

Appendix B – Semi-structured interview guide

Participant ID Code:

Date Completed:

Post-secondary students' experience on psychotropic medication management Interview Guide

Start Time:

Interview Location:

Interview Notes

Thank you for agreeing to participate in this interview. We are interviewing you to better understand your experiences, post-secondary students, with managing your mental health using psychotropic medications and how pharmacists can better support you with medication management. There are no right or wrong answers, I am interested in your own experiences.

This study aims to use findings to investigate strategies that can be implemented in the academic pharmacy to offer psychotropic medication management services for students.

The interview will take approximately 30 minutes and all responses will be kept confidential. You can ask to stop recording of the interview at any time. If there is a question you don't want to answer simply say "pass". This interview will be recorded, anonymized, and kept on a secure file at the Leslie Dan Faculty of Pharmacy, University of Toronto until data analysis is complete. You are now asked to fill out a short demographic survey, link is in the chat.

As outlined in the consent form you reviewed, with your permission, I would like to now audio record the interview.

Are there any questions about what I have just explained?

Please note that this guide only represents the main themes to be discussed with the participants. Non-leading and general prompts will also be used, such as "Can you please tell me a little bit more about that?" and "What does that look like for you".

Section 1: Student's experience managing health and using psychotropic medications

1. Where do you go when you have questions about managing your mental health?

PROBE: Do you ever find yourself using search engines like google looking for answers about your medication or managing your mental health? If yes, how do you use search engines?

2. How do you currently manage your mental health?

PROBE: How do you use any digital technology like apps, fitbit or other digital devices to help manage your health?

PROBE: Can you describe any digital or other tools that have been helpful to you managing your mental health or medication?

Before moving on, I'd like to provide an overview of what medication management is. Medication management places an emphasis on managing drug therapies and patient medication safety. It is the process of selecting the right drug for a person, ensuring a person prescribed the medication has access to it and is taking it correctly, and evaluating the effect of a medication's outcome on a person.

3. How does medication fit into managing your mental health?

PROBE: Can you tell me about your understanding of how the medication works to help manage your mental health?

4. How would you rate your understanding of how your psychotropic medications work to manage your mental health with 1 being the lowest and 10 being the highest?

PROBE: Why that rating?

PROBE: What do you wish you knew more of?

5. What strategies do you use to help you remember to take your medications? PRQ

PROBE: Do you ever forget to take your medication?

6. How well do you feel you understand how psychotropic medications are affected by cannabis, alcohol and other substances?

PROBE: Have you sought out information about it before?

PROBE: Would this information be useful to you?

Section 2: Student's awareness of the pharmacist's role

7. Who would you talk to if you wanted advice on your psychotropic medication?

8. Why would you go visit a pharmacy?

9. Think about when you went a pharmacy to receive your medication. What did you like about the experience?

PROBE: is there anything that would have been helpful to you that you wished the pharmacist would have done?

10. In your experience, what do you think the role of the pharmacist is?

Pharmacists have expanded their scope of practice in many Canadian provinces where they take on responsibilities beyond medication dispensing such as adapting prescriptions, prescribing, administering injections, and performing medication reviews. Pharmacists in Ontario have the training to provide patient-specific services including 1) providing information and safety resources for medication use; 2) flagging improper drug selection, inappropriate dosing and drug interactions; 3) reporting adverse drug reactions; 4) following up on patient compliance; 5) re-filling prescription reminders and 6) education about medication.

11. Did you know that?

12. Has a pharmacist interacted with you in discussing your psychotropic medication? SRQ1
 - a. If yes, is there anything in particular that stood out to you about that interaction?

13. What do you think would be helpful from an interaction with the pharmacist?
 - a. What would be helpful from other members of the healthcare team?

Section 3: Student's experience with psychotropic medications and managing mental health

14. How do you see technology helping you manage your mental health at the pharmacy?
 - a. Is there anything you'd like to see at the pharmacy that could be helpful to you?

15. Is there a way you think the pharmacist could be more accessible?

Thank you very much for your time and the information you shared today. As a thanks, you will receive a \$20 Starbucks giftcard through the email you have provided (confirm email with participant). Please contact me if you have any questions about the study in the future.

References

- Institute for Safe Medication Practices Canada: Medication Management (2022). URL: <https://www.ismp-canada.org/definitions.htm#:~:text=Medication%20Management%3A,and%20their%20health%20care%20teams> [accessed May 2022]
- Centers for Disease Control and Prevention: Community Pharmacists and Medication Therapy Management (2021). URL: <https://www.cdc.gov/dhds/pubs/guides/best-practices/pharmacist-mtm.htm> [accessed May 2022]