

Part A. Background**1. Welcome/Introduction/ground rules/aims****2. Background information on participant (age, general health)**

- Can you tell me briefly about your hypermobility
 - When diagnosed?
 - Understanding of hypermobility? explanatory model
 - Daily life with hypermobility?
 - Personal management of hypermobility? joint protection, dealing with flare ups and exercise
- How is your health at the moment
- Past experience/views of physiotherapy/medical treatment?
 - Views and experiences?
 - what did it include?
 - education/ advice / exercise given?
 - Attitudes towards physiotherapy for HS before trial?
- Why were you referred on this occasion?

Part B. Trial views

- Can you remember how you heard about the study ?
- How did you find the study information?
- How did you feel about being asked to take part in a study about physiotherapy as a treatment for hypermobility ?
- Trial understanding
 - Aims of the study
 - what taking part in the study would involved?
 - terms: randomisation, equipoise,
 - preference for arm
- Why did you decide to take part? Did you discuss your decision with others?
- What were your expectations of taking part in the study?

Part C: Experience of trial participation

- **Experience:** What has it been like to take part in this study:
 - Views of **ADV. SESSION** (level, method, pace, approach)
 - Personal changes – what was the impact of the info/advice session on
 - Behaviour – activity, posture, pacing, sleep,
 - Health – pain, fatigue, mobility
 - Psychological – mood, energy
 - Facilitators/barriers to adherence and adherence to homework
 - What do you think has worked well?
 - Challenges/what could have improved your experience of taking part?
- **Knowledge:** Anything else that you would have liked to have received more information about?
- **For Participants in the INTERVENTION arm, to also explore:**
 - Views of **PHYSIO/BOOKLET** – level, method, pace, order of treatment
 - Personal changes
 - Behaviour: activity, posture, pacing, sleep
 - Health: pain, fatigue, mobility
 - Psychological: mood, energy
 - Facilitators/barriers to adherence, doing homework and preparation
 - What do you think has worked well?
 - Challenges/what could have improved your experience of taking part?
- **FOR ALL participants:** Did the intervention meet your expectations: How did it compare with other treatments/interventions that you've had?
- **Questionnaire:** how did you find filling out the questionnaires? usefulness/if filling out?
- **Final Thoughts:** Do you have any final points that you would like to discuss or that you feel you didn't have the opportunity to say?
- Would you like us to send you a brief report of the study's findings?

Notes