

Appendix B: Interview guides.

| Individual interviews with patients and partners | |
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| Perceived impact | What is your experience with Energetic? |
| Content of Energetic | What were the positive and negative aspects of the content of Energetic? Elements: Experience with Energetic, different modules, frequency, lengths, construction, group, goal setting, next of kin's involvement, influence on home situation, trainers |
| Organisation | What were the facilitators and barriers in the delivery and organisation of Energetic? Elements: location, accessibility, travel time, facilities, |
| Focus group with patients | |
| | <p>How did you experience the quality of:</p> <ul style="list-style-type: none"> • Content of the sessions • Working methods • Education • Individual goals • Group setting • Trainers • Organization • involvement of next of kin/partners <p>Creative questions regarding the benefit of Energetic. For instance:</p> <ul style="list-style-type: none"> • If you could make a commercial about Energetic for the health insurance, what would you mention in this commercial? • Suppose you are in the waiting room in the hospital and would meet a peer, what would you tell him/her about Energetic? • Suppose in one-month time you are back with the rehabilitation physician who referred you to Energetic, what will you tell him/her about the programme? • What components should stay in Energetic? <p>Barriers:</p> <ul style="list-style-type: none"> • If the health insurance company forces you to adapt the programme in order to reduce costs, what components could be deleted from Energetic? • What components could be altered or deleted from Energetic? <p>Addition:</p> <ul style="list-style-type: none"> • For instance: if money is no issue for Energetic, what would you add to the programme? • Is there some component that you missed in Energetic? • If you must describe your experience with Energetic in a few words, what would that be? |
| Individual interviews with healthcare professionals | |

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| All healthcare professionals | General information: name, function in relation to Energetic. |
| Healthcare professionals involved in the delivery | <p>How was the starting phase (implementation) of the programme?</p> <p>What were the facilitators and barriers for Energetic at your location?</p> <p>What is needed in the programme to implement it nationally?</p> <p>Elements: provided means for implementation, instruction manual, education, meetings, time investment, what should be changed or altered in the starting phase of Energetic (implementation), guidance as a therapist, communication in the programme (in the setting and between the different settings)</p> |
| Healthcare professionals involved in the recruitment | <p>Can you describe how the recruitment took place?</p> <p>What is needed to recruit patients for Energetic?</p> <p>Can you tell us something about the time investment for recruitment?</p> |
| Healthcare professionals involved in the organisation | <p>Can you describe how the organisation took place?</p> <p>What means and facilities were necessary to organise Energetic and how did this influence the delivery of the programme?</p> |