

12 month follow up interview schedule = Young women age 14-18 who received a mentor

Mentee ID

Date

Before interview explain:

- Non-judgemental interview.
- Don't have to answer questions if don't want to.
- Confidentiality – only researchers and our research partners. Limits to confidentiality.
- Anonymity – write up will be anonymised, and reporting/publications.
- With your permission, like to audio record
- Quiz: Ask mentee to complete a quiz. Following this, look at the answers. Then switch on tape recorder.

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SECTION 1: Initial involvement in the Carmen Study

- i) **Can you tell me how you became involved in the Carmen Study?**
- ii) **How did you hear about the study?**

Probes: Who told you about it? How? (phone call / face to face?) What did they say?

Did they introduce the study using the information leaflets?

- iii) **What did you think about the study when you first heard about it?**
- iv) **What were you hoping to get out of taking part in the study?**
- v) **What did you think of the information you received about the study?**
- vi) Letters? Information sheets?
- vii) **Did you see any posters about the study?** If yes, where?
- viii) **Was there anything in particular in the materials that attracted you to the study?**
- ix) **Is there anything you remember that could have made the materials look more attractive / appealing?**

SECTION 2: Consent and baseline meetings

- i) **Overall do you feel you had all the information you needed to consent to take part in the study?**

Probe: Was there any time you felt you needed more information?

- ii) **How did you feel about taking part in the first interview with me, where you filled in questionnaires?**

Probe: Did you feel comfortable talking to me? What did you think of the questions? To what extent were the questions appropriate to ask? (anything uncomfortable to answer?)

SECTION 3: Randomisation to the research study

Young women like you who consented to take part in the study had a 50% chance of receiving a mentor. I.e. they either got allocated to receive a mentor or they continued to receive their usual care. The decision about which young women were placed into which group was made at random by a computer.

i) What is your understanding of why, in this research, young women were allocated to one of two groups?

Once answered above say:

The reason the researchers used randomisation to two groups was because we wanted to see if mentoring for young women in care is helpful. To find out, we needed to compare the experiences of those who received a mentor with those who did not.

ii) If you can remember, who first explained randomisation to you?

Probe: If it was referrer (rather than researchers) how did they explain it?

iii) When I explained randomisation to you during the consent meeting with you last year, do you think you understood the meaning and purpose of it then?

Probe: If not, how could have been explained differently to you?

iv) What did you think at the time about the idea that you may or may not be allocated to receive a mentor?

Probes:

- Did that element of chance bother you?
- Did the element of chance affect the way you felt about taking part in the study?

v) How did you feel when you found out you had been randomly allocated to receive a mentor?

vi) Can you remember what happened next?

Probe: Which person informed you of who was going to be your mentor? i.e. PC, a researcher, a mentor who called you?

- vii) **How long was it from finding out you were going to have a mentor to actually meeting your mentor for the first time?**

Probes:

- Are you aware of why there was a delay? Were you kept informed about the delay? By whom?
- What did you make of the fact that there was this delay? Did this affect you in any way?

SECTION 4: Meeting my mentor

I'd like to ask a few questions about the time you met your mentor for the first time.

- i) **Before going to the first meeting, did anyone tell you what to expect from the first meeting / what would be discussed?**
- ii) **Before going to the first meeting, were you given any information about your mentor?**
- iii) **Before going to the first meeting, do you remember how you felt about meeting her for the first time?**
- iv) **Can you describe how you felt when you met her on that first occasion?**
- v) **How was the meeting arranged? Where did the meeting take place?**
- vi) **Who was present? What kind of support did you get during or after the first meeting?**
- vii) **What was your first impression of your mentor? Did you feel you could work together?**
- viii) **How about after the meeting, did your impression of her change in any way?**
- ix) **Can you remember what things you discussed during that first meeting with your mentor?**
- x) **Can you recall anything striking about this first meeting? (OR can you recall anything that made an impression on you?)**
- xi) **During the initial meeting, did your mentor / PC mention how long the mentoring would last? - If not, when did they mention**

this? (If mentor did not mention this at all, did they know how long it would last? Who told them? i.e. researchers?)

- xii) **At the end of that meeting what arrangements did you make to contact each other again?** (Phone or face to face)
- xiii) **What happened after that first meeting? (How long was it between the first and second face to face meeting?)**
- xiv) **Can you suggest how the first meeting between mentor and mentee could be done in a better way in future?**
- xv) ONLY if mentee had frequent contacts over first couple months, ask:

Can you describe your relationship with the mentor over the first few sessions? Can you describe how the mentoring relationship developed? What helped to develop it?

SECTION 5: Content of mentoring relationship

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Question	Once a week	Every two weeks	Once a month	Every two months
I spoke to my mentor on the phone				
by text				
by email				

Question	Once a week	Every two weeks	Once a month	Every two months
On average, I met my mentor face to face ...				

