Additional File 1
Semi-Structured Interview Guides
School Staff

INTRODUCTION: *Thank you for agreeing to take part in this interview. I appreciate your time.*

I am interested in hearing your thoughts and experiences of the Future Proofing program in your school. For this interview, the FP program includes the intervention app (SPARX) and everything else that was done to support the program in your school. I hope to use this information to work out what works in different schools and how to best provide support.

I will ask you a few questions about your experiences. This is chance for you to reflect and offer feedback on how we could improve. The interview will last up to one hour. It will be recorded, and your responses will be transcribed to ensure we accurately reflect your words. All personal information will be removed so that your answers are non-identifiable and confidential. Nothing you personally say will be shared with anyone on the FP team that you have been liaising with or with other staff at your school. You can choose to not answer any questions.

Do you have any questions before we get started?

General Opening Questions:
1. How did you first get involved in teaching/counselling/psychology?
2. Could you tell me about the core values and ethos of your school?
3. To the best of your knowledge, what mental health programs or initiatives has your school implemented to care for students besides the FP program?

Specific Questions:
4. Overall, how would you describe your experience with the FP program in your school?
5. What was your role in delivering or supporting the FP program in your school?
   a. Leader/driver, decision-maker, consent/recruitment, peripheral support

CFIR DOMAIN: INDIVIDUAL CHARACTERISTICS
Personal attributes (e.g., motivations, expectations, capacity, values)
6. Why were you motivated to take on this role?
   a. How did you come on board with the program?
7. Why do you think your school decided to support this program?
   a. To what extent do you think there was a need for a mental health program like FP in you school (*Tension for change)*?
8. What were your expectations about the FP program prior to coming on board?
   a. How were your expectations met (or not met)? What went differently to what you expected? What surprised you?
   b. What were your expectations about the apps?

Knowledge and beliefs about the intervention
9. How much do you know about SPARX, the intervention? E.g., principles, rationale, content?

1

Supplemental material

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Self-efficacy

10. How confident were you in your ability to lead/support/make decisions about the FP program?
    a. What personal qualities do you think helped you to do that?

CFIR DOMAIN: OUTER SETTING

Relative Advantage

11. How did SPARX compare to other mental health programs that your school has supported or delivered?

CFIR DOMAIN: INNER SETTING

School contextual factors – Barriers and Facilitators

12. What factors influenced your ability to deliver/support the FP program in your school?
    a. What else helped or hindered your ability?

    b. Enquire into school-specific factors and program-specific factors e.g., What parts of the program were easy for you to do or support (e.g., the consent process, organising rooms, weekly team meetings)? OR What aspects of your school made it difficult for you to support the program?
    c. What factors got in the way of students completing the mental health app/s?
    d. Were you (or others) able to overcome any barriers? How did you manage to do this?

School contextual factors – Leadership

13. Tell me about the involvement of your school executive in the FP program.
    a. What role did this person have (e.g., principal/vice principal)? Did you meet regularly with this person or provide updates to them?
14. How do you think the school executive saw this initiative?

Readiness for implementation

15. How would you describe the readiness of your school to take on the FP program?
    a. What was the preparation phase like for you/other key staff?

IMPLEMENTATION METRICS

Appropriateness and Acceptability

16. How does the FP program align with your school's approach toward student mental health?
17. How suited is the FP program to address depression prevention in your school?
18. How well does an app delivering therapy work to prevent depression in your students?
19. How do you feel about using technology to deliver psychological interventions in your school?
    a. What worked well about this and what did not?
    b. Do you think SPARX met the student's mental health needs? In what way?
20. What were the by-products of the intervention that you didn't expect?
    a. What parts of the program do/do not suit your school?

ADDITIONAL QUESTIONS FOR SCHOOL COUNSELLORS ONLY

21. What was your experience with responding to students identified as needing follow-up during the FP program?
    a. Was there anything that could have been done to make this experience better for you and the student?
22. What do you think of the FP risk protocol?

Semi-Structured Interview Guides (Version 2, 21/02/2020)
HREC number: HC180836   2

KEY LEARNING AND FUTURE IMPLEMENTATION

23. What parts of the FP program, if any, could be made more attractive to your school to increase uptake or support?
    a. In what ways could we make these parts more attractive?
24. To what extent do you think that the FP program could be integrated into your school's existing mental health strategy?
25. What advice would you give another school contemplating taking on the FP program?
26. What's been your major learning or insight from your school's involvement in the FP program?

Closing

27. Is there anything else you would like to add?

Volunteer Research Assistants (Study Facilitators)

INTRODUCTION: *Thank you for offering to take part in this interview. I appreciate your time.*

I am interested in your thoughts about and experiences with supporting the FP program as a Research Assistant Volunteer. I hope to use this information to work out what works in different schools and how we can help volunteers to best provide support.

I will ask you a few questions about your experiences. This is chance for you to reflect and offer feedback on how we could improve. The interview will last up to one hour. It will be recorded and your responses will be transcribed to ensure we accurately reflect your words. All personal information will be removed so that your answers are non-identifiable and confidential. Nothing you personally say will be shared with the volunteer team or the Black Dog Institute more generally, so it will not affect your relationship with them. You can choose to not answer any questions.

Do you have any questions before we get started?

General Opening Questions:
1. What schools have you visited so far?
2. Roughly how many school visits have you attended?

Specific Questions:

CFIR DOMAIN: INDIVIDUAL CHARACTERISTICS
Personal attributes (e.g., motivation and expectations)
3. Why were you motivated you to volunteer?
4. What were your expectations coming on board with the FP program?
   a. How were your expectations met (or not met)?
   b. What went differently to what you expected? What surprised you?

Perceptions of Training
5. What are your overall impressions of the training you received?
   a. How helpful and appropriate was the training?
   b. What parts were the most useful?
   c. What was missing from the training?

CFIR DOMAIN: INNER SETTING
School visits – Barriers/Facilitators
6. What was your experience with completing the school visits?
7. Did anything unexpected happen during the school visits?
   a. If so, what?
   b. How did you manage this?
   c. How well do you think you managed this?
8. In general, how was the FP program received by school staff during visits?
9. To what extent was it useful having a volunteer partner/s at the visits?
   a. Were there any other benefits/disadvantages?

School contextual factors - Barriers/Facilitators
10. What factors influenced your ability to assist students and teachers at the school-visits?
    a. Were these common across all the visits or specific to a particular visit?
    b. What aspects of the school made it difficult to support the program?

Semi-Structured Interview Guides (Version 2, 21/02/2020)
HREC number: HC180836   4

      c. What else helped or hindered your ability? (e.g., research platform/app specific factors)
      d. How did you overcome these barriers?
      e. Were there any noticeable differences between different schools? If so, what were they?

KEY LEARNING AND FUTURE IMPLEMENTATION

11. What advice would you give a school contemplating taking on the FP program?
12. What advice would you give to others who are thinking about volunteering?
13. What parts of the FP program could be made more attractive to volunteers to increase uptake or support?
14. What's been your major learning or insight from taking part in the volunteer program?

Closing

15. Is there anything else you would like to add?