

## Supplementary Material 9: Interview schedule for therapists

### SPIRIT interview schedule - therapists

Target duration: 30min

<b>Warm up</b>
To start, please can you tell me a bit about your own background, experience, and qualifications?
How did you hear about the SPIRIT study, and what made you want to work as a therapist on the study?
<b>Training</b>
Could you tell me about the SPIRIT training?
Do you think that the training prepared you well enough to deliver the treatment?
What, if any, elements of the SPIRIT training have helped you to support engagement with the families you have been working with?
<b>Intervention accessibility and acceptability</b>
Can you tell me about your experience of delivering the two SPIRIT workshops? How did you find delivering the workshops online?
Can you tell me about your experience of delivering the SPIRIT weekly support sessions? How did you find delivering the support sessions over the telephone/online?
How did parents respond to the SPIRIT workshops and weekly support sessions?
Overall, what did you think about number of sessions offered as part of the SPIRIT treatment? Were the two workshops and eight support sessions sufficient or do you think there should have been more or less sessions?
Do you think the SPIRIT treatment is suitable for this population of children and young people and their families?
Did you enjoy delivering the SPIRIT treatment?
<b>Helpful / unhelpful aspects, including barriers to change</b>

Overall, how have the SPIRIT workshops and support sessions gone with parents? What were the challenges, and what went well?
Could you give me an example of something you found easy in delivering the SPIRIT treatment?
Could you give me an example of something you found hard in delivering the SPIRIT treatment?
Was there anything you didn't like about the SPIRIT treatment, or that you would have liked to have been done differently? Any suggestions for improvements?
<b>The value of the adaptations</b>
Do you think the treatment met parent carer's needs? If so, how?
Do you think the treatment met young person's needs? If so, how?
Did you make any adjustments to the treatment to meet young person's or parent carer's needs?
Do you think any revisions are needed for the treatment to meet the needs of young people with learning disabilities and their family carers? If so, what are they?
Were the treatment materials appropriate for the parents and their child? Did you need to make any changes to the materials?
<b>Relationships with therapists within intervention</b>
Do you feel the structure of the workshops and the online delivery modality enabled you to build a therapeutic relationship with the families?
What was your experience of the support sessions? Do you feel they were a useful way to support parents?
Do you think any changes could be made to support families to engage better with the SPIRIT programme?
<b>Acceptability of randomisation within a future trial</b>
In future studies, some children will be allocated to receive the SPIRIT treatment and some to continue with support options normally available in the NHS. How do you feel about this process? How would you feel if children receiving support typically available in the NHS were put on a waiting list to receive the SPIRIT

treatment at a later date?

**Acceptability of parent mediated treatment model**

What was it like to have parents involved in treatment?

What, if anything, was helpful about having parents involved in treatment?

What, if anything, was unhelpful or difficult about parent involvement?

**Closing questions**

Thinking about your professional development, did you experience any benefits from learning about and delivering the SPIRIT treatment?

If it was available, would you choose to use the SPIRIT treatment with future clients with specific phobia?

Is there anything else you think we should know?