I. Level of contact:

- **From what you ticked in the quiz, you most often kept in contact with your mentor by XX, can you tell me why? - Was this your preferred method of contact?**
- **Can you give me some examples of the things you generally discussed on phone/texting?**
- **You have been meeting face to face with your mentor XX (see table – fortnightly/monthly) etc.), can you tell me how you came to this arrangement?**
- **Did your contacts with the mentor increase over time or decrease over time?**
- **In general, would you have liked to have had more contact with your mentor or less contact with your mentor? Why? Have you ever discussed this with your mentor? Why?**
- **What transport did you generally use to go to the meeting with your mentor? Have you ever experienced any problems with meeting up with your mentor, transport wise? Can you tell me more?**
- **Did you ever experience any other difficulties meeting up with your mentor? If yes what? How did you resolve this at the time?**
- **When you met face-to-face with your mentor can you give me some examples of the things you talked about?**

If the contacts stopped for a length of time

- **After how many months did the contact begin to slow down / stop?**
- **How long were the gaps between each meeting with your mentor? For how long did this go on for?**

- Did you talk to each other about suspending contact for a while or was it a natural process? – What was the reason?
- Was the reason that the contacts got less frequent ever discussed between the two of you?
- Did you speak to anyone about the fact that you weren't seeing your mentor?
- Not meeting with you mentor for a long time - did that impact on you in any way? Can you elaborate?
- Did the contacts pick up again? How did this come about, e.g. who established contact again?

II. Activities:

- **Can you please describe the kind of things you did with your mentor when you met up? –Can you describe a typical outing together?**
- **Can you tell me how you decided about the things you would do when meeting up?**
- **Was the location and time of meetings convenient to you?**
- **What did you think of the activities you did together? – Did you always like the activities? Which activities engaged you the most?**

Probe: If they didn't like the activities - why? Did you raise this with your mentor?

- **Were there any activities you would have liked to do, but did not do? Why did you not do them?**

Question	Yes	No
My mentor talked to me about where I could get contraception, about healthy relationships and about how to keep safe		

Topics – General

- **Can you give me some examples of the kind of things you discussed with your mentor?**
- **What were the things you wanted to talk about with your mentor?**
- How did you mentor **respond to the** things you have raised with her?
(Probe: was she interested / disinterested? she identified solutions? was she helpful?)

- **Can you give me an example of the most helpful response you had to an issue you raised with your mentor?**
- **Can you also me an example of a less helpful response to an issue you have raised with your mentor?**

Topics – sex, healthy rels, contraception, keeping safe

- **At what point in your relationship did your mentor talk to you about sex and healthy relationships?**
- **Could you give me some examples of the issue related to sex/relationships you have talked about?**
- **Can you tell me how these conversations were brought up?**
- **How did you feel about talking to your mentor about sex/relationships?**
- **When you spoke about sex/ relationships with your mentor did you feel you learned something new? Can you elaborate on this?**
- **What where the things you have learned from your mentor you did not know before?**

If they say mentor didn't talk to them about sex and rels, why do they think that was? Would they have liked to? What would they have wanted to discuss? To learn?

Question	Yes	No
My mentor informed me I should seek help and support from other services when I needed it (for issues such as mental health or sexual health)		

Question	Yes	No
At some point during the mentoring relationship, my mentor attended appointments with me (e.g. medical, sexual health)		

III. Signposting

- **Did your mentor encourage and / or suggest you go to a sexual health service / any other kind of service?** (and / or did you ask your mentor about additional support?)
- **What support did your mentor suggest? What service did they suggest you go to?**
- **Did you access any additional support from social services about sexual health/mental health/housing/benefits -** What support did you get? What service did you go to?
- **Did your mentor accompany you to attend any appointment with health professionals? Can you tell me more about this?**
- **How did you feel about going to the service? Was it helpful to have a mentor with you?**

If mentor did not encourage / suggest mentee go to any kind of service or accompany them to any appointments - ask would it have been helpful if your mentor had attended appointments with you?

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Question	Always	Often	Sometimes	Never
Over the last year my mentor was available to talk to when I wanted				

Question	Yes	No
My mentor set any rules / arrangements for the relationship (i.e. things I was / wasn't supposed to do)		

IV. Mentor availability and boundaries

- **Was the mentor available when you wanted her to be? (or needed her most?)**
- **Can you tell me the how the mentor made herself available?
Probe: By phone? Text?**
- **At what kind of times was your mentor available?**
- **Can you tell me about any rules/agreements between the two of you – for e.g. when you could and could not speak with her? Were there any other rules or agreements?**
- **Did having set these agreements help your relationship with your mentor?**
- **Did you ever want to call your mentor, but did not because you felt it was beyond what you could ask of your mentor?**
- **During your relationship with your mentor, did you ever felt restricted by the rules / agreements? How were the issues overcome?**

V. Support required

- **Did you ever feel you wanted to talk about your mentor to someone else?**
- **If you wanted to talk about your mentoring relationship with someone other than your mentor, who did you talk to?**

Prompt: Did you ask your SW or PC?

