Supplemental Material: Semi-structured interview guide:

1) Please tell me about your extrication experience
   - How did you get out of the vehicle? (self, bystander, emergency services, cutting equipment used)
   - What was this like? Physically and emotionally
   - Was there anyone else in the car with you?
   - How were they throughout?

2: Can you tell me about what you were feeling whilst you were trapped in your vehicle?
   - What were the physical feelings?
   - Did you have injuries?
   - What thoughts and feelings came to mind? About your-self and others?

3: Can you tell me what you felt your immediate needs were when you were still inside your vehicle, and were these met?
   - Were you in pain? Were you given pain relief?
   - Was anyone talking to you throughout? What was that like?
   - Did you feel reassured? Was there compassion / care?
   - Did you require assistance in leaving the vehicle, how did this go?

4: Thinking back, could your extrication experience have been better or worse?
   - Pain and temperature?
   - Explanations, compassion / care?
   - Assistance in leaving the vehicle
   - Communication, physical handling, e.g. pain of equipment / boards etc
   - Time taken?
   - Anything else?

5) We believe that a long extrication may lead to higher rates of injury and death. Could your extrication have been speeded up and still met your needs?
   - Could you have self-extricated, or left the vehicle with a small amount of assistance?
Prompts for all questions can include:

- Extrication type
- Patient experience:
  - noise
  - pain
  - temperature
  - concern for injuries and other family members
- How treated by rescuers:
  - Communication
  - Physical handling
  - Pain of equipment / boards etc
- Time taken:
  - Actual time and experience of this time
- Actions within the vehicle:
  - Needs addressed (pain / warmth / understanding / communication)