

Study number:

Date:

Venue:

Topic: Living with RA

Can you tell me about the history of your rheumatoid arthritis?

How has having RA affected your life?

How would your life be different if you did not have RA?

How do you see your RA affecting your life in the future?

Have you found ways that you can improve or control the symptoms of your RA? Can you give me some examples? What would you advise someone else with RA to do to help their symptoms?

What treatments have you tried before? What effect did they have on your symptoms?

Are there any other treatment that you feel would be of benefit for you? If so, can you give me some examples?

Topic: Exercising with RA

Patients with arthritis are often told to exercise regularly. How do you feel about this advice?

What advice have you been given about doing exercise? Who gave you this advice?

Are you currently doing any exercise for your RA?

Explore what type of exercises they are doing e.g. Can you describe the last session of exercise that you remember doing?

Can you tell me some of the reasons that you do exercises/do not do any exercises?

What advice would you give someone with RA about doing exercises?

Has your attitude to exercise changed since taking part in the SARAH trial?

If so, how has it changed?

Topic: Participant experience of the SARAH trial

What were you expectations of the treatment that you were going to receive as part of the SARAH trial?

How did your expectations match up with your experiences of taking part in the exercise programme?

What did you think of the exercise programme?

How often did you manage to do the exercises while you were attending for the sessions with the therapist? (Refer to their exercise diary if possible)

Was there anything that helped you to do the exercises regularly? What was it?

Was there anything that made it difficult for you to do the exercises regularly? What was it?

Since finishing your treatment have you carried on with the exercises?

If yes:

Why are you still doing them?

How often are you doing them?

Is there anything that you have changed about the way you do the exercises.....prompt e.g. are you doing them in the same place/ time as you did before?

If no:

Can you tell me why you decided not to continue with the exercises?

Referring to Personal Exercise Guide and Exercise Diary

As part of the exercise programme we asked you to set goals with your therapist. What did you think of this?

Can you tell me about the goals you set yourself? What you think of these goals now? Would you change them?

We also got you to specify where and when you were going to exercise. Can you tell me about why you chose where/when you were going to exercise? Would you change anything about this now?

You were also asked to complete an exercise diary? What did you think of this? Would you change anything about the diary?

The reason that we got you to complete the Personal Exercise Guide and the Exercise Diary was that we hoped that it would help you carry out your exercise programme regularly. How much, if any, did completing these activities help you to do your exercises regularly? In what way did they help?

Have you managed to continue with any of these things since finishing with the therapist?

What did you think of the materials provided as part of the exercise programme?

Exercise sheets

Equipment - putty, theraband, balls

Did the exercise programme work for you?

How do you know that it worked/did not work for you?

What do you think made the exercise programme work/not work for you?

Why do you think that the exercise programme would work for some and not others?

Would you recommend the programme to other people with RA?

If you ran a programme like this for people with RA what would you change?

How happy were you with the programme overall?

If I was watching you today compared to before you took part in this study, what, if anything, would I see you doing differently?

That is the last of my questions about the study. Do you have any other comments you would like to make?

Finally, when we write up the report we don't use your real name. Would you like to choose a name for yourself?

12 month interview schedule (v2)

Since we met for the first interview 8 months go can you tell me how your RA has been?

Prompts: Any changes with your drugs (explore)? How are you coping?

Have you had any changes in your life over the last 8 months?

Prompts: family, work, social.

Does RA effect your mood or feelings?

Since we last spoke have you carried on with the exercises for your hands?

If yes: How often are you doing them?

Why are you still doing them?

Have you changed anything about how you are doing the exercises from when you were given them originally? For example, are you doing it in the same place and time as you did before?

If no: Why did you decide not to continue with the exercises?

Looking back over the past 12 months did the exercise programme work for you?

How do you know that it worked/did not work for you?

What do you think made the exercise programme work/not work for you?

Why do you think that the exercise programme would work for some and not others?

Would you recommend the programme to other people with RA?

If you ran the programme like this for people with RA what would you change?

How happy were you with the programme overall?

If I was watching you today compared to 12 months ago before you took part in the study, what, if anything, would I see you doing differently?

Brought forward from 4m interview (relevant or appropriate to ask): _____

Do you have any other comments to make about your participation in the SARAH trial?