

Helping Families: Development of a New Parenting Programme

Interview Topic Guide - Parent

Response to invitation to participate in the research

How did you first hear about the research?

Probe: Describe how the research was introduced to you by your keyworker? How much information was provided? Was it clear? Was there an opportunity to ask questions? How did you experience this?

What was your first reaction to be asked to take part in the research?

Probe: Reaction to Personality Disorder? Reaction to parenting work?

When you learnt about the parenting programme you may receive, what did you think?

Probe: Have you received any help with parenting in the past?

Did you have any worries about taking part?

Probe: What were these worries? Did you feel able to discuss these worries at this stage?

What made you want to take part?

Could we improve on how the research is introduced to parents?

Probe: What would this look like? Was there anything important about the programme which wasn't explained at the time which you feel should have been? Did you realise that the programme wouldn't include direct therapeutic work with your child?

Screening & Informed Consent

Probe: When you met with the research therapist for the first time or discussed the research with them over the phone you should have been asked some questions about your circumstances e.g. some of the difficulties you are experiencing etc.? How did that feel?

Probe: Was the purpose clear? Were you comfortable about the questions asked? Was there anything in particular that made you feel that way?

You should also have been given some information about the study. Can you tell me what was explained to you about the research?

Probe: Was the information clear? Length, language and detail? Was there anything you didn't understand? Was there anything important about the programme which wasn't explained at the time? Were you told that there was the possibility you wouldn't meet criteria for the research and what would happen next if this was the case?

Research Assessments

The research therapist went through two interviews with you; one looking at your child's difficulties and one which asked you questions about some of the problems you may have been experiencing. How was that?

Probe: Acceptability of questioning, duration, subject matter, intrusiveness

Probe: Did you find it useful?

The research therapist conducted a debrief session with you to discuss the outcome of the assessments. How was that?

Probe: Was everything explained clearly? Did the outcome fit with your experience?

Not eligible

When you were told that you didn't meet the criteria for the research, what did you think?

Probe: Was this unexpected? How did you feel?

Was there a discussion or thinking around what would happen next or what other services would be appropriate?

Probe: Was this helpful?

Intervention

Engagement and retention

How would you describe your relationship with your therapist?

Probe: empathy, sensitivity, rapport

Did the therapist explain what was happening?

Were there any particularly positive / negative aspects of the way the therapist worked? Why was that? Tell me more about that?

How many of the sessions did you attend?

Probe: Reasons for non-attendance

Content

Probe: How did you feel about the topics covered in the programme?

Probe: Tell me more about that?

How did you feel about the written information and various handouts and tools used by you and the therapist?

Probe: Clear? Did they fit the conversation and topics you were discussing with your therapist?

In session did you and your therapist focus not only on your problems/goals in parenting but also your strengths as a parent?

Probe: If yes, how did you find this? If no, do you know why this was?

How was it focusing on a small number of valuable and potentially achievable goals, how was this?

Probe: Generating goals? Focusing on goals? Reflections at the end?

The programme encouraged you to try out things in the home in your everyday life, how did this go for you?

As part of the programme, the person you saw should have been taking regular opportunities to check with you on how things were going, and how helpful the programme was being?
What was this like for you?

Impact

Do you think the programme has helped you at all?

If **'yes'**, can you tell me what the most important benefits have been? In what ways was it helpful / unhelpful?

If **'no'** or **'unsure'**, have there been some helpful, some not so helpful aspects? Can you give me some examples?

Probe as appropriate:

How do you think that has that affected you? Has it changed the way you are with your child(ren)? Do you think this is a good thing? Why? How?

Can you give me any examples of things you have done differently? How was that for you and your child?

Are there any ways in which you would have liked to have been helped but have not?

Do you think that is something that they tried to help with, or was it something not covered?

Adverse events / Negative outcomes

Probe: Did anything happen in the sessions which you did not like or happen at another point because of the sessions?

Probe: If yes, can you tell me about that?

Did this affect you? ... your relationship with the therapist? How?

Do you think what happened had any effect on you and your child(ren)?

How do you feel about what happened now?

Other services

Were you or your family getting any other help or support at the same time?

Probe: What sort of things (ensure complete picture obtained – i.e. health & social care, child and adult services)

How do you think the programme worked alongside those other services?

Probe: Did you feel there were attempts to work together? How effective / successfully?

Did you feel the help you received from the programme fitted with the other help you received? Probe reasons for answer.

Did you discuss the parenting work with your keyworker?

Did any other services change the type or amount of support they gave you when you started the programme? How did you feel about that?

Overall Assessment

Probe: Thinking about the programme as a whole, how would you describe it in terms of its helpfulness to you?

Do you think it is the sort of thing which ought to be more widely available to parents?

Do you think others would benefit from it?

Probe: Do you think it might work well for some, not for others. Why?

How useful did you feel the programme was to you, your family and your child.