- **What were the issues that you wanted to talk to the other person about? What was the outcome?**

Question	Yes	No
My mentor ended the relationship in a planned and sensitive way to meet my needs		

VI. Endings

- **How long do you think mentoring should last for?**
- **Did you mark the end of the relationship? How? (If not, why not?)**
- **What did you think of how the ending was marked? (or if there was no final meeting as it had trailed off ask - what did you think of the way the relationship ended?)**
- **Would you have liked the relationship to continue? Why? Why not? For how long? What would the reason be?**
- **Is there anything you feel you need help/support with now that the relationship has ended? Did you discuss on-going support and who would provide it?**
- **Would you like to stay in contact with/continue seeing your mentor?**
- **If yes, have you discussed this with your mentor and / or the project coordinator? What was the result?**

VII. Overall feelings

- **How would you describe the mentoring approach/style of your mentor?**
(E.g. was she open, warm, talkative, curious about you, interested in your well-being, helpful etc)
 - **How would you describe your relationship with your mentor?**

Probe: how do you think it worked out in the end?

- **How long did it take to develop the relationship you have described?**
- **Do you think your mentor was a good match for you?**

Probe: Were they the right mentor for you? If yes, Why? If No, what type of person would you have liked to be matched with – on what basis?

SECTION 6: Impact of mentoring relationship

i) **Can you tell me, what were the positive things about having a mentor?**

ii) **What were the negatives of having a mentor?**

(If no answer, refer back to any difficulties they've mentioned)

iii) **Has having a mentor made you think differently about anything or any aspects of your life? (If yes, what? Why?)**

- Confidence, independence, self-esteem, overcoming problems?
- New experiences and aspirations?
- Attitudes to relationships, pregnancy and contraception
- educational engagement – school attendance, attainment, aspirations regarding education and work
- Impact on social relationships – no. friends, rels. With carers / family
- Health Use of alcohol and drug use, cigarettes
- Contact with police
- Feelings about yourself, self-esteem, confidence

iv) **Another way of asking – What, if anything did you gain?**

Probe: What exactly about having a mentor led you to gain those things?

v) **Is there anything else you want to tell me about having a relationship with a mentor, that you think may be important?**

SECTION 7: Components of a mentoring relationship

i) **Now you have experienced having a mentor - if you were to design a new mentoring scheme for young people like yourself – what were the things you would do differently? And why. (OR what suggestions would you make)**

Probe: how often would you have contact? What kind of contact?

ii) **How about the meetings with the mentor, would you change anything about them, if so what?**

iii) **How about the mentor? Have you got any recommendations about what the ideal mentor should be like?**

Probe: what qualities should they have? If they do not understand - use their personal characteristics

vi) **Given the opportunity, would you like to have a mentor again in the future and why?**

- vii) **Would you see yourself ever wanting to be a mentor? (Why / why not?)**

SECTION 8: INVOLVEMENT IN THE CARMEN STUDY RESEARCH

- i) **Your involvement in this research has been invaluable to us; I would like to know what your experience has been in taking part in this research, and particularly about being interviewed by the research team?**

Probe: Comfort answering personal questions, opinion of voucher payments for interview

- ii) **Do you think you would have consented to take part in this study if you had not been offered a voucher payment?**

- iii) **We had some difficulties in recruiting people like you to take part in the study; do you have any recommendations on how to improve this so as to increase the number of young people taking part?**

- iv) **To what extent do you feel you have been kept informed by us about the progress of the research over the last year?**

Probe: Letters about meetings, the newsletter / survey.

- v) **Is there anything else we could have done, at any stage of the study, to make you feel involved with the research?**

- vi) **Would you put yourself forward to take part in research like this again? Or recommend it to someone else?**

Probe: Why / why not?

Any other comments on your involvement in the study?

12 month follow up interview schedule
Young women age 14-18 - control group

Mentee ID

Date

Before interview explain:

- Non-judgemental interview.
 - Don't have to answer questions if don't want to.
 - Confidentiality – only researchers and our research partners. Limits to confidentiality.
 - Anonymity – write up will be anonymised, and reporting/publications.
- With your permission, like to audio record

SECTION 1: Initial involvement in the Carmen Study

- i) **Can you tell me how you became involved in the Carmen Study?**
- **How did you hear about the study?** – Who told you about it? On phone / face to face? What did they say? Did anybody introduce the study to you using the information leaflets?
 - **What did you think about the study when you first heard about it?**
 - **What attracted you to take part in the Carmen study?** What were you hoping to get out of taking part in this study? (Probe further: were these hopes met?)

