



Interview Schedule

1. Opening

Clarify ethical implications, confidentiality, and consent

Ensure that participants have read and signed the consent form. Emphasise that the data from the interview will be treated in a confidential manner, that they can stop at any point without negative consequence, and ask them if they have any questions.

Explain the NOTEPAD study and the aims of the research

The aim of the NOTEPAD study is to find new ways to help older people with depression and anxiety. Based on our previous work, we think that helping people to do activities that they previously enjoyed can help them to feel better. The people who will be finding out what activities people might enjoy and helping them to participate will be workers from the voluntary sector.

The aim of this study is to try to find the best way of making this idea work in practice.

Explain the purpose of the interview

We are interested in finding out what you think of our idea. We want to know what you think based on your previous experience of working with this age group.

Highlight the areas to be covered

I'd like to find out if you have any views about depression or anxiety. If you have worked with people who have depression or anxiety in the past I would like to hear about your experience of that. I would like to know what helped and what did not help. I would like to know what you think of our study idea.

Invite and answer any questions

2. Experience of working with people who might have depression or anxiety

Aim: Explore the participant's past experience of working with those who have depression or anxiety.

Have you worked with older people who have depression or anxiety?

If yes, What did you do? Did you feel able to deal with the situation?

What help do you think depressed or anxious older people should receive ideally?

What sort of help and support do you think you might be able to provide?

Did you ask for help or support from colleagues?

Have you had any training in this area? Do you think training might be helpful? What should be covered in the training?

3. Working with those who might have depression or anxiety in the future

Aim: Encourage the worker to think about what they would do in the future if they were to work with an older person who had depression or anxiety.

If you were to find that an older person was experiencing depression or anxiety in the future, what do you think you would do? Would you feel comfortable working with these people on a one-to-one basis?

Would you make any suggestions to the person?

Have you ever encountered people who are thinking about harming themselves? If yes – how did you deal with this? If no, how might you feel? What would you do?

Would you ask for advice or support from colleagues?

4. Views on NOTEPAD

Describe what the NOTEPAD feasibility study entails

Aim: Investigate views on NOTEPAD and whether they think older people would find it acceptable.

I. Training third sector practitioners

How do you feel about the idea of voluntary sector practitioners receiving training to help older people with depression or anxiety?

Do you think that would be acceptable to practitioners? What concerns would you have about this as a voluntary sector worker? Would you need any additional support? What sort of training would you need? What sort of skills would you need? What sort of training would help you deal with people are thinking of harming themselves?

How might the training be delivered?

Do you think older adults will find it acceptable for a third sector practitioner to talk with them about depression and anxiety? Do you think they would find this helpful? What challenges might you face?

How would you feel about digitally recording the interactions with older people?

II. Accompanying clients to group sessions

If a person is feeling a bit better, it is envisaged that a voluntary sector worker might arrange or accompany the person with depression or anxiety to do a group activity. This activity would be of the person's own choosing.

How would you feel about accompanying someone to do a group activity?

Based on your experience, how do you think the older person might feel about group activity as a strategy for coping with depression or anxiety? Would it be acceptable to them?

5. Closing

Aim: Summarise some of the participant's main thoughts for clarity.

Ask if there is anything else that they want to say.

Explain the next stages of the programme and how the interview data will be used in relation to them.

Is there anything that you'd have liked me to ask about but I didn't?