

Interview Schedule

Research Aim	To understand patients' beliefs and perceptions on the biological, psychological and social factors which contribute to the development and maintenance of chronic musculoskeletal pain.		
Interview Section	Questions/Content	Prompts	Aims
Ethics Statement	<p>Firstly, thank you for participating in this interview. I would just like to remind you that this interview will be audio recorded to ensure an accurate collection of the insights and information you provide. After the interview I will transcribe our conversation. With your consent, I will share the transcription with you and may also get in touch in order to clarify the meaning in certain statements you may make. All information you provide will be kept strictly confidential. You are free to stop the interview and the recording at any point you may choose and you can also terminate the interview altogether if you wish.</p> <p>You have the right to not answer any questions. There are no right or wrong answers in this interview. I am simply interested in your own personal experiences, beliefs and thoughts about 1) your chronic MSK pain and, 2) what we already know from research about factors associated with chronic MSK pain.</p> <p>Before we begin, do you have any further questions?</p>	<ul style="list-style-type: none"> • <i>Can I confirm that you have read and understand the information sheet?</i> • <i>Are you comfortable?</i> • <i>Please feel free to stand and move around at any point in order to be comfortable.</i> • <i>Please feel free to ask for a break if you need to.</i> • <i>Is there anything you don't understand?</i> 	<ul style="list-style-type: none"> • To ensure a complete understanding of the purpose of the interview and what is expected of the participant. • Make sure the participant is comfortable and happy to begin.
Introductory Questions	<ol style="list-style-type: none"> 1. Can you tell me about where you grew up? 2. What is your vocation? 3. Can you tell me about what this involves? 4. Can you tell me about your life at home? 5. Do you have any hobbies, activities or exercise routines you do regularly? 6. Is there anything else which regularly occupies your time? 	<ul style="list-style-type: none"> • <i>Whereabouts in the World did you grow up? What kind of area did you live in? Did you enjoy living there?</i> • <i>How long have you been in your vocation? Did you do something different before then? Have you changed vocation?</i> • <i>Who do you live with? Do you have a partner or spouse at home? Do you have any children? Their age(s)? Is your home life relaxed or quite busy?</i> 	<ul style="list-style-type: none"> • Help participant relax and feel comfortable with talking and opening up. • Build rapport. • To gain insight into the influencers and experiences in the individual's life which may have helped shape their beliefs and perceptions of their chronic MSK pain.

Transition Questions	<ol style="list-style-type: none"> 1. Throughout our conversation I will need to refer to your chronic MSK pain in my questions. How would you like me to refer to this? For example, “back pain” or just “pain”, or is there anything else you prefer? 2. Can you tell me how your pain began and experiences up to now? 3. How long have you experienced pain for? 4. Were there any periods when pain was better or worse during this time? 5. When did your pain become a problem for you? 6. Why do you believe you developed this pain? 7. Why do you think you have experienced pain for as long as you have? 8. Do you think you have done everything you can to help yourself get better? If not, what more could you have done? 	<ul style="list-style-type: none"> • <i>How did it start? How has it changed/evolved? Were there any periods of remission and recurrence?</i> • <i>When did it start to cause you to first seek help? When did it first stop you from doing things which were important to you? When did you first start to worry about it?</i> • <i>Can you do everything in the same way that you could before?</i> • <i>Do you think you developed this pain due to injury? Due to aging? Due to changing your activities? Due to thoughts and feelings?</i> 	<ul style="list-style-type: none"> • Begin to guide the interview towards their chronic MSK pain and experiences since onset.
The biopsychosocial model in chronic MSK pain	<p>There is lots of research investigating the factors which contribute to people developing chronic MSK pain. The main question being asked is “why do some people get better when others don’t?”. The research aims to understand the differences between these two groups of people, those who get better and those who don’t, so that healthcare services can provide better care in helping as many people as possible to get better.</p> <p>Myself along with some other researchers have done a large project to summarise as much of the research asking this question as possible from all over the world. The findings show many different things which can contribute to the development of chronic MSK pain. These can be placed into three main categories: factors to do with the individual’s body, their thoughts and feelings, or the activities that they do.</p> <p>I have some questions for you regarding your beliefs and thoughts as to whether any factors from these</p>	<ul style="list-style-type: none"> • <i>Do you have any questions?</i> • <i>Do you understand what I mean by factors to do with your body?</i> • <i>Do you understand what I mean by factors to do with your thoughts and feelings?</i> • <i>Do you understand what I mean by factors to do with your activities?</i> 	<ul style="list-style-type: none"> • Inform the participant about the background of the study • Introduce or reaffirm that research shows biological, psychological and social factors can affect chronic MSK pain, and that this is what the questions are based on.