 - **What did you think of the information you received about the study?**
Information sheets?
 - **Did you see any posters about the study?** If yes, where?
 - **Was there anything in particular in the materials that attracted you to the study?**
 - **Is there anything you remember that could have made the materials look more attractive / appealing?**

Consent and baseline meetings

- i) **Overall, did you feel you had all the information needed to consent to take part in the study?**
Probe: was there any time when you felt you needed more information?
- ii) **How did you feel about taking part in the first interview with me, where you filled in questionnaires?**

Probe: Did you feel comfortable talking to me? What did you think of the questions? To what extent were the questions appropriate to ask? (Anything uncomfortable to answer?)

Randomisation to the research study

Young women like you who consented to take part in the study had a 50% chance of receiving a mentor. I.e. they either got allocated to receive a mentor or they continued to receive their usual care. The decision about which young women were placed into which group was made at random by a computer.

- i) What is your understanding of why, in this research; young women were allocated to one of two groups?**

Once i) is answered say;

The reason the researchers used randomisation to two groups was because we wanted to see if mentoring for young people in care is helpful. To find out, we needed to compare the experiences of the group who received a mentor with those who did not.

- viii) If you can remember, who first explained randomisation to you?**

Probe: If it was referrer (rather than researchers) how did they explain it?

- ix) When I explained randomisation to you during the consent meeting with you last year, do you think you understood the meaning and purpose of it then?**

Probe: If not, how could have been explained differently to you?

- ii) At the time (about a year ago) what did you think about the idea that you may or may not be allocated to receive a mentor?**

Did that element of chance bother you?

Did the element of chance affect the way you felt about taking part in the study?

- iii) How did you feel when you found out you would not be allocated to receive a mentor?**

- iv) Have you had any contact with other young women who consented to take part in the study? – What did you speak about? (Could be someone who had a mentor or someone who did not)**

If you had contact with someone who did get a mentor what did you discuss? How did you feel about that? Did it affect you in any way?

SECTION 2: Mentoring relationships

We designed a mentoring programme which we hoped would support young women and have a range of positive impacts.

We would like to have your views about it, which would be very helpful to us for the future.

- I. Do you think that having a mentor is something that would be helpful to young people in care?**
- II. In what ways do you think it would be helpful to have a mentor?**
- III. What are the things that people like you could ask a mentor for help / advice with?**
- IV. What do you think the aim of a mentoring relationship for someone in care should be?**

Probe: What should be the purpose of it? What might the pairs aim to achieve?

- V. What should mentors/mentee be talking about when they meet?**
- VI. In your view what activities could a mentor and mentee do together?**

The research team suggested that the mentors in this study met with their mentee once a week, face to face for one hour. We asked mentors to discuss sex and healthy relationships with their mentees at some point in the relationship.

- VII. Would you find it acceptable if a mentor talked to you about sex, contraception and having positive intimate relationships? (Why/ why not?)**
- VIII. Are these topics that you feel you would like to discuss with someone at the moment? (Why / why not? If not, what are the relevant topics to you?)**

Mentors in the Carmen study are asked to meet with their mentee once a week, face to face, for one year.

- IX. What are your thoughts about the contact of the mentoring relationship?**

Probe: Would once a week, face to face be acceptable to you? If not, what would be acceptable to you?

- X. Thinking about the things you do during your week at the moment, would have any practical issues with meeting with a mentor once a week?**

Probe: Travel (car/public transport / other commitments)

XI. The mentoring relationship lasts 12 months, what are your thoughts about the length?

Probe: Long enough? Too long?

XII. Ideally, in your view, how old should a mentor be?

XIII. Do you think the gender of the mentor matters? Why?

XIV. What are your thoughts about the idea that the mentor is someone like you, who once had experience of being in care?

XV. What in your view, should a mentor be like?

Probe: what qualities should they have? If they do not understand - use there term personal characteristics

SECTION 3: INVOLVEMENT IN THE CARMEN STUDY RESEARCH

vii) Your involvement in this research has been invaluable to us; I would like to know what your experience has been in taking part in this research, and particularly about being interviewed by the research team?

Probe: Comfort answering personal questions, opinion of voucher payments for interview

viii) Do you think you would have consented to take part in this study if you had not been offered a voucher payment?

ix) We had some difficulties in recruiting people like you to take part in the study; do you have any recommendations on how to improve this so as to increase the number of young people taking part?

x) To what extent do you feel you have been kept informed by us about the progress of the research over the last year?

