**T3 Interview Guide**

*Goal for the interview: to discuss barriers and facilitators of the projects that the participant scored on project pursuit on the T3 questionnaire. This interview will discuss barriers and facilitators for three to six projects. The selection of projects will depend on the information that emerges in each interview, as well as from the previous interviews. The researcher will aim to discuss projects pursued at different levels. For example, the researcher will try to choose projects across a range of pursuit scores – to discuss some that the participant pursued “as much as they could”, some that the participant pursued “to some extent” and some that the participant pursued “a little bit” or “not at all”. This will depend on the range of scores for each participant. In addition, if project pursuit scores changed by more than +/-2 points between T2 and T3, the researcher will try to discuss barriers and facilitators to those projects. Questions relevant to the selected projects will be asked.*

**Introductory script**

I will be taking handwritten notes during our interview, and I would also like to audio record this interview, to make sure I don’t miss anything you say – I can’t write as fast as people speak. Do I have your permission to record? (*Wait for yes or no.)*

*( If yes:)* I’ll let you know when I turn the recorder on, and you are in charge of the recorder. If you want to turn it off at any time, you can. This is how you do it. (*Turn it on.)*

*(If no:)* That’s OK. I will just take handwritten notes.

Today we will be discussing the pursuit of your personal projects over the past <three/four> months, and the things that helped you pursue your projects, and the things that made it difficult for you to pursue your projects. This study is about your projects and your thoughts and feelings about them. There are no wrong or right answers; all feelings and thoughts are natural and normal.

You do not have to answer any questions that you do not want to answer, and you can stop the interview at any time.

Any information you share that can identify yourself or someone else will be removed in the written transcripts of our interview, so it will capture your thoughts or feelings but not the identity of yourself or anyone else.

The interview should take about 45 minutes. Let me know if you need to leave by a certain time.

Are you ready to begin?

*(Headings in bold will not be spoken aloud.)*

***Introductory statement***

Let’s look at your important projects. We won’t look at all of them, but I’d like to look at some projects that you pursued a lot, some that you pursued a bit, and some that you didn’t pursue. I’d like to hear from you what factors helped you to pursue them or what factors made it difficult for you so you couldn’t pursue them as much as you wanted. You can think of factors broadly as things or feelings or thoughts. For example, there may have been physical factors: maybe you had less energy than you expected. There may have been emotional factors: the project made you happy, so you wanted to work on it more. Factors may be external: for example, Peter gave me a lot of help for the project, or spending a lot of time in chemotherapy didn’t leave me enough time for the project; or factors may be internal: for example, I was motivated to work on the project, so I did, or I was too stressed to think about working on the project. A factor might be the pursuit of other projects. For example, maybe you had two projects: to exercise every morning and to listen to music every morning. But then you found you couldn’t do both, and exercising every morning was your priority, so by pursuing your exercise project, you weren’t able to pursue your music project. Or maybe you decided to listen to music while you exercised, so that by pursuing your exercise project, it also helped you to pursue your music project. I am interested in whatever you feel helped you or prevented you from pursuing your projects.

**PROJECTS BASED ON PROJECT PURSUIT SCORES AT T3**

1. **Projects pursued to a high extent, if applicable**

**Did participant pursue a project as hoped for**

Thinking about the last three to four months, have you been able to spend the time and energy that you hoped to spend on the project <*fill in with project>*?

*If the participant responds neutrally or positively, start with the facilitators. If the participant responds negatively, start with the barriers.*

**Identification of facilitators for each important project**

From your perspective, what (*add <if anything> if asked after barriers questions)* helped you to work on this project over the past three to four months?

**How facilitators helped (if not already stated)**

How did that help you to pursue the project?

**Specific facilitators**

*Prompt, if not already discussed and if appropriate to the project:*

Did you feel that pursuing any of your other projects helped you to pursue this project? How?

Did participating in Head Start help you to pursue this project? How?

*If participant answered ‘yes’ to question about receiving complementary therapy on T2 or T3 questionnaire:* You mentioned on the <T2/T3> questionnaire that you were receiving complementary therapy. What therapies were/are you receiving? Did these therapies help you to pursue this project? How?

**Identification of barriers to each important project**

From your perspective, what (*add <if anything> if asked after facilitators questions)* made it difficult for you to work on this project over the past three to four months?

**How barriers hindered (if not already stated)**

How did that make it difficult for you to pursue the project?

**Specific barriers**

*Prompt, if not already discussed and if appropriate to the project:*

Did you feel that pursuing any of your other projects made it difficult for you to pursue this project? How?

Did you experience any side effects from cancer? *If no -* Often people with breast cancer have physical side effects such as fatigue, pain, nausea, et cetera that come from the cancer or from treatment. Did you experience any side effects that hindered your pursuit of projects? How?

*(If applicable:)* You mentioned on the <T2/T3> questionnaire that you were receiving cancer treatment. Besides the side effects, did the treatment make it difficult for you to pursue this project? How?

Did participating in Head Start make it difficult for you to pursue this project? How?

*(If applicable:)* You mentioned on the <T2/T3> questionnaire that you were receiving complementary therapy. Did these therapies make it difficult for you to pursue this project? How?

1. **Repeat with projects pursued to some extent, if applicable.**
2. **Repeat with projects pursued to no extent, if applicable.**

**PROJECTS WITH DIFFERENT PURSUIT SCORES AT T2 AND T3, IF APPLICABLE**

1. **Start with projects that decreased by more than 2 points.**

I noticed that for this project, <*fill in with project>*, you circled < to some extent / quite a lot / as much as I could*>* when asked about project pursuit last time we met, and this time, you circled <not at all / a little bit / to some extent*>* Did you feel that your pursuit of this project changed between T2 and T3?

**Identification of new barriers**

From your perspective, what was the change that made it harder to pursue the project?

1. **Repeat with projects where the project pursuit scores increased by 2 or more points between T2 and T3, if applicable.**

I noticed that for this project, <*fill in with project>*, you circled <not at all / a little bit / to some extent*>* when asked about project pursuit last time we met, and this time, you circled <to some extent / quite a lot / as much as I could.*>* Did you feel that your pursuit of this project changed between T2 and T3?

**Identification of new facilitators**

From your perspective, what was the change that made it easier for you to work on this project?

1. **Overall feelings**

How do you feel generally about how much you’ve been able to pursue your projects?

Those are all of my questions. Is there anything else that you wish I had asked you?

Thank you very much for taking the time to talk to me today. This concludes our interview.