

Service user interview schedule; Phase 1 and 2

Version 1 (28.06.13)

We will be interested in finding out more about service users experiences of accessing MBCT in both phase 1 and 2. We plan to use an approach that would allow participants to ‘tell their story,’ these conversations will be guided by the following issues and are currently going through a consultation process with the study’s PPI group:

- How services users were able (or not) to access MBCT services
 - Who was involved in these processes
 - What good about these experiences, what was less positive
 - What services they are receiving, where and with whom
 - Areas or ideas for improving access and delivery of MBCT services
 - Anything else they think it would be helpful for us to learn about in relation to their experiences of accessing (or not) MBCT services
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Version 2 (15.01.14)

Section 1: Access to MBCT

This section scopes how service users were able (or not) to access MBCT services, and who was involved in these processes.

How did you learn about and then access MBCT for the first time?

What services are you or were you receiving, where did this happen and with whom?

Section 2: Acceptability of MBCT

This section asks about areas or ideas for improving access and delivery of MBCT services.

What would you say are the benefits of having MBCT available in your region?

What would you say are the barriers to making things happen with regards to MBCT in your area?

Section 3: Other issues/Ending

This section asks about anything else the participants would like to add about their experiences. What would be most helpful in terms of what we do with this project?

Version 3 (28.01.14)

Section 1: Accessing MBCT

This section scopes how service users were able (or not) to access MBCT services and who was involved in these processes.

What do you know about the availability of MBCT in your area?

How did you learn about and then tried to or succeeded to access MBCT?

What kind of Mindfulness did you access, where and with whom?

Section 2: Acceptability of MBCT

This section asks about areas or ideas for improving access and delivery of MBCT services.

What do you think about MBCT?

How do you think MBCT is perceived by other people involved in making MBCT available?

Section 3: Other issues/Ending

This section asks about anything else the participants would like to add about their experiences. What would be most helpful in terms of what we do with this project?

Version 4 (30.01.14)

Section 1: Accessing MBCT

This section scopes how service users were able (or not) to access MBCT services and who was involved in these processes.

How do MBCT and the NHS tie in with your personal experience of living and coping with depression?

How did you learn about and then tried to or succeeded to access MBCT?

What kind of Mindfulness did you access, where and with whom?

Section 2: Acceptability of MBCT

This section asks about areas or ideas for improving access and delivery of MBCT services.

What do you think about MBCT?

How do you think MBCT is perceived by other people involved in making MBCT available?

How might service delivery of MBCT be improved?

Section 3: Other issues/Ending

This section asks about anything else the participants would like to add about their experiences. What would be most helpful in terms of what we do with this project?

Version 5 (12.02.14)

Section 1: Accessing MBCT

This section scopes how service users were able (or not) to access MBCT services and who was involved in these processes.

How do MBCT and the NHS relate to your personal experience of accessing treatments for depression?

When did you first learn about and then tried to or succeeded to access MBCT?

What format of teaching did you access, where and with whom?

Section 2: Acceptability of MBCT

This section asks about areas or ideas for improving access and delivery of MBCT services.

If I may read out this passage from the treatment pathways and the guidelines on the treatment of depression in adults published by the National Institute for Health and Care Excellence (NICE)(READ)

-Were you aware of this and what do you think?

-How does it relate to your own history?

How does MBCT fit in with mental health services in your area?

How do you think MBCT is perceived by other people involved in making MBCT available?

How might service delivery of MBCT be improved?

Section 3: Other issues/Ending

This section asks about anything else the participants would like to add about their experiences. What would be most helpful in terms of what we do with this project?

Version 6 (21.02.14)

Section 1: Accessing MBCT

This section scopes how service users were able (or not) to access MBCT services and who was involved in these processes.

When did you first learn about MBCT?

What was your experience of trying to or succeeding to access MBCT?

What kind of teaching did you access, where and with whom?

How would you know someone has appropriate training to deliver MBCT?

Section 2: Acceptability of MBCT services:

This section asks about areas or ideas for improving access and delivery of MBCT services.

The National Institute for Health and Care Excellence (NICE) mentions MBCT as a relapse prevention intervention in step 3 of their care pathways as an alternative to Medication or CBT treatment. If at all, how does this relate to your own experience (i.e. of preventing depressive relapse using MBCT)?

How does MBCT fit in with mental health services in your area?

In your opinion, how successful is your service in delivering MBCT?

How might the accessibility and implementation of MBCT be improved?

Section 3: Other issues/Ending

This section asks about anything else the participants would like to add about their experiences. What would be most helpful in terms of what we do with this project?

Version 7

Section 1: Access to MBCT

This section scopes how service users were able (or not) to access MBCT services and who was involved in these processes.

When did you first learn about MBCT?

What was your experience of trying to or succeeding to access MBCT?

What kind of teaching did you access, where and with whom?

How would you know someone has appropriate training to deliver MBCT?

Section 2: Acceptability of MBCT services:

This section asks about areas or ideas for improving access and delivery of MBCT services.

The National Institute for Health and Care Excellence (NICE) mentions MBCT as a relapse prevention intervention in step 3 of their care pathways as an alternative to Medication or CBT treatment: If at all, how does this relate to your own experience (i.e. of preventing depressive relapse using MBCT)? In your opinion, how successful is your service in delivering MBCT? How might the accessibility and implementation of MBCT be improved?

Section 3: Other issues/Ending

This section asks about anything else the participants would like to add about their experiences. What would be most helpful in terms of what we do with this project?