Probe: Letters about meetings, the newsletter / survey.

xi) Is there anything else we could have done, at any stage of the study, to make you feel involved with the research?

xii) Would you put yourself forward to take part in research like this again? Or recommend it to someone else?

Probe: Why / why not?

Any other comments on your involvement in the study?

12 month follow up interview schedule

Mentors aged 19-25

Mentor ID

Date

Before interview explain:

- Non-judgemental interview.
- Don't have to answer questions if don't want to.
- Confidentiality – only researchers and our research partners. Limits to confidentiality.
- Anonymity – write up will be anonymised, and reporting/publications.
- With your permission, like to audio record the interview. Audio recording and transcript will be saved in a safe way.

SECTION 1: Initial involvement in the Carmen Study (phase II mentors only)

x) **Can you tell me how you became involved in the Carmen Study?**

xi) **How did you hear about the study?**

Probes: Who told you about it? How? (Phone call / face to face?) What did they say?

Did they introduce the study using the information leaflets?

xii) **What did you think about the study when you first heard about it?**

xiii) **What were you hoping to get out of taking part in the study? (or being a mentor?)**

Probe: What were the incentives for you? – What did you think of the Carmen research incentives? (Adequacy)

xiv) **What did you think of the information you received about the study?**

Letters? Information sheets?

xv) **Did you see any posters about the study? If yes, where?**

xvi) **Was there anything in particular in the materials that attracted you to the study?**

xvii) **Is there anything you remember that could have made the materials look more attractive / appealing?**

SECTION 2: Training and consent

- iii) How did you feel the training prepared you for the role of mentor?**
- iv) Can you talk me through how you felt after the training?**
- v) After training, how did you feel about taking part in the consent interview with me, where you filled in questionnaires?**

Probes:

- Did you have all the information you needed to consent?
- Did you feel comfortable talking to me?
- What did you think of the questions? To what extent were the questions appropriate to ask? (Anything uncomfortable to answer?)

- vi) We know that in some case there was a long wait between training and the allocation to a mentee, can you tell me what was your experience?**

Probe: What did you do during this time? Did you make any enquires about it? What impact did the long wait have on you?

SECTION 3: Meeting my mentee

I'd like to ask a few questions about the time you met your mentee for the first time.

- xvi) Before going to the first meeting, did anyone tell you what to expect from the first meeting / what would be discussed?**
- xvii) Before going to the first meeting, were you given any information about your mentee?**
- xviii) Before going to the first meeting, do you remember how you felt about meeting her for the first time?**
- xix) Can you describe how you felt when you met her on that first occasion?**
- xx) How was the meeting arranged? Where did the meeting take place?**
- xxi) Who was present? What kind of support did you get during or after the first meeting?**

- xxii) **What was your first impression of your mentee? Did you feel you could support her?**
- xxiii) **How about after the meeting, did your impression of her change in any way?**
- xxiv) **Can you remember what things you discussed during that first meeting with your mentee?**
- xxv) **Can you recall anything striking about this first meeting? (OR can you recall anything that made an impression on you?)**
- xxvi) **During the initial meeting, did you / PC mention how long the mentoring would last? - If not, when did you mention this? (If mentor did not mention this do they remember when they mentioned it? Was the mentee aware already?)**
- xxvii) **At the end of the first meeting what arrangements did you make to contact each other again? (Phone or face to face)**
- xxviii) **What happened after that first meeting? (How long was it between the first and second face to face meeting?)**
- xxix) **Can you suggest how the first meeting between mentor and mentee could be done in a better way in future?**
- xxx) ONLY if mentor had frequent contacts with mentee over first couple months, ask:

Can you describe your relationship with the mentee over the first few sessions? Can you describe how the mentoring relationship developed? What helped to develop it?

SECTION 4: Content of mentoring relationship

Question	Once a week	Every two weeks	Once a month	Every two months
I spoke to my mentee on the phone				
by text				
by email				

Question	Once a week	Every two weeks	Once a month	Every two months
On average, I met my mentee face to face ...				

VIII. Level of contact:

- **From what you ticked in the quiz, you most often kept in contact with your mentee by XX, can you tell me why? - Was this your preferred method of contact?**
- **Can you give me some examples of the things you generally discussed on phone/texting?**
- **You have been meeting face to face with your mentee XX (see table – fortnightly/monthly) etc.), can you tell me how you came to this arrangement?**
- **Did your contacts with the mentee increase over time or decrease over time?**
- **In general, would you have liked to have had more contact with your mentee or less contact with your mentee? Why? Have you ever discussed this with your mentee? Why?**
- **What transport did you generally use to go to the meeting with your mentee? Have you ever experienced any problems with meeting up with your mentee, transport wise? Can you tell me more?**
- **Did you ever experience any other difficulties meeting up with your mentee? If yes what? How did you resolve this at the time?**

Probe: Mentors who have a child – was childcare an issue for you? How did you manage this?

