

Appendix 2. Aim 1 Physical Therapist and Patient Interview Scripts

Appendix 2
Interview Script – Physical Therapists
<p>Thank you for participating in today’s interview. Interviewer introduces herself here.</p> <p>The purpose of today’s interview is to understand your impressions and recommendations about a protocol for physical therapists to integrate mindfulness-based activities into their clinical practice for patients with chronic musculoskeletal pain and long-term opioid treatment.</p> <p>We have invited you to participate because you are a physical therapist in clinical practice who manages patients with musculoskeletal pain.</p> <p>Before we start the interview, there are a few things that I need to go over to make sure you are aware of them. Please know that this interview may take up to 30 minutes. Our interview today will be recorded and transcribed. Any identifiable, private, and confidential information shared with us today will only be used for research purposes. Participation is completely voluntary. This means that you may choose to leave the interview any time for any reason. If there are questions you don’t care to answer, that is also fine. We can skip those questions.</p> <p>To show our appreciation for your time and participation, we will deposit \$50 into your Advarra payment account.</p> <p>Do you have any questions about the consent form you reviewed (right before you completed the brief online questionnaire)?</p> <p>Do you have any other questions or comments before we begin?</p> <p>Today’s date is [M/D/Y]. I am speaking with participant [ID#].</p>
<p>I am going to ask you questions regarding the protocol manual that you reviewed and was titled “<i>Physical Therapy Integrated With Mindfulness For Patients With Chronic Musculoskeletal Pain And Long-Term Opioid Treatment</i>” (or PT-IN-MIND)</p> <p>Your responses to our questions will be used to modify the protocol prior to training physical therapists to manage patients based on the protocol—a revised version of the manual you reviewed will be provided to PTs as part of their training to integrate mindfulness-based treatments into their clinical practice for patients with chronic musculoskeletal pain and long-term opioid treatment.</p> <p>Just as a reminder, recall that the protocol you reviewed had 3 main components: mindfulness, cognitive reappraisal and savoring. The protocol used mindfulness as a type of meditation where the physical therapist helps the patient focus on being aware of the what they are sensing and feeling in the moment without interpretation or judgement. The protocol used cognitive reappraisal to help the patient foster adaptive coping in times of stress. And the protocol used savoring to enhance positive emotion by savoring a natural reward experience.</p> <p>Briefly, the protocol includes 8 physical therapy visits. Each physical therapy session includes some aspect of the each of the core components.</p>
<ol style="list-style-type: none"> 1. After reviewing the manual, what are your general thoughts about the protocol proposed to help treat patients with chronic pain and long-term opioid treatment?
<ol style="list-style-type: none"> 2. Is there anything that might make it difficult for a physical therapist, like yourself, to adhere to the protocol that outlines the provision of mindfulness-based treatments to patients with chronic pain and long-term opioid treatment? <ul style="list-style-type: none"> ○ <i>If the PT indicates confidence in their ability to deliver the protocol: You seem confident in your ability to deliver the protocol, what makes you confident in your ability to deliver the protocol?</i>
<ol style="list-style-type: none"> 3. Do you have any suggestions to make it easier for physical therapists to adhere to the protocol?

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Now I am going to ask you about specific aspects of the protocol that you reviewed.
4. The protocol is 8 visits in length. Do you feel that physical therapists, such as yourself, will find the number of suggested visits acceptable for patients with chronic musculoskeletal pain and long-term opioid treatment?
Recall the 3 main components of the treatment protocol are 1) mindfulness, cognitive reappraisal and savoring. We want your feedback on how this content is presented in the manual.
5. Do you think the delivery of the content needs to be changed in the training manual related to mindfulness for patients with chronic musculoskeletal pain and long-term opioid treatment? <ul style="list-style-type: none"> ○ If so, how?
6. Do you think the delivery of the content needs to be changed in the training manual related to cognitive reappraisal for patients with chronic musculoskeletal pain and long-term opioid treatment? <ul style="list-style-type: none"> ○ If so, how?
7. Do you think the delivery of the content needs to be changed provided in the training manual related to savoring for patients with chronic musculoskeletal pain and long-term opioid treatment? <ul style="list-style-type: none"> ○ If so, how?
8. Which parts of the protocol do you feel will be the easiest for physical therapists to implement for patients with chronic musculoskeletal pain and long-term opioid treatment?
The training manual describes the provision of mindfulness as either a 1) stand-alone physical therapy intervention (e.g., patient lying quietly while the physical therapist provides mindfulness—like a body scan or a mindfulness of pain activity) or, 2) integrated into a typical physical therapy intervention (e.g., 90 second mindfulness integration during manual therapy, exercise or stretching).
9. What are your thoughts about the protocol in terms of mindfulness (the physical therapist guiding a patient through a longer meditation, for example a body scan) as a stand-alone physical therapy intervention ? <ul style="list-style-type: none"> ○ Do you think a stand-alone guided meditation will be acceptable to physical therapists? <ul style="list-style-type: none"> ▪ Why/Why not?
10. What are your thoughts about the protocol in terms of mindfulness (e.g., a 90-second meditation) as an integrated physical therapy intervention (e.g., during manual therapy, exercise or stretching)? <ul style="list-style-type: none"> ○ Do you think providing a 90-second mindfulness meditation during a physical therapy intervention will be acceptable to physical therapists? <ul style="list-style-type: none"> ▪ Why/Why not?
11. What are your impressions about the mindfulness scripts for patients with chronic musculoskeletal pain and long-term opioid treatment? <ul style="list-style-type: none"> ○ Some of the mindfulness scripts take up to 10 minutes to go through – do you think that the longer script will be acceptable to physical therapists? <ul style="list-style-type: none"> ▪ Why/why not?
12. Are there any other aspects of the protocol that you would change to make the protocol more acceptable to physical therapists?
Interview Script – Patients
Thank you for participating in today's interview. Interviewer introduces herself here. The purpose of today's interview is to understand your impressions and recommendations about physical therapists using mindfulness-based treatments with their patients. We have invited you to participate because you have chronic musculoskeletal pain and have taken pain medications – which makes you type of individual for whom the mindfulness-based treatment is appropriate. Before we start the interview, there are a few things that I need to go over to make sure you are aware of them. Please know that this interview may take up to 30 minutes. Our interview today will be recorded and transcribed. Any identifiable, private, and confidential information shared with us today will only be used for research purposes. Participation is completely voluntary. This means that you may choose to leave the interview any time for any reason and if you are receiving physical therapy, your decision will not impact your care in any way. In fact, participating in this study will not impact your physical therapy care in anyway because this study is just to

