

Interview Guideline

Main question a)	Storytelling prompt	Definition of the leading question, check: was this mentioned?	Concrete Inquiries
<p>Which facilitating and hindering factors are mentioned with regard to the course and implementation of NET in primary care?</p>	<p>Did you feel well informed about the content and process of the therapy at the beginning?</p> <p>Please describe to me what talk therapy was like for you. I would like to imagine how it went. Why don't you tell me about it from beginning to end?</p>	<p>Prior knowledge, informedness: Expectations, prior knowledge, motivation?</p> <p>Formalities:</p> <ul style="list-style-type: none"> - Have all sessions taken place? [possibly cross-check with treatment folders]. - How much time has passed since completion of NET? <p>Content "objective":</p> <ul style="list-style-type: none"> - What was the content of the sessions? [Address first session separately (psychoeducation and lifeline) and only then the other two]. - Was possible amnesia addressed during the sessions? <p>Content "subjective."</p> <ul style="list-style-type: none"> - How was the contact with the primary physician/ medical assistant felt? - Did mental status change during therapy? Possibly worsened? - Experience of re-experiencing? Intrusion? - Effects on everyday life? 	<p>Prior knowledge, informedness:</p> <ul style="list-style-type: none"> - What were your expectations for therapy? <p>Formalities:</p> <ul style="list-style-type: none"> - How many sessions have you had? - When was the last therapy session? - When and where did the conversations take place: At the end of the consultation? In the regular consultation room? <p>Content "objective":</p> <ul style="list-style-type: none"> - How did the session in which you described your life path go? - How did the two sessions go when you recounted your traumatic events? - Was your memory loss/ICU memories addressed during therapy? <p>Content "subjective":</p> <ul style="list-style-type: none"> - How did you feel about the sessions? - How did you feel about the contact with primary physician / medical assistant? - Did you notice any change/improvement/deterioration in yourself during therapy? Did it have an impact on your daily life? <p>Enabling and hindering factors</p> <ul style="list-style-type: none"> - Do you find it easier to talk about the ICU stay with the primary physician than with a therapist*?

		<p>Facilitating and hindering factors:</p> <ul style="list-style-type: none"> - Is the primary physician offer possibly more low-threshold? - What was perceived positively? - What was perceived negatively? - Suggestions for improvement? Wishes? 	<ul style="list-style-type: none"> - What did you find particularly helpful in the context of the discussions with the doctor/physician (or with the medical assistant, if applicable)? - What did you find difficult? - What did you miss/what else would you have liked?
Main question b)	Storytelling Prompt	Definition of leading questions	Concrete Inquiries
<p>Which aspects are mentioned with regard to acceptance of the NET?</p> <p>How do patients define success?</p>	<p>What has changed for you since you completed talk therapy? How are you doing today?</p> <p>Finally, open-ended question: What do you wish for the future in terms of your mental health?</p>	<p>Effectiveness of NET or changes since completion of therapy:</p> <ul style="list-style-type: none"> - Has there been an overall change in QOL? - What is the course of physical recovery? (Control variable "somatic condition"). - What is the course of psychological recovery? - Is the perception of suffering lower? - Question about the social environment <p>Quality of memories:</p> <ul style="list-style-type: none"> - What is the quality of memories of the intensive stay? Possibly fewer intrusions? Possibly fewer delusional-distorted memories? Possibly realistic classification? - Dealing with amnesia during therapy: e.g. reconstruction through ICU diary, patient records or similar. <ul style="list-style-type: none"> - Acceptance of NET- Is the therapy perceived as helpful overall helpful. - Subjective assessment of the long-term effectiveness of the therapy 	<p>Effectiveness of NET or changes since completion of therapy:</p> <ul style="list-style-type: none"> - How are you doing today in terms of your physical health? - What in particular has contributed to your mental recovery? - What stood in the way of your recovery? - Has your daily life changed since therapy? - Are you supported by those around you? <p>Quality of memories:</p> <ul style="list-style-type: none"> - After completing therapy, do you continue to be haunted by distressing memories of the ICU stay? Or if yes: How do you deal with this? What impact does it have on your daily life? - Were you able to reconstruct the period of missing memories through therapy? <ul style="list-style-type: none"> - Acceptance of NET: - Would you recommend the therapy to others? - What do you wish for your mental health in the future?