- **When you met face-to-face with your mentee can you give me some examples of the things you talked about?**

If the contacts stopped for a length of time

- After how many months did the contact begin to slow down / stop?
- How long were the gaps between each meeting with your mentee? For how long did this go on for?
- Did you talk to each other about suspending contact for a while or was it a natural process? – What was the reason?
- Was the reason that the contacts got less frequent ever discussed between the two of you?
- Did you speak to anyone about the fact that you weren't seeing your mentee?
- Not meeting with you mentee for a long time - did that impact on you in any way? Can you elaborate?
- Did the contacts pick up again? How did this come about, e.g. who established contact again?

IX. Activities:

- **Can you please describe the kind of things you did with your mentee when you met up? –Can you describe a typical outing together?**
- **Can you tell me how you decided about the things you would do when meeting up?**
- **Was the location and time of meetings convenient to you?**
- **Were there any activities you would have liked to do, but did not do? Why did you not do them?**

Question	Yes	No
At some point in the relationship, I talked to my mentee about healthy relationships, how to keep safe and where they could get contraception		

X. Topics – General

- **Can you give me some examples of the kind of things you discussed with your mentee?**
- **What were the things you think your mentee needed support with?**
- **How did you respond to the things she raised with you?**

Probe: were you interested / disinterested? identified solutions? helpful?

- **Can you give me examples of responses you gave to an issue your mentee raised with you? – Do you think they were helpful / unhelpful?**

Topics – sex, healthy rels, contraception, keeping safe

- **At what point in your relationship did you talk to your mentee about sex and healthy relationships?**
- **Could you give me some examples of the issue related to sex/relationships you talked about?**
- **Can you tell me how these conversations were brought up?**
- **Did you feel your mentee needed help with healthy relationships and safe sex?**
- **How did you feel about talking to your mentee about sex/relationships?**
- **Did you need extra information / support with talking to your mentee about sex/relationships?? Did the booster training help with this?**
- **Is there something that would've made it easier to talk about these things with your mentee? (e.g. activities / prompts)**

- **When you spoke about sex/ relationships with your mentee did you feel she learned something new? Can you elaborate on this?**

If they didn't talk to mentee about sex and rels, why not?

.....

Question	Yes	No
I encouraged my mentee to seek help and support from other services when they needed it (for issues such as mental health or sexual health)		

Question	Yes	No
At some point during the mentoring relationship, my mentor attended appointments with me (e.g. medical, sexual health)		

XI. Signposting

- **Did you encourage and / or suggest your mentee go to a sexual health service / any other kind of service? (and / or did your mentee ask you about additional support?)**
- **What support did you suggest to your mentee? What service did you suggest they go to?**
- **Did they access any additional support from social services about sexual health/mental health/housing/benefits - What support did they get? What service did they go to?**
- **Did you accompany your mentee to any appointments with health professionals? Can you tell me more about this?**
- **How did you feel about going to the service? Do you think it was helpful to go with your mentee?**

If mentor did not encourage / suggest mentee go to any kind of service or accompany them to any appointments – Was there any indication that it would have been helpful if you had?

Why didn't you?

.....
.....

I set rules / arrangements for the relationship (i.e. such as times I was available for them)		
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XII. Mentor availability and boundaries

- **Can you tell me the how you made yourself available to your mentee?**

Probe: By phone? Text?

- **At what kind of times were you available for them?**
- **Can you tell me about any boundaries/agreements between the two of you – for e.g. did you tell your mentee the times you were available? Were there any other boundaries or agreements?**

- **Did having set these agreements help your relationship with your mentee?**

Probe: Did they stick to the arrangements?

If mentor did not set any boundaries ask - **Why didn't you set boundaries? In hindsight, would this have been helpful? How? What boundaries would have been useful?**

.....
.....

Question	Yes	No
I felt I had sufficient training for the role of peer mentor		

Vi) Training

- How do you think the training impacted on your ability to be a mentor?
- Once you began mentoring, did you feel there was a topic that should have been covered during training that was not? / Or you felt you needed more help in an area? What was it?
- To what extent was the booster training useful? Why?

Any other comments about training?