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	<p>three categories have contributed to your chronic MSK pain. If anything doesn't quite make sense as we go through, please let me know.</p>		
<p>Main Questions: Patient beliefs on biological contributors</p>	<p>This section is about your body. This refers to anything about your body such as physical condition, health, fitness, injuries, age related changes, genetics and any other thing about your body.</p> <ol style="list-style-type: none"> 1. Can you explain what your body was like in the time leading up to the beginning of your pain? 2. Do you think anything about your body at the time contributed to the start of your pain? 3. Can you explain any changes to the structures of your body when your pain started? This can include changes such as injuries or impairments you may have sustained. 4. Do you think these changes to the structure of your body have recovered? If so, how long do you think this took? 5. Do you think these changes have contributed to your pain not going away? 6. Can you explain any changes to your body from the beginning of your pain up to now? 7. Do you think any of these changes have contributed to your continued experience of your pain? 8. Last question for this section, why do you believe these things about your body? Where do these beliefs come from? 	<ul style="list-style-type: none"> • <i>What kind of physical shape were you in? What was your health like at the time?</i> • <i>Do you think your shape, fitness or health contribute to your developing chronic musculoskeletal pain?</i> • <i>Do you think you injured anything?</i> • <i>Do you think these injuries healed? How long did this take?</i> • <i>Has your body changed since developing musculoskeletal pain?</i> • <i>Do you believe these things because someone told you them? Such as a medical professional, friends, family or the internet? Or any other reason why you believe these things?</i> 	<ul style="list-style-type: none"> • To understand the patients experiences and perceptions of their physical shape and health before and throughout having chronic MSK pain and what they believe regarding the influence this has on their experience of pain. • To understand where these beliefs come from.

