

**Interview Service Users**

Research Title: Exploring the lived experiences of repeated relapse among drug service users and drug therapists in the UK

Research Aim: To understand users’ lived experiences of having relapsed multiple times from recovery back into drug misuse

Researcher Note: Focus on experience of person and what it means to them (Probe)

If participant becomes upset:

* Pause recording
* Ask if s/he is ok, offer some water/tea or coffee
* Offer to stop the interview or to reschedule
* Offer contact info for relevant people to talk to
* **Remember: YOU ARE NOT THEIR THERAPIST/SUPPORT WORKER**

**Interview Guide (can be followed flexibly)**

Open with introduction of project, of yourself and explain informed consent. Once the consent form and photo release forms have been signed, start recording. Start with the personal object if they bring it.

Q1. So (Name) when you agreed to take part in this study, what thoughts did you have? What did come to your mind?

Q1.1: What are you expecting from this interview? What do you think this is all about?

Q1.2: What was it like for you to be asked by a stranger to bring a personal item to the interview?

Q2. Can you tell me about the object you brought in? (*Probe how this object connects to their experience of relapse*)

The Relapse Experience Itself

Q3: How many times did you experience relapse and how do you feel about having relapsed this often?

Q3.1: Has going through multiple relapses made a difference on how you see yourself now? *Prompt: How would you say you have changed?*

Q3.2: What about how your family/friends see you?

Q4: Can you tell me how you felt when you were about to relapse/after you relapsed? (*Probe for sensations in body or particular thought)*

Q4.1: If you had to describe what relapse means to you, what would you say? (*Probe for what images come to mind, words etc)*

Q4.2: Having gone through relapse experiences multiple times, how did you feel when you returned/entered into treatment after these experiences?

The Impact on Recovery

Q5: How long have you been abstinent now/in recovery now and what effects would you say did the number of your relapses have on your recovery? (*Probe for motivation for recovery)*

Q5.1: If you had to describe what recovery means to you after having gone through relapse experiences, what would you say? *Prompt: Has this changed with the number of relapses?*

Q5.2: What would you say you have learned from relapse? *Prompt: Is there anything you’d have done differently or wished you’d known then or the service could have done differently to support you?*

Q6: On a day-to-day basis, how do you manage your recovery, or protect yourself from relapse now? (*Probe for how much they think about relapse now)*

Q6.1: Has this changed with the number of relapses you had?

Closing

Q7: Is there anything else about your experience that you feel is important for people to know?

Q8: What was it like for you to tell me about all your experiences today?

Recap, thanks and close.