Question	Always	Often	Sometime s	Never
I had concerns about my mentee				

Question	Alway s	Often	Someti mes	Never
I felt supported and valued by the project coordinator in my role as mentor				

- **Concerns**
- **Were there times you had concerns about your mentee's behaviour AND / OR safety?** (If yes, please give examples of concerns you had about your mentee).
- **What did you do? / Were you sure when to pass things on?**
- **What was the outcome? How supported did you feel about passing things on?** (Who supported you?)
- **PC Support**

- **How many times per week / month did you speak to the coordinator?**
- **Did the coordinator call you / did you call her? Did you have any difficulties contacting her?**
- **Overall, how supported did you feel by PC?**
- **Did you feel you needed support from anyone else in relation to the mentoring? Did you ask them for support?**
- **Were you in contact with the mentees social worker / SOT worker?** - If yes, in what circumstances? How helpful was that? - If you were not in contact with the mentees social worker / SOT worker, would that have been helpful? In what circumstances?
- **Whilst you were a mentor, how often did you get in touch with other mentors?**

Probe: In what form? How often?

If you had little contact with other mentors, would you have liked to have more contact? What would have helped to make that happen?

- **Did you find it helpful to get in touch with other mentors? In what ways was it helpful? If was not helpful why this was so.**

- **Support group**

- **What did you think about the monthly support group?** Did you attend them? How often / many? If not, why not?
- **Can you give me some examples of the things you did or discussed during these monthly meeting? Did the meetings you attended differ very much?**
- **What did you bring up in the meetings?**

Probe: How was it dealt with by PC?

- **To what extent were support group meetings helpful?**
- **If this project was delivered in future, what do you think the content of a support group meeting should be?** (Would anything else have been more useful? what should be covered?)
- **Would you have liked more / less support from the PC?**
- **What additional support would you have liked?**

.....

Question	Yes	No
I ended the mentoring relationship in a planned way		

- **Endings**

- **Have you got any thought about the length of the mentoring intervention? (Did it feel too long? etc)**
- **How did you go about ending your relationship with your mentee?**
- **Was there something else you would have liked to do, but felt you could not?**
- **How did both of you feel about the relationship ending?**
- **Now that the relationship has ended, is there anything you feel your mentee needs help with? Did you discuss on-going support for your mentee and who would provide it?**
- **How do you feel now about the fact the relationship has ended?**
- **Are you going to stay in contact with/continue seeing your mentee?**
- **Have you already discussed this with your mentee and / or the project coordinator? What was the result?**

XIII. Overall feelings

- **How would you describe your relationship with your mentee?**

Probe: how do you think it worked out in the end?

- **How long did it take to develop the relationship you have described?**
- **Do you think your mentee was a good match for you?**

Probe: Were they the right mentee for you? If yes, Why? If No, what type of person would you have liked to be matched with – on what basis?

.....

Question	1	2	3	4	5
On a scale of 1 to 5, where 1 is unsatisfactory and 5 is satisfactory, how satisfactory were the incentives for mentoring? (In recognition of your time and effort as a mentor, you received £40 vouchers a month and could opt to gain an ASDAN qualification).					

vii) Incentives for mentoring

- What did you think of receiving £40 vouchers per month?

Probe: Would you have been prepared to mentor if you had not received £40 month in vouchers

- **What did you think about the option to get an Asdan?**

- **Did you complete Asdan?**

If yes, why did you do it? How did you find the process of doing it? Are you pleased you did it? Would you do it again?

If you did not do Asdan, why not? Could anything have been done to help you?

- **Is there anything else you think mentors should have received for their participation?**

.....

Question	Always	Often	Sometimes	Never
I completed my mentor diary after every contact with my mentee and on a weekly basis				

viii) Mentor diary

- Did you complete it? Why / Why not?
- What prevented you from completing it?
- Did you complete it more often on phone or online?
- Did you prefer to do it on your phone / online?
- What could make it easier to complete a diary?

SECTION 5: Impact of mentoring relationship

viii) Can you tell me, what were the positive things about being a mentor?

ix) What were the negatives of being a mentor?

(If no answer, refer back to any difficulties they've mentioned)

x) Has being a mentor made you think differently about anything or any aspects of your life? (If yes, what? Why?)

- Confidence, independence, self-esteem, overcoming problems?
- New experiences and aspirations?
- Attitudes to relationships, pregnancy and contraception
- educational engagement – college / university attendance, attainment,
- aspirations regarding education and work
- Impact on social relationships – no. friends, rels. With carers / family
- Health Use of alcohol and drug use, cigarettes
- Contact with police
- Feelings about yourself, self-esteem, confidence

xi) Another way of asking – What, if anything did you gain?

Probe: What exactly about being a mentor led you to gain those things?

xii) Is there anything else you want to tell me about having a relationship with a mentee, that you think may be important?

SECTION 6: Components of a mentoring relationship

iv) Now you have experienced being a mentor - if you were to design a new mentoring scheme for young people– what were the things you would do differently? And why. (OR what suggestions would you make)

Probe: how often would you have contact with a mentee? What kind of contact?

v) How about the meetings with the mentee, would you change anything about them, if so what?

