Supplemental material

Topic guide for interviews with mothers

1. Introducing the interview and consenting process
   - Researcher introduces self
   - Explain/reiterate: confidentiality, length of interview, nature of discussion, withdraw at any time, fine to take breaks
   - Any questions
   - Obtain consent
   - Start recording

2. Finding out about the child and family
   - Exemplar opening scripts: “To start off, please could you tell me a little bit about [name of child]”; “... and the rest of your family?...”
   - Probes:
     o child’s favourite activities; nursery/school; personality
     o siblings and ages; family composition
     o name of health condition
     o history of diagnosis

3. Their own health
   - Exemplar opening script: “And now, please could you tell me a bit about your own health?...”
   - Probes:
     o Concerns over their psychological health
     o Any physical health conditions
     o Use of medications
     o Factor they feel affect their health both protective and not, e.g. social support, family
     o When did you last see your GP about your health?

4. Follow-up questions on target topic areas:
   - Views on how easy it is to access healthcare for themselves
   - Views on how health has changed over time and in relation to their child’s illness
   - Views on which services should help them look after their own health
     
     Views on how these services could do that e.g. flexible options, remote consultations, opening hours etc

5. Close:
   - Express thanks and note moving towards end of interview
   - Ask if anything else they would like to add
   - Remind re confidentiality, next steps in research and when findings will be ready
• Check if any questions
• Arrange follow-up contact
• Reiterate appreciation for time and sharing their story.