

### Supplementary Material 3

#### Indicative guide for in-depth interviews with R&R veteran patients

##### Topics to explore in the interview.

- a. How have you found getting mental health treatment from Combat Stress so far?
  - i. What made you want to seek help?
  - ii. Were there any issues or concerns you were hoping treatment would help with?
- b. How did you find being offered the R&R treatment?
  - i. What did you hope to get out of taking part in this treatment?
  - ii. Did you have any concerns at this stage?
  - iii. Was there any more information you would have liked to have had?
- c. How did you get on with the initial questionnaires and consent forms?
  - i. Was there anything that you found difficult in filling in the questionnaires/consent forms?
  - ii. Was there anything that could've been made easier for you here?
- d. What did you think about the treatment being online/remote?
  - i. How do you think this compares to a F2F treatment?
- e. What aspects of treatment have gone well?
- f. When do you find time to work through your homework?
  - i. What things help you to engage? What things can get in the way?
- g. Has the way that you think about the event(s) that brought you to therapy changed?  
If so, how?
- h. Are there any changes to the treatment you think would be helpful?
  - i. What features would you alter? Why?
- i. How do you feel about managing your emotional/psychological difficulties having finished treatment?
  - i. Has your knowledge or confidence changed since accessing treatment?
- j. Has there been any change in your family life since taking up the treatment?
- k. Have you become aware of any new sources of support as a result of being part of the treatment?

- l. How does this treatment compare to treatments you have had previously or other treatments you are aware of?
- m. How do you feel about the number or length of sessions? Are there not enough or too many or just right?
- n. In an ideal world, is there any other support or help you would've liked to receive?
  - i. Could anything have been made easier for you/others to keep engaging with treatment?
- o. Have you spoken with other people about the treatment you've received?
- p. Is there anything we can do to make sure the treatments works well for other veterans in future?

**Issues to explore in the interview for those who dropped out**

- q. At what stage did you begin to feel like treatment wasn't suitable for you?
- r. Was there anything you didn't feel you were getting from the treatment that could be improved?
- s. Did you have any particular needs you didn't feel were addressed by treatment?