

Supplementary Document 16: XPAND interview topic guide

Topic guide for feedback interviews

KEY AIMS -EXPLORE

- a. The views of the participants about the delivery of the intervention (preferences, acceptability of different components, setting/context)
- b. **If/how** photoprotection behaviour has changed/not changed
- c. **Why** photoprotection has/not changed (i.e. “active ingredients” these are from participant’s view point. Focus on change in any barrier (necessity, resistance – willingness, values; social support, worries about appearance, stress/negative emotion)(general behaviour change skills- (goal setting; action coping planning; automaticity; self-efficacy; problem solving)
- d. **If/how** burden of XP has changed/not changed

HOW TO USE TOPIC GUIDE

The questions in bold are main topics that need to be explored. The other questions are suggested prompts to get the details for the areas we want to know about. They don’t have to be asked if the participant has given the detail in response to the main question. The order of questions is based on how best to put the person at ease, with concrete aspects first leading to topics needing more reflection. Flow can be changed dependent on interviewee

EQUIPMENT

- All materials
- digital recorder
- spare batteries
- summary of responses to self-report questionnaires
- any missing questionnaires
- adverse event lists
- GDPR statement

[EXPLAIN WHY WE ARE HAVING THE CONVERSATION]

- **We are having this chat today to find out what it was like taking part in the XPAND programme. We'd like to find out anything that you particularly liked or disliked about the content or way it was delivered. We're also interested how your photoprotection activities might have changed and if they did what helped. We are interested in your views and personal experiences. There are no right or wrong answers. We are not judging you or LF/KS/JW**
- **Your experiences will help us to know how best to roll out the XPAND program into routine care provided by the XP clinic.**
- **We want to know what works and what might need changing - so feel free to say what you really feel about things and anything that you think needs changing. That will really help us. The intervention team will not take any comments or criticism personally!**

[WHAT WILL HAPPEN TO DATA?]

- **Our conversation is confidential and when we write up our findings any quotations that we use will be anonymous and will not be linked to your name.**
- **Taking part is voluntary - you can stop at any time. If you want to stop just let me know. If you want to take a break, just let me know. You can take your time to think about what you want to say – there is no rush. It should take about an hour if that is OK?**
- **In the information leaflet we explained that we would like to record the conversation. Is this still OK with you? This is to help us with the analysis.**
- **Do you have any questions for me before we start?**

SECTION 1: Experiences of programme delivery

1. During the XPAND programme, you had 7 sessions, some f2f some by skype, we sent you text messages, and used different materials – the magazine, activity sheets, sunscreen video. [See patient summary to guide prompts, explore relevance, how was used, if not/helpful why?]

- a. What did you think of the magazine?** [explore relevance, how was used, if not/helpful why? for each component]
- **Did you read it? All or just bits suggested by LF/KS? Were there bits you found useful? Why?**

- Did other people look at it?
 - Have you looked at it since XPAND finished?
- b. The text messages....**
- What did you think of the text messages? Did you like what they said? Why/not? Were the text messages useful for protection? Was what the message said important or was just getting the text sufficient?
 - Were they relevant to you? Yes-in what way? /Not really-why was this?
 - Was it useful to have them every day or would you have preferred them less often? Did the time of day the text came, make a difference?
 - Would you have liked the text messages to go on for longer/not?
 - *[if not covered by previous prompts] We sent the texts as a reminder to protect that would help you set up habits. We also wanted them to be relevant to things that we were talking about in the session, the things that got in the way for you. Do you feel they succeeded in these things or not?*
- c. The video.....**
- Did you watch it? Can you tell me what you thought of it?
 - Did you find out anything you didn't already know about applying sunscreen?
 - Anything you didn't like or less keen on?
 - Who do you think it is most suitable for?

EXPLORE SUNSCREEN BEHAVIOUR

- Was changing sunscreen something that you aimed to do during the sessions? Was the video useful/not? Have you changed how you use sunscreen or not? How? Why? (prompts: using more, different type, using more often, using every morning even if no plans to go out)
 - *[if not covered by previous prompts] We wanted sunscreen to become more automatic, and so showed ways in the video to make it part of your morning routine. Did you find this useful or not?]*
- d. Thinking now about the one 2 one sessions specifically, Did you enjoy having these sessions? Why? Were they useful?**
- Thinking about these sessions in the future it would be helpful to know if there were too many/not enough?