<p>Main Questions: Patient beliefs on psychological factors</p>	<p>This section is about your thoughts and feelings.</p> <ol style="list-style-type: none"> 1. Can you explain your experiences with regards to thoughts and feelings in the time leading up to the beginning of your pain? 2. Do you think these thoughts and feelings contributed to the start of your pain? 3. Can you explain your experiences with regards to thoughts and feelings at the start of your pain? 4. Do you think these thoughts and feelings contributed to your pain not going away? 5. Can you explain your experiences with regards to thoughts and feelings from the beginning of your pain up to now? 6. Do you think any of these thoughts and feelings have contributed to your continued experience of your pain? 7. Last question for this section, why do you believe these things about your thoughts and feelings? Where do these beliefs come from? 	<ul style="list-style-type: none"> • <i>Were you feeling well psychologically?</i> • <i>Were you experiencing any:</i> <ul style="list-style-type: none"> ○ <i>Increased stress?</i> ○ <i>Anxiety?</i> ○ <i>Depression?</i> ○ <i>Lower mood?</i> ○ <i>Concern?</i> ○ <i>Worry?</i> ○ <i>Fear?</i> ○ <i>Unhappiness?</i> ○ <i>Frustration?</i> ○ <i>Anger?</i> ○ <i>Helplessness?</i> ○ <i>Loss of confidence?</i> ○ <i>Loneliness?</i> ○ <i>Isolation?</i> • <i>How did you feel when your pain first started/happened?</i> • <i>Do you think these feelings could have affected your pain in any way?</i> • <i>Has your thoughts and feelings changed over the course of your pain?</i> • <i>Do you believe these things because someone told you them? Such as a medical professional, friends, family or the internet? Or any other reason why you believe these things?</i> 	<ul style="list-style-type: none"> • To understand the patients experiences and perceptions of their psychological health and health before and throughout having chronic MSK pain and what they believe regarding the influence this has on their experience of pain. • To understand where these beliefs come from.
<p>Main Questions: Patient beliefs on social factors</p>	<p>This section is about the things that you do. This includes things such as your vocation, hobbies, exercise, socialising, family responsibilities and any other activities.</p> <ol style="list-style-type: none"> 1. Can you explain the things you were doing in your life in the time leading up to the beginning of your pain? 2. Do you think these things may have contributed to the start of your pain? 3. Can you explain any changes to the things that you were doing at the start of your pain? 4. Do you think these changes to the things you do may have contributed to your pain not going away? 	<ul style="list-style-type: none"> • <i>Any:</i> <ul style="list-style-type: none"> ○ <i>Exercise routines</i> ○ <i>Hobbies</i> ○ <i>Work</i> ○ <i>Family responsibilities</i> ○ <i>Seeing friends</i> ○ <i>Socialising</i> ○ <i>Household responsibilities such as cooking, cleaning or shopping</i> • <i>Since you developed chronic MSK pain, have you had any change to:</i> <ul style="list-style-type: none"> ○ <i>Exercise routines?</i> ○ <i>Hobbies?</i> ○ <i>Work?</i> ○ <i>Family responsibilities?</i> 	<ul style="list-style-type: none"> • To understand the patients experiences and perceptions of social activities before and throughout having chronic MSK pain and what they believe regarding the influence this has on their experience of pain. • To understand where these beliefs come from.

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	<p>5. Can you explain the things that you have been doing in your life from the beginning of your pain up to now?</p> <p>6. Do you think any of these things, or any changes to the things you have been doing since having pain, have contributed to your continued experience of your pain?</p> <p>7. Last question for this section, why do you believe these things about the things you do? Where do these beliefs come from?</p>	<ul style="list-style-type: none"> ○ Relationships with friends, partner/spouse? ○ Seeing friends? ○ Socialising? ○ Household responsibilities such as cooking, cleaning or shopping? ○ Getting a good night's sleep? <ul style="list-style-type: none"> ● If any of your activities have changed, do you think this has affected your pain? ● Do you believe these things because someone told you them? Such as a medical professional, friends, family or the internet? Or any other reason why you believe these things? 	
<p>Main questions: Summarising patients main beliefs</p>	<p>These last questions are just to help summarise your main beliefs about the contributors to your chronic MSK pain. Please reflect on your answers from the rest of our conversation to answer these as best as you can.</p> <ol style="list-style-type: none"> 1. Do you think your thoughts and feelings, any changes to the things you do, and any changes to your body you may have described have impacted on one another? 2. What do you think is the main reason you developed chronic MSK pain to begin with? 3. What do you think is the main reason your pain has continued for as long as it has? 4. What do you think needs to happen in order for your chronic MSK pain to improve? 	<ul style="list-style-type: none"> ● Is there any relationship between your body, your thoughts and feelings and your behaviours? Do you think they affect one another? 	<ul style="list-style-type: none"> ● To understand if patients connect their biological, psychological and social experiences and beliefs. ● To distinguish the patients most strongly held beliefs from the discussion.
<p>Conclusion</p>	<p>That's all the questions, is there anything else you would like to add about your beliefs on the factors contributing to your chronic MSK pain?</p> <p>The interview has now finished. Thank you for participating in this study, I really appreciate your time and input.</p>	<ul style="list-style-type: none"> ● Is there anything you would like to ask regarding the analysis of the data or the next steps of the process? 	<ul style="list-style-type: none"> ● Ensure the participant is comfortable with what has been discussed.