Appendix 1: Additional interview extracts to support themes presented

|  |  |
| --- | --- |
| **Theme** | **Interview extract** |
| Developing confidence in understanding and responding to psychosis | I also felt like I learned a lot. Especially about the reasons why psychosis could’ve happened. I find personally, if you Google stuff… it’s terrifying. Anything like that, with any disease, is just terrifying. Whereas if you go to the source like the HSE [Health Service Executive], that’s all they’re dealing with. So it just gives a bit of perspective and you know you don’t get like bombed with news or with things that you’re like ‘oh my god’. Whereas with this [PERCEPTION], it’s just much more of a controlled environment. So it kind of points you towards the right direction for sources, which I think is very important |
| Navigating the small challenges of a broadly acceptable and desirable intervention | There’s no contact with other people from the intervention [after PERCEPTION], and I was wondering because it does say somewhere that it can be good to keep in touch with other carers, but I don’t know how one does that or does one need to do it, but at the time yeah very helpful. Just to see other people in the same boat as us. I feel terribly sorry for them, but it does help. We’re not just alone you know. |
| Timely support enriches the intervention's meaning | It [PERCEPTION] certainly provided support and advice that we needed at that time and gave us the confidence to try things, you know, like going back into college, seeing how he [participant’s family member with experience of psychosis] is able to cope and subsequently he coped very well. |
| Dealing with the realities of caregiver burden | I think I need therapy myself. So it [PERCEPTION] helped me to think that I actually do need help myself. Even though I’m the one that is not struggling. But at the same time, I think it made me feel you know it’s okay to not be okay you know. So it put me in the mind set to be able to look for help beyond X [Early Intervention in Psychosis Service] and for myself as well. |