- Were the sessions too long or short or about right? Did you personally prefer f2f or via skype? Why?
 - Sometimes we looked at activity sheets in the sessions [show example]. Did you find them useful or that they didn't add much? Did you ever go back to look at them after the sessions or not?
 - I'm interested in what you thought about the style of the sessions? We think it was probably different to what you're used to at the clinic because we asking you to step back and think about your personal reasons and feelings about protecting? How did you find that? (prompt: carrots)
- e. Thinking about the UVR dial. Can you tell me if you thought it was useful or didn't add much (show them this)?**
- We tried to show how protection builds using the dial, did this come across? Or not so much?
 - Is there a group of patients this might be particularly useful for?
- f. Do you remember we gave you feedback (show sheet) on the first session about your level of photoprotection a few summers ago?**
- Can you tell me what you thought about this? Was it important/not why was that? What were your feelings about it? [explore positive/negative impacts]
 - Do you think it would look different now? How?

g. EXPLORE WHAT/HOW/<u>WHEN</u> CHANGED PROTECTION

(Explore protection when outdoors and duration/time of day outdoors using optional prompts: protecting more consistently, doing something different, wearing it differently – face buff over lips or nose, buying more protective items such as wider brimmed hat. Going out at different times. Prompt with known changes in behaviour if needed)

- h. Have you used the materials at all since the programme ended?**
What have used/why? If not used why not?

SECTION 2: Views of active ingredients linked to change/no change in photoprotection and exploration of process of change in behaviour

- 2. Thinking about the XPAND programme as a whole, I'm now interested in what made the difference for you in terms of changing how much you protect?**

- [prompts]Was it how you thought about risk of UVR? Was it having different ways to cope with things that got in the way?
- Was it change how you thought about XP or photoprotection?
- Was it feeling more confident about protecting?
- More accepting of having to protect?
- More focused on future benefits? Was it finding out something new?
- More motivated?
- Or something else? Related/not related to XPAND

a. Thinking about these changes, when did they happen?

Do you know if they were related to changing your protection?

Were they before or after you starting changing how much you protect?

b. Was change gradual or were there any specific events “light bulb moments”/eureka moment that triggered your change in your protection?

(prompt: something specific that shifted how you thought about protection?

Something that made sense to you? Really sunk in)

- Were they related to XPAND or something else that happened?

SECTION 3. LIGHTENING THE LOAD OF XP-PSYCHOSOCIAL CHANGE

3. Although the aim of XPAND was to support you to improve your photoprotection, we also talked about ways to lighten the daily load of XP, such as feeling less bothered by other people looking at you for example? Have you experienced this?

- I’m interested in any changes you’ve experienced that aren’t necessarily linked to changes in photoprotection, such as have you changed how you feel about XP at all?(Positive/negative)
- Do you feel more confident about managing your XP? Or generally more self-confident (self-esteem)?
- Do you feel more in control of XP?
- Do you feel more able to cope with stress related to XP? Why? (Prompt: making time for self?)
- Or have we increased the load? Why is that?

a. Have these changes within yourself spilled over into other areas of your life generally? (prompt: feeling more confident at work? or motivated to achieve other life goals? closer to other people

SECTION 4. VIEWS AND EFFECTIVENESS OF GENERIC CONTENT

[see patient summary to guide prompts]

4. Thinking now about specific things you discussed with KS/JWa/LF during the sessions, We included content about how a behaviour becomes a habit (things like doing it regularly at the same time or place, linking it to something you already do and using things in your home/work environment to prompt you to do it) Did you find this useful for your photoprotection or not? Why?

- Did this help your photoprotection become more automatic? How?
- Did you learn something new about how habits are established, or did you already know about it?

a. At the end of each session, we asked you to set a SMART photoprotection goal with plans about when/where/how you were going to protect. Do you remember this? How did you find this? Why was this? (Optional prompt: what was it about setting goals or making the plans that helped? Something else?)

- Did this help you to protect? How?
- Did you learn something new? Did you already know about smart goals?
- How did it make you feel if you did/not achieve the goal?

