

Appendix H: Semi-structured Interview Schedule

Semi Structured Interview Schedule

In line with Interpretative Phenomenological Analysis methodology, this interview schedule is subject to alteration following initial interviews and in response to participant feedback.

Introduction: Thank you for agreeing to speak to me for this research project; the interview should take approximately 1 hour. I am going to ask you a series of questions about your experiences of seeking and having assessment and/or therapy for PTSD for a trauma you cannot remember. I will not ask you about the trauma itself. It is up to you how much you tell me and if there is anything you would prefer not to answer then you do not have to. If at any point you feel uncomfortable or distressed please let me know and we can take a break. You are also welcome to completely stop the process and withdraw from the study at any time during our conversation.

If I notice you becoming upset I will ask you if you are alright and if you would like to take a break. When we spoke on the phone before you told me that if you become distressed it will be helpful if I _____; is that still the case?

At the end of the interview I will spend some time talking to you about other things and ensure that you feel safe and happy to leave the building/end the call.

Do you have any questions before we begin?

(Text in italics represents prompts that can be used if necessary to help participants answer questions in full.)

- 1) Can you tell me about the process of deciding to seek assessment and/or therapy for your PTSD and how you went about this?

How did you make the decision to seek help?

How did you identify where to go/who to approach?

What went well?

Can you tell me about anything that was more difficult?

- 2) Can you tell me about your experience of the assessment and/or therapy?

Can you tell me about anything that was helpful?

Can you tell me about anything that was difficult/unhelpful?

How did the assessment/therapy compare to what you had expected?

What was your relationship with your therapist like?

- 3) How do you think not being able to remember the trauma may have affected your experiences of seeking and having assessment and/or therapy for your PTSD?

How do you think or feel it might have been different if you could remember the trauma?

- 4) What effect has assessment and/or therapy for your PTSD had on you?

On your PTSD symptoms?

On your life more generally?

How do the effects compare to what you had expected?

How do you feel now about your decision to seek assessment/therapy?

- 5) Is there anything else that you think it is important for me to know about your experiences of seeking and having assessment and/or therapy for PTSD, when you had no memory of the trauma?