

## **Additional file 1, Interview guide (English version)**

- Can you tell me a little about **yourself**? What you are doing during the day? Where and who you live with and what you work with?
- When did you get the **diagnosis COPD**? What kind of **treatment** do you get? Do you have **other illnesses** you take medications for?

### Patients' **understanding of, reactions (emotional, cognitive) on and behavior** during an exacerbation

- What does "COPD exacerbation" mean to you? How would you name worsenings?
- How do you know it is the COPD and not something else?
- What do you think and feel when getting a worsening?
- What is the worst about a worsening?
- How does a worsening influence your work/live/mood/social life?
- What do you do to handle a worsening?
- What and/or who helps you the most when you have a worsening?
- Who do you seek help from?
- What would be even more helpful to you when having a worsening?

### Patients' **attitude towards and experience** with self-treatment

- Where/from whom did you get the medications?
- Why did you get the medications?
- Can you tell about the information you received on how to interpret symptoms and use the medications?
- What did you think about it?
- How did it feel to have medications for own use?
- What did the doctor tell you to do when having a worsening?
- When should you use the medications?
- Did you receive written instructions? May I see them?
- Do you think they are easy to understand?
- Can you tell me about a situation when you used the medications?
- Was it difficult to know whether you should take them?
- If never used: have you ever considered taking them?
- What made you take the medications/not take the medications, and in this case, what did you do instead?
- Would you recommend to a friend to have medications to own use?
- Did the medications help?
- What did you do/would you do if you would not get better from the medications?

### Influence on the **experience with the healthcare system**

- Can you tell me about a situation when you contacted a doctor when your symptoms worsened?
- What was the reason for you contacting the doctor?

- What does the doctor do when you have an appointment for COPD?
- Do you think the doctor does a good job?
- Do you trust your doctor?
- What is different when you are treated in the hospital?
- Whom do you prefer to contact when you have a worsening?
- What can the family physician/hospital doctor help you with?
- Do you have less need to contact your doctor now?
- Is there anything different now regarding making an appointment?
- How important is the doctor for you in terms of treatment for worsenings?
- Did the treatment change, and in what way, after you got the self-treatment medications?
- If you wished your family physician to change something in the way he treats you, what would that be?

Influence on coping, responsibility, autonomy, safety

- What are the advantages/disadvantages with treating worsenings at home?
- Does this make living with COPD easier, and if yes in what way? If not, why not?
- Do you have more control over your COPD?
- What about the responsibility for treatment?
- How is it to make the treatment decisions yourself?
- Do you have other persons around you that can help you?

Is there anything else you want to talk about?