

IN-DEPTH INTERVIEWS

(last update: 25-3-2015)

Apart from those question not sufficiently discussed in focus groups, which will be performed at the beginning of the conversation, in-depth interviews will include questions about personal care (hygiene and feeding) and sexuality, as well as questions related to gynecological issues, in the specific case of women.

At the beginning of the conversation, the interviewer will provide a brief summary of the m_RESIST program (objectives and functionality), including an explanation about the need to compile information focused on these specific areas of patients' day-to-day life in order to design as useful a program as possible, tailored to their needs.

WOMEN

NEEDS PERCEIVED (PERSONAL CARE, SEXUALITY AND GYNECOLOGICAL ISSUES)

1. With regard to those routine tasks focused on your personal care such as dressing, having a shower and preparing a meal. Do you usually are helped/supervised by anyone or can you do them by yourself?

(To know the patient' degree of autonomy, as well as the caregivers' workload. This answers are closely tied to the fist question provided in the focus group's questionnaire, aimed at creating two different profiles in patients: highly active patients and patients with low levels of activity)

We will identify the person interviewed as:

- *a highly independent patient: people who do not need to be supervised/ or helped to do them*
- *a patient with low levels of independence: patients who need any assistance or help to do these tasks, including those who just have to be reminded about when and how to do them*

2. In the case of those who answer they have to be reminded, Who remind you about these tasks (when and how to do them)?

(We will record information about the person who remind as well as about the task reminded. According to our previous knowledge, we expect caregivers will be the most mentioned. Through this question we want to know which of these routine tasks are suitable to be done by patients using any m_ RESIST application.)

Possible answers:

- *Caregiver: he/she reminds me the time to have a shower and the way to do it*
- *Caregiver: he/she reminds me it is time to have a meal and how to cook*
- *Caregiver: he/she reminds me it is time to awake up and how to dress myself*
- *Other*

3. With regard to the influence of the disease in other areas of life... Do you think schizophrenia has influenced any aspect of your sex life? Could you specify what this influence involves?

Possible answers:

- *Problems to have intimate relations because of schizophrenia's social stigma*
- *Lack of sexual desire as a result of the disease's symptoms or as one of the side effects of schizophrenia's treatment*
- *Any other sexual dysfunction: vaginism, anorgasmia...*
- *Problems arising from sexual abuses: we include this possibility even though we will not go deeply into it*
- *Other*

4. And with regard to your menstrual cycle, do you experience (or have experienced) any change since you have been diagnosed?

(According to previous knowledge, we expect to find a majority of affirmative answers).

Possible answers:

- *Missed periods/removal of period*
- *Menstrual pains*
- *Excess of vaginal discharge/vaginal dryness*
- *Other*

5. If the woman interviewed experiences or has experienced any alteration, the next question will be: Do you identify or have you identified any relationship between the phases of your menstrual cycle and alterations or changes in your symptoms or your mood?

6. Who do you trust to talk about these specific needs: sexuality and issues related to your menstruation?

(If the majority of woman interviewed indicates that caregivers/friends or other family members are the main confident, the m_ RESIST program may include suitable information about those issues on the website. If most of them rely on clinicians or other members of the healthcare staff, some of the applications such as alerts or the website should be focused on meeting these needs). Attention will be paid to identify the main profile (only one) as well as the need/problem.

THE ROLE PLAYED BY THE HEALTHCARE SYSTEM

1. How important is the healthcare system to meet those needs related to your sex life and your gynaecological problems?

(Spontaneous answers about both the most appreciated aspects of the attention received in these spheres and those which should be improved in order to provide better assistance). Only one answer will be recorded, regardless of whether they are positive or negative, spontaneously mentioned by the person interviewed or included in this list:

- *Lack of/Enough attention provided by clinicians*

- *Poor/Enough medical/psychological monitoring: related to sexual dysfunctions, the use of contraceptives and those problems related to menstruation beyond the clinicians' surgery*
- *Little/Enough trust placed in clinicians and assistance staff (nurses, social workers, monitors, and others) to talk about these issues*
- *Other*

2. What would the healthcare system need to meet these deficiencies?

(This question will be only if the person argues that there is any deficiency in the healthcare system in the previous question).