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<p>gain your insight about mindfulness-based treatment. If there are questions you don't care to answer, that is also fine. We can skip those questions.</p> <p>To show our appreciation for your time and participation, we will deposit \$50 into your Advarra payment account.</p> <p>Do you have any questions about the consent form you reviewed (right before you completed the brief online questionnaire)?</p> <p>Do you have any other questions or comments before we begin?</p> <p>Today's date is [M/D/Y]. I am speaking with participant [ID#].</p>
<p>1. Before we begin asking you questions about the presentation you reviewed, I would like to know if you have had any experience with physical therapy in the past (seen a physical therapist before your current episode of care)?</p> <ul style="list-style-type: none"> ○ If yes: <ul style="list-style-type: none"> ▪ Why did you attend physical therapy in the past? ▪ Ok will keep that in mind for a later question
<p>Now I am going to ask you questions regarding the presentation about physical therapists integrating mindfulness-based treatments into their clinical practice for patients with chronic musculoskeletal pain.</p>
<p>2. I'm curious about whether you were able to watch the entire presentation?</p>
<p>Just as reminder – Mindfulness is a type of meditation in which you focus on being aware of what you are sensing and feeling in the moment.</p>
<p>3. After watching the presentation, what are your general thoughts about mindfulness activities being used to help treat patients with chronic pain?</p>
<p>4. What do you think about physical therapists providing mindfulness-based treatments to their patients?</p> <ul style="list-style-type: none"> ○ For example, would you find this acceptable? ○ Do you think this would be acceptable to patients other than yourself?
<p>5. Is there anything that might make it difficult for patients, like yourself, to participate in mindfulness-based treatments in physical therapy?</p>
<p>6. How would you react if you knew that your physical therapist was going to use mindfulness-based treatments with you during your physical therapy visits?</p>
<p>7. Could you give us any recommendations for how a physical therapist could best explain to a patient that they are going to use mindfulness-based treatments as a supplement to other physical therapy treatment?</p> <ul style="list-style-type: none"> ○ What sort of information would you want to have?
<p>8. Based on what you learned during the presentation, can you tell us why a patient might NOT want mindfulness during physical therapy?</p>
<p>9. How would you react if your physical therapist used mindfulness activities during each treatment visit?</p>
<p>10. How would you react if your physical therapist provided mindfulness-based treatments while you are exercising or stretching or receiving manual therapy (e.g., massage) during physical therapy?</p> <ul style="list-style-type: none"> ○ For example, the physical therapist is verbally taking the patient through a mindfulness activity while the patient is stretching their leg muscles or receiving massage...
<p>11. How would you recommend that physical therapists <u>explain</u> to their patients that they should perform mindfulness activities as part of a daily home program?</p> <ul style="list-style-type: none"> ○ For example, how should a physical therapist explain to a patient that they should listen to 1 10-minute mindfulness recording of their choice each day?
<p>12. What would help motivate patients to do mindfulness-based activities as part of a home program?</p>
<p>13. How do you think your past physical therapy experiences shaped your responses to these questions.</p>
<p>14. Is there anything else you think might be helpful for me to know about the integration of mindfulness-based activities into physical therapy?</p>