Rewards We asked you to reward yourself for achieving goals. Did you do this?

- Did you find a way to protect yourself from stress by recognizing the need to do enjoyable things?
- Is this something you have incorporated into regular life?

b. We also looked ahead to plan for things that might get in the way of the protection goal, you were probably already doing some of this, together we made specific If.....then plans If.....something happens....then.....can you remember it? How did you find this?

(prompt if above has been helpful:)

- Have you used any of these tips to keep protection going since XPAND stopped?
- Have any of these been useful in other areas of your life?

c. Do you remember the carrot and the stick? (show balance graphic or session 1 hand-out) And our discussion about your personal non-health reasons for protecting such as [add personal reasons for each person] What did you think of this was it helpful or not really? If helpful/why do think it was? Did it make sense then or take a while to sink in?

SECTION 5. VIEWS ABOUT THE PERSONALIZED MODULES

[see patient summary to guide prompts. E.g., if necessity has/not changed explore why/how? Know which personalized topics were given to each person]

5. Thinking back to the sorts of things you discussed with KS/JWa/LF, Did you talk about things that you felt were relevant to you - things that have got in the way of your protection in the past?

a. Provide reminder of topics

- Was one topic particularly useful? Why?
- Did you change your protection as a result or not?
- Prompt if topic was useful: has this helped you to keep up protection since XPAND finished? How?
- Was any topic unhelpful or not needed? Why?
- Is there anything that was/not covered that is still getting in the way of you protecting?
- Thinking about the order of topics we covered do thing we got this right? Or would a different order be more useful?

SECTION 6. ENJOYMENT/NOT OF THE PROGRAMME

6. We've talked about how the programme helped/did not help your photoprotection, now I'm interested whether/not you enjoyed it? Were there bits you enjoyed more or not really? (explore these including what was good, not so good, whether/how influenced behaviour any dip in mood, QoL)

- Did this influence how you protected in any way or was it just generally interesting and helpful? In what way?
- Were there things you were less keen on? Downsides?
- Were these throughout the programme or were they short-lived? (prompt) such as focusing on XP more than you usually would?

SECTION 7. INVOLVEMENT OF OTHERS

7. If you remember we suggested you should nominate someone who could help you achieve your goals each week, if you thought that would be helpful for you. I wondered if you did this?

- If yes: How useful was this? What has this person done? Did it help?
- What did they think of XPAND?

- Some people looked at involving family and friends in their protection in their sessions? Was it something that you looked at? How did you find it? Have you been more open with others or not really? [explore change in talking more, greater involvement of family and friends in general because of XPAND)

SECTION 8. FUTURE

8. Looking to the future

Maintenance of Photoprotection

a. Since the programme finished have you managed to keep up your new protection or not? Why? how? (if no change, move to next section)

- Is change still happening/have you added anything else to your protection since XPAND finished?
- Have you thought about doing anything else to protect in the future but have not acted upon it? Why? What might trigger the action?
- Is there anything in particular that has made it easier for you to keep protecting yourself?
- What have been the challenges? How have you coped with these? Are you more/less confident that you can cope with these things in the future?
- Looking forward to the future, do you think you're going to keep your new level of protection going? How?
- Thinking about what might be helpful for patients in the future? Would you benefit from a refresher? When?

SECTION 9. IMPLEMENTATION OF XPAND

9. We're almost at the end, it would be great to have your help and thoughts about specific materials and get your suggestions about how to best fit the programme into care provided by XP clinic.

- a. Looking forward to rolling it out in the clinic, is there anything you would change in XPAND, that you think would make it more effective? More enjoyable? More relevant?
- b. Is there a group of patients you think would benefit most? Why? when?
- c. Thinking about how we would explain to patients in the future what XPAND is about and what it involves – is there anything you think they

should know before deciding? Is there anything that you would have liked to have known?

- d. What did you think of the graphics (have copy of realistic behaviour change, scales, building blocks)?

Close

Before we end is there anything else that you'd like to add?

Useful phrases for prompting

That is interesting can you tell me more about that?

I'm wondering if..

Let me make sure I have it right..

You mentioned earlier that... can I ask about...

At the end of the interview, we need to check for any adverse events during the intervention (see adverse event checklist).