

Part A. Introduction, consent and background

- Thanks, introduce self, re-state purpose of the interview
- Discussion of how interview will be recorded, right to withdrawal, issues of confidentiality, anonymisation and informed consent. (*face-to-face written consent, telephone verbal consent*). Verbal consent: *switch audio recorder on* - For the audio recording, can I check that:
 - You read and understood the study information sheet?
 - You know that taking part in the interview is voluntary and you are free to stop the interview at any point and you may skip questions you would prefer not to answer?
 - You agree to our conversation being audio recorded?
 - You understand that quotes from the interview may be used to illustrate our findings but it will not be possible to trace who said them?
- Background information on participant (e.g. age, ethnicity, location, general health)
- Previous experience of therapy

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?
- 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?
- Experience: What has it been like to take part in this study?
- What do you think has worked well?
- Challenges/what could have improved experience of taking part?
- Anything that you would have liked to have received more information about?

Part C: Experience of trial participation

Intervention arm

- Views on self help
- Understanding of aims of self help
- Personal goals / were goals met
- Self help material: understandable/level, format (paper/online), pace
- The map – was it necessary and how did the person use it (i.e. as given, with own photos)?
- Feelings chart – did they need and use a visual chart?
- Was the amount of content each session about right, too much, too little?
- Between session activities: which most helpful, why, changes made, facilitators/barriers, improvements
- Therapist/guide: understanding of your autism, autism knowledge helpful, what did to help, engagement, support level (understand the nature of a coach), needed for self help?
- Sessions: views on number and length of time
- Did the participant understand the principles of the treatment?

Usual care arm

- Describe treatment received, useful?
- If psychological intervention - understanding of aim, how well therapist understood own autism
- Enough level of support

Final thoughts

- Would it be helpful to have someone else (friend/family) present in therapy
- Personal changes: mood/depression/activities/relationships - facilitators/barriers
- Questionnaire: how did you find filling out the questionnaires? usefulness/if filling out? Explore which measure of depression best captured experience/could best relate to
- Is there anything that we have not talked about that you would like to raise?
- Would you like us to send you a brief report of the study's findings?

Notes