***Using “IF-Then plans” to help people avoid self-harming: Qualitative study to assess acceptability of a psychological intervention***

**Interview topic guide\***

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| **Attitudes towards making IF-THEN plans**  |
| * How did you feel about taking part in the intervention?
	+ What were the positive aspects of making IF-THEN plans to help you reduce self-harm?
	+ Were there any challenges with making IF-THEN plans?
	+ Is action planning something you find helpful? Have you tried action planning previously?
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| **Burden of making IF-THEN plans**  |
| * How much effort was required to make your IF-THEN plans?
	+ How were they incorporated into your daily routine, if at all?
		- Could you provide an example of how you did this?
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| **Ethicality of making IF-THEN plans** |
| * How much was forming IF-THEN plans a good fit with your personal values? How do you feel about making IF-THEN plans generally?
	+ Probe good fit versus challenging to align them with personal values
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| **Intervention coherence**  |
| * To what extent do you understand IF-THEN plans and how they work?
	+ What aspects were clear? Were there any parts that were unclear? Could you suggest any improvements to the intervention?
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| **Opportunity costs**  |
| * To what extent did you give up any benefits, profits or values to make your IF-THEN plans, and to engage in these plans?
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| **Perceived effectiveness** |
| * How confident were you / are you that your IF-THEN plans are likely to support you and other people in helping to reduce repeat self-harm?
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| **Self-efficacy**  |
| * How confident were you about making your IF-THEN plans to support you in reducing repeat self-harm?
* How confident are you about maintaining your IF-THEN plans?
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\*Topic guide will be developed/modified iteratively depending on participants’ responses to the questionnaire