

Rehabilitation Effectiveness for Activities for Life

Service User Qualitative Interview Topic Guide (v.2 13.2.09)

Phase 1

Introduction:

Thanks for giving up your time. My name is

The purpose of this study, which has been funded by the National Health Service, is to improve our understanding of rehabilitation services and to see how they might be improved or enhanced – for instance, we would like to know your views on the activities in this unit and what sort of things might be useful or helpful to you and other service users.

Before we begin I want to make a few key points about this session -

- The interview will last about 30 minutes and will be recorded – this will allow us to capture your views as best we can.
- However, everything said by you will be completely anonymous and confidential. Once we have transcribed and anonymised the interview, the recording will be wiped.
- I abide by the professional standards for researchers issued by my employer, University College London which includes strict guidance regarding confidentiality.

Is there anything you would like to ask me before we begin?

Introductory questions

[Researcher to note whether patient is male or female]

How old are you?

How long have you been in contact with mental health services?

How long have you been on this ward/unit?

Can you say, briefly, what you consider your problems to be and why you are on this ward/unit?

Purpose and function of unit

How would you describe the purpose of this ward/unit?

[Probe for what they believe purpose of the unit to be - in other words, do patients recognise the aims of the unit?]

What were you told about this ward/unit before coming here?

[Probe for preparation, expectations and involvement in plans - what was discussed with the patient about rehabilitation?]

What do you understand rehabilitation to mean, for you personally?

How would you describe this ward/unit?

Staff related questions:

How do you get on with the staff on this unit?

Generally speaking, do you feel that staff encourage you to become more independent?

[**Probe** – if so, in what way, what sort of things are they encouraged to do?]

Activities:

How would you describe an average day – tell me about the sort of things that you do here?

[**Probe** for the range of activities undertaken on the ward or outside the ward as part of the rehabilitation process]

Is this what other patients do – that is, do other patients generally get involved with the same activities?

Can you tell me more about the things that you are encouraged to do in preparation for independent living?

What sort of things do you feel are helpful?

[**Probe** to ascertain why they are helpful – are they simply pleasurable or is there an additional sense of mastery]

Tell me about the sort of activities that you find unhelpful?

[**Probe** to ascertain why they are unhelpful – are they too difficult and/or stressful; poorly planned and coordinated; poor understanding as to why they are being done.]

Is there any thing that makes it difficult for you to do activities within the unit?

What about activities in the community?

[**Probe** to ascertain if there are any barriers and what is helpful in overcoming them]

Future needs:

How do you envisage independent life outside the hospital?

[**Probe** for accommodation needs, family and social networks, issues of social inclusion - training and employment]

Are you confident you about achieving a good enough level of independence to live in the community?

[**Probe** for level of confidence and which issues the person is least and most confident about]

Lastly:

What sort of things would help you get to where you want to be?

RESEARCHER THANKS SERVICE USER