

APPENDIX 2

GP/Practice nurse interview questions (Adelaide)

What information was used from the risk survey to identify priorities for the visit?

- Pathology results
- Physical measures
- PHQ9 individual answers
- PHQ9 total score
- PHQ9 difficulty score (if recorded)
- SF36 answers (if done)
- Patient own ideas/concerns/expectations

How much time did you spend? How does that time break down between info gathering/measurement/recording data/discussion and planning with the patient?

What goals were set and how were they chosen?

To what extent do you, the practice nurse, suggest goals?

Was 'cycle of change' stage identified to help identify behavioural change?

Was any psycho education given?

Was any self-care information given/discussed?

- Diet
- Exercise
- Self-monitoring – e.g. blood sugars for diabetics or blood pressure
- Medication adherence
- Recall appointments
- Agenda items requiring GP attention e.g. medication changes

Were psycho education resources discussed?

Were any counselling techniques used? Were these skills developed in TrueBlue workshops and subsequent telephone support e.g. challenging fixed ideas/ventilating feelings/cognitive dissonance to encourage contemplation of a lifestyle change etc.?

How did GP respond to the GPMP draft. Was any discussion held with the GP about this patient? (Collaborative care model in action)

Were any external appointments made? Was any discussion held with the external provider? (Collaborative care model in action)

What happened in the GP consult? Any medication changes?

Why do you think the patient got better PHQ9 scored at subsequent visits?

What was your interaction with the patient's partner/carer/spouse?