

Stage one

Interview instructions

Instructions

What

A guided interview diagram encourages discussion about participant's performance. The visual representation of participant's adherence allows you both to see when they took their medication and discuss why they missed taking it on certain occasions.

The guidance starts by reviewing the participants self-reported adherence results. Combining the adherence results with a chart of "easy to do/hard to do" will give you an understanding of their medication-taking regime and the barriers they encountered. For the experimental group, comments they made about when and why it was hard to remember or take their medication can help to inform improvements to the intervention design.

How

Interviews should be conducted within 3 days of the study stage completing so that the experience is still fresh in the participants minds. The interview should take 40 minutes.

Read through the instructions before attending the interview.

A copy of the [guidance document](#) should be printed single-sided on A4 paper and brought to each interview session. Each page represents a topic of interest that guides the conversation.

Post interview, the notes should be added to the results logging spreadsheet.

Interview guide

instructions

template

[Download the Interview guide](#)

Interview guide		
Page	Topic	How to, questions and purpose
1	Adherence results	<p>How: Mark the occasions they have submitted in the post-study survey on the chart before the interview.</p> <p>Questions: Look over and discuss the adherence results. Ask the interviewee to talk about occasions when they missed their pill.</p> <p>Purpose: Find out if there were any barriers that the intervention can be designed to reduce.</p>
2	How easy was it to take the medication	<p>How: Ask the interviewee to confirm how difficult it was to take their pill for each day and occasion. Use a 'M' and 'E' to differentiate between morning and evening. It is preferable to use two different coloured pens so that you can analyse the results quickly.</p> <p>Questions: Ask the participants to explain why certain occasions were more difficult.</p> <p>Purpose: Find out if there were any barriers that the intervention can be designed to reduce</p>

3	Occasions where it was difficult to remember to take the medication.	<p>Questions: Ask the interviewee if there were any standout or generalisable occasions they found it difficult to remember to take their medication.</p> <p>Purpose: Find out if there were any ways the timeliness of the intervention could be improved.</p>
4	Taking the medication out of the scheduled time.	<p>Purpose: Find out if they took the medication as prescribed; the right dosage at the right times as although they may have completed the course, they may have taken the pill 4 hours late which would mean that they were not truly adherent.</p>
5	Frequency in having difficulty remembering to take medicine.	<p>Purpose: Find out how useful the reminder was for the intervention group e.g. did it help them? And would they have been adherent without it?</p> <p>Find out how effective their own method was for the non-intervention group, and if the reminder intervention would have been useful for them.</p>
6	Timings and triggers	<p>Questions: Ask the participant to talk about the methods they used to remember to take their medication. Were there any outside triggers? E.g. arriving somewhere? Doing something? How did the time they were scheduled to take their medication affect their ability to do so? Ask the intervention group how effective they found the timing of the trigger.</p> <p>Purpose: Discover how the timeliness of the reminder can be improved for the intervention group. Learn what difficulties the intervention could address for the non-intervention group.</p>
7	Ability	<p>Questions: Ask the interviewee if any factors affected their ability to take their medication.</p> <p>Purpose: Delivering a trigger at a time when someone has the ability to perform the action has a higher chance of affecting his or her behaviour. Finding out what blockers there are to someone's ability can help to refine the timing of its delivery.</p>