

## **Appendix 1: Interview Topic Guide**

### Aim 1: Investigate mismatches between global ratings of change and quantitative reports of symptoms

- Explore how participant is feeling at this point in time
  - Explore their thoughts/reasons behind indicating an improvement/decline
    - External factors
    - Internal factors
- Explore how they feel the questionnaire allows them to express the extent and severity of symptoms
  - Explore possible pressures to minimise/maximise symptoms

### Aim 2: Investigate how change (or lack of change) over past 6 weeks has been experienced

- Aetiology: depression as disease or product of life stressors?
  - Change in life/circumstances
  - Social support, isolation/loneliness
  - Gender roles/expectations
  - Stigma/embarrassment
  - 'coming out' with or coming to terms with depression
- Treatment experience: relationship with GP, use of counselling and/or antidepressants
  - Expectations of treatment and recovery