Possible answers:

- *To provide more specific information/attention about the impact of the disease on sexuality*
- *To offer better medical/psychological monitoring: related to sexual dysfunctions, contraceptive pills and gynaecological problems*
- *To make available more specific information/attention about the influence of the disease on menstruation and vice-versa*
- *Other*

RECEPTIVENESS TOWARDS m_HEALTH SOLUTIONS

1. Are you confident enough using technological devices such as Smartphones, computers or tablets? Do you have any of these devices at home?

(We want to know if the patient is technically challenged and if these devices are available for her. If she does not have any of these devices at home, but she is confident enough using them, We will explain these devices could be provided, so the rest of the conversation will be focused on this hypothetical situation)

2. Do you search for information about sexuality or any gynecological issues on websites? What specific information do you search for?

(We intend to know if the information searched is related to the influence of the disease in sexuality. Besides this, it is likely that those patients who are used to seeking information online will be more receptive to use the services provided by m_RESIST).

Possible answers:

- *Side effects of treatment on sexuality (e.g. inhibition)*
 - *Methods to increase your sex drive*
 - *The influence of the menopause on schizophrenia's symptoms*
 - *Other*
3. What do you think about the chance of having a website which compiles information as regards all these issues (sexuality, and gynaecological issues) specialized on patients suffering from schizophrenia? Which specific issues would you like to be included?

ATTITUDES TOWARDS m_RESIST' SERVICES

During the final part of the interview we will show photos to illustrate technology, to avoid wording that may be misunderstood. We will also avoid using the word “monitoring” since it may be scary.

1. What do you think about the chance of dealing with these issues with your mental health team (psychologists, psychiatrists, nurses, social workers) using a webcam, through an online visit?
(We will specify that online visits will not completely replace in-person visits)
2. In your opinion, How often these visits should take place and how long should they take be?
3. Now, please, have a look at the following smartwatches, which will be used if the m_RESIST is finally implemented. These devices can collect some information to help you maintain in good health (such as sleeping patterns, blood pressure, including the control of your menstrual cycles). The first watch has a similar operating to a Smartphone i.e. a lot of information and potential commands. The second one, is an intermediate situation, with limited interaction capabilities, i.e. the possibility to "control" the smart watch but in a simple way. The third watch is a "blind" smart watch, which not provide any possibility of interaction apart from switch it on/off. According to your way of life, Which one would be more suitable for you?
(Important question related to users friendliness)



4. Apart from this sort of information, these smartwatches can help you keep some control over certain habits related to your shape, such as physical activity and rest time, information which is spontaneously acquired (i.e. without the need to any interaction between the user and the watch). Do you find this service useful for you?
5. Do you think it could be useful to wear one of these smartwatches night and day?
6. Now, here you are different models of Smartphone. The m_RESIST program includes an application whereby users are able to receive alerts in the event of you forget to take your medication (including contraceptive pills) or as a visit reminder. What do you think about this possibility?



7. Do you think an alert when "it is time to take your contraceptive pills" or a database with information about your menstrual cycle could be suitable for you?
8. And what about an alert to remember you activities related to your daily routines and personal hygiene, e.g. an alert to remind you "it is time to have a shower" or "remember the importance of including fruits and vegetables in your diet" before lunch time?
- 9.
10. Would you like to receive an alert for anything else?
11. These specific alerts may be shared with other people or shown only to you. Who would you like to share your alerts with?



MEN

NEEDS PERCEIVED (PERSONAL CARE AND SEX LIFE)

1. With regard to those routine tasks focused on your personal care such as dressing, having a shower and preparing a meal. Do you usually are helped/supervised by anyone or can you do them by yourself?

(To know the patient' degree of autonomy, as well as the caregivers' workload. This answers are closely tied to the fist question provided in the focus group's questionnaire, aimed at creating two different profiles in patients: highly active patients and patients with low levels of activity)

We will identify the person interviewed as:

- *a highly independent patient: people who do not need to be supervised/ or helped to do them*
- *a patient with low levels of independence: patients who need any assistance or help to do these tasks, including those who just have to be reminded about when and how to do them*

2. Do you need to be reminded of them? Who remind you about these tasks (about when and how to do them)?

(We will record information about the person who remind as well as about the task reminded. According to our previous knowledge, we expect caregivers will be the most mentioned. Through this question we want to know which of these routine tasks are suitable to be done by patients using a m_ RESIST application.)

