

Appendix: Interview Sample Questions

First Interview

1. Can you tell me a little about yourself?

- Where are you from?
- Where do you live?

2. How did you come to participate in these groups at the JGH?

3. Tell me about the groups that you participated in.

- Which group did you participate in (or both)?
- How often did you attend the group? ^[L]_[SEP]
- Have you participated in other groups? How were these groups different?
- How were these groups for you (experiential question)?
 - Can you describe a particular moment that stood out during these groups (positive or negative)?
 - Can you describe an element of the group that encouraged you to come back to the group (each week)? ^[L]_[SEP]
 - What were your goals when participating in these groups?
 - What was your favourite part? Why?
 - Did you dislike anything about this group? Why?
 - What, in particular, did you enjoy or find helpful about the group? ^[L]_[SEP]
 - Is there anything in particular that you didn't like or that didn't help

Second interview

1. Can you take me through a typical day for you, from the moment you woke up to the next morning?

- What kind of activities do you enjoy/participate in?
- Tell me about the people in your life
- How is your health?
- How does your health influence your daily life?
- How are your finances?
 - How do your finances influence your daily life?

2. Before and after these groups, you completed three questionnaires (Herth Hope Index, Recovery Process Inventory, and Making Decisions Empowerment Scale - remind them of the questionnaires, present them with copies) in order to gauge your changes throughout the groups and “measure” your level of recovery. How did you find these measures?

- How could these measures have better captured your experience?
- What would you include in order to better measure your experience?

3. This group was led by an occupational therapist – how was it having an OT lead this group?

- As opposed to other health professionals you’ve interacted with? How were your interactions with the OT different (if at all)?

4. Looking back on the groups, how did your experience within the group influence your life (if at all)?

- Can you describe any changes in your everyday life/routine/activities since you participated in the program?
- Can you describe an “aha” moment that you may have had while you were participating in the groups (either during the group or outside the group)?
- How do you integrate elements of the program into your life?
- What do you feel you have gained from this experience?

- Imagine you were talking the person who leads the groups, what would you say to them? Imagine you were talking to the decision makers at the JGH, what would you say to them?

Do you have anything to add that we may not have covered in any of these interviews?