- xiii) **Given the opportunity, would you to like to be a mentor again in the future and why?**

SECTION 7: INVOLVEMENT IN THE CARMEN STUDY RESEARCH

- xiii) **Your involvement in this research has been invaluable to us; I would like to know what your experience has been in taking part in this research, and particularly about being interviewed by the research team?**

Probe: Comfort answering personal questions, opinion of voucher payments for interview

- xiv) **Do you think you would have consented to take part in this study if you had not been offered a voucher payment?**

- xv) **We had some difficulties in recruiting people like you to take part in the study; do you have any recommendations on how to improve this so as to increase the number of young people taking part?**

- xvi) **To what extent do you feel you have been kept informed by us about the progress of the research over the last year?**

Probe: Letters about meetings, the newsletter / survey.

- xvii) **Is there anything else we could have done, at any stage of the study, to make you feel involved with the research?**

- xviii) **Would you put yourself forward to take part in research like this again? Or recommend it to someone else?**

Probe: Why / why not?

Any other comments on your involvement in the study?

PC interview at the end of 12 months

PART 1: INITIATING THE RELATIONSHIPS

- Can you talk to me about how you decided on matching the mentors and mentees?

Probe: How did you decide on matches? On what basis?

Do you think those were good decisions based on how it worked out?

What might you do differently if you were to do it again?

- How did you inform the mentors and mentees? (How did they react?)
- What do you think of the initial meetings in terms of how successful they were in starting the relationships off on a positive footing?

Probe: Who was there? What did they discuss? (Did they set boundaries for relationships? Did they set up further meetings?)

Do you think the mentors could manage the meetings?

Would you recommend those initial meetings be delivered in a different way?

PART 2: MANAGING RELATIONSHIPS

- What were the tasks in managing the mentoring intervention once it started?
- How did managing the relationships impact on your time?
- How much time did it take up?

- How much time do you think it should take up?
- What was the most difficult thing about managing the mentoring intervention?

Probe: What was most difficult about managing the mentors themselves?

Did you feel it was part of your role to tell them when they were not fulfilling their responsibilities? If not, whose role was it?

Did you have confidence to tell them?

- What did you have concerns about / need advice about?

Probe: Why? – Did you not feel you had autonomy to make decisions about welfare?

- Why do you think young people didn't meet regularly?
- From discussion with the mentors and mentees, what else do you think they wanted? (e.g more money? i.e group meetings?)
- What could be done to overcome those problems

Probe this is not just about barriers young people have as individuals to meeting up but including structure of programme and how it could be improved.

PART 3: SUPPORT GROUP

- How often did you do the support group?

Probe: Was it as often as requested by Carmen Study team?

As often as you had hoped? If not, why?

- How many young people came to support group?
- What was discussed?

Probe: How did you decide what was covered (Did you use Carmen Study suggestions?)

Did you plan meetings? If not, would it have been more useful if you did?

- Do you think support group was useful?
- Can you tell me how you managed the money? – Handing it out (When, where, keeping records.

Probe: How would you handle the money differently?

- Did anyone do Asdan? What was done in support group regarding Asdan

Probe: Could the Asdan have been encouraged more? Supported better by you / others?

PART 4: OTHER SUPPORT

- How far did you give ad-hoc support to mentors? - In what circumstances? Through what means? How much time did it take up?
- What prevented you from offering ad-hoc support?
- In your views there a better way to support the mentors?

What would you differently if you did this again?

- What about mentees? – Did you support them?

Probe: Did you ring them? Did they call you? Why? If this was delivered again, would they need additional support?

- Did you feel supported by Carmen Study team?

Probe: Did we give you adequate information about what was required in your role?

What else could we have done to make it easier for you to carry out the role?

RECOMMENDATIONS

FOR LA1+2

Based on the knowledge and experience you now have of managing the Carmen Study what you would do differently if you were to do it again? And why. (OR what suggestions would you make for other LA's)

FOR LA1

We are aware that LA1 delivers a successful My Education mentoring project.

- Can you describe the structure of it, the activities etc and why you think it is successful? Why do you think young people attend? What do they get out of it?
- What are the drawbacks to the way it is designed? And delivered?
- Based on this, how do you think the Carmen peer mentoring could be improved? i.e. what is the optimum / most successful structure for peer mentoring in your view?

FOR LA2

- How do you think the design of the Carmen peer mentoring could be improved? i.e. what is the optimum / most successful structure for peer mentoring in your view?

FOR LA1+2

What additional resources do you think a Local Authority would require managing and delivering the Carmen Study mentoring intervention in a future trial?

FOR LA1+2

In a future study, what professional role do you think would be best placed to carry out the project coordinator role? (Why - thinking about their skills and place of work)