Possible answers:

- *Caregiver: he/she reminds me the time to have a shower and the way to do it*
- *Caregiver: he/she reminds me it is time to have a meal and how to cook*
- *Caregiver: he/she reminds me it is time to awake up and how to dress myself*
- *Other*

3. With regard to the influence of the disease in other spheres of your life... Do you think schizophrenia has influenced your sex life?

Possible answers:

- *Problems to have intimate relations because of schizophrenia's social stigma*
- *Lack of sexual desire as a result of the disease's symptoms or as one of the side effects of schizophrenia's treatment*
- *Any other sexual dysfunction: impotence, premature ejaculation, erectile dysfunction, among others*
- *Problems arising from sexual abuses: we include this possibility even though we will not go deeply into it*
- *Other*

4. Who do you trust to talk about these specific needs/problems?

(If the majority of men interviewed indicates that caregivers/friends o other family members are the main confident, the m_ RESIST program may include suitable information

[Mobile Therapeutic Attention for Patients with Treatment Resistant Schizophrenia](#)



about those issues on the website. If most of them rely on clinicians or other members of the healthcare staff, some of the applications such as alerts or the website should be focused on meeting these needs).

THE ROLE PLAYED BY THE HEALTHCARE SYSTEM

1. How important is the healthcare system to meet those needs related to your sex life? Could you identify strengths and deficiencies?
(Spontaneous answers about both the most appreciated aspects of the attention received in these spheres and those which should be improved in order to provide better assistance). Only one answer will be recorded, regardless of whether they are positive or negative, spontaneously mentioned or included in this list:

- Lack of/Enough attention provided by clinicians
- Poor/Enough medical/psychological monitoring: related to sexual dysfunctions beyond the clinician's surgery
- Little/Enough trust placed in clinicians and assistance staff (nurses, social workers, monitors, and others) to talk about these issues

2. What would the healthcare system need to do to meet these deficiencies?
(This question will be only if the person argues that there is any deficiency in the healthcare system in the previous question).

Possible answers:

- To provide more specific information/attention about the impact of the disease on sexuality
- To offer better medical/psychological monitoring: related to sexual dysfunctions
- Other

RECEPTIVENESS TOWARDS m_HEALTH SOLUTIONS

1. Are you confident enough using technological devices such as Smartphones, computers or tablets? Do you have any of these devices at home?

(We want to know if the patient is technically challenged and if these devices are available for her. If she does not have any of these devices, but she is confident enough using them, We will explain these devices could be provided, so the rest of the conversation will be focused on this hypothetical situation)

2. Do you search for information about sexuality on websites? What specific information do you search for?
(We intend to know if the information searched is related to the influence of the disease in sexuality. Besides this, it is likely that those patients who are used to seeking information online will be more receptive to use the services provided by m_RESIST).

Possible answers:

- Side effects of treatment on sexuality (e.g. inhibition)
- Methods to increase your sex drive
- Other

3. What do you think about the chance of having a website which compiles information as regards sexuality, specialized on patients suffering from schizophrenia? Which specific issues would you like to be included?

Suggestions for the website's design. Possible answers:

- Contraceptives methods
- Sexually transmitted diseases
- Other

ATTITUDES TOWARDS m_RESIST' SERVICES

1. What do you think about the chance of dealing with these issues with your mental health team (psychologists, psychiatrists, nurses, social workers) using a webcam, through an online visit?
(We will specify that online visits will not completely replace in-person visits)
2. In your opinion, How often these visits should take place and how long should they take be?
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5. Apart from this sort of information, these smartwatches can help you keep some control over certain habits related to your shape, such as physical activity and rest time, information which is spontaneously acquired (i.e. without the need to any interaction between the user and the watch). Do you find this service useful for you?
6. Do you think it could be useful to wear one of these smartwatches night and day?
7. And what about an alert to remember you activities related to your daily routines and personal hygiene, e.g. an alert to remind you “It is time to awake up”, “do not forget to have a shower”?
8. Would you like to receive an alert for anything else?
9. These specific alerts may be shared with other people or shown only to you. Who would you like to share your alerts with?

