for examples of experiences offered
 - Probe both positive and negative experiences
- How did you experience the Charts Facility in the App?
 - Ask for examples of experiences offered
 - Probe both positive and negative experiences
- Did you receive any help in using the App?
 - What sort of help?
 - Practical help for technical difficulties?
 - Support from friends or family?

- Have you told others about the App?
 - How did they respond?
 - Family/friends/caretakers/health professionals/online?
- Did you have any worries about using the App?
 - Can you describe these?
 - Probe for examples
 - Did it cause you to worry about confidentiality?
 - What about “symptoms” or experiences?
 - What about relapse?

“Now I’d like to think about the App in relation to recovery”

- How would the App be useful in terms of your recovery in the future?
 - How would you use it?
 - How would you use it as a tool for self-management?
 - How would you share experiences and data?
 - How would you use it in your relationships with others?
 - What about family / friends?
 - What about services?

“Thank you very much – before we finish is there anything else you’d like to add?”

“Is there anything you’d expected me to ask but didn’t get raised?”