# Interview guide

**Study title:** Exploring adolescents’ and young adults’ experiences of seeking information about chronic pain using the internet and social media: a qualitative interview study

1. Can you tell me a bit about your experience of persistent/ chronic pain?
   * What type of chronic pain have you experienced?
   * How old were you when you first started getting pain?
   * Can you tell me about what it was like when it first started?
   * Can you tell me about what it has been like more recently?
   * How does pain affect your school/ work/ university life?
   * How does pain affect your physical abilities?
   * How does pain affect your mood and emotions?
   * How does pain affect your social life?
2. Can you tell me about any advice from doctors, nurses, psychologists, or physiotherapists that you have had about your pain? 
   * Can you tell me about advice you have had for your pain from any other alternative therapists or specialists?
   * Can you tell me about your experience of treatments for pain?
   * In the past, when you have been trying to find out how to deal with pain, who or where have you turned to first?
   * Can you tell me about advice you have had about it from your friends and family?
3. What kinds of things do you do **yourself** to cope with persistent/ chronic pain/ your pain condition? (medication/ exercise/ relaxation/ mindfulness)
   * What has that been like?
   * Have you used any online resources to help you cope with pain by yourself? (websites/apps/media channels)
   * Have you had any problems with the coping strategies you have used to help manage your pain?
   * If so, how do you overcome these problems?
4. Can you tell me [more] about any internet resources you have used to find information about persistent/ chronic pain/ your pain condition? 
   * What are you hoping to find when you search the internet?
   * What are some of the things you have typed into a search to find out about pain?
   * What things do you think about when you are looking for information about pain online?
   * Can you tell me about any experiences you have had of using the NHS website to find out about pain?
   * Have you used any other similar health advice websites (e.g. Healthline) to find out about pain, and what was this experience like?
   * Can you tell me about any experiences you have had of looking for information about pain on social media (Facebook/ YouTube/ Instagram)?
   * How has your use of internet resources and/or social media changed from when you were first diagnosed/ first started getting pain, compared to more recently?
   * Which internet resources have you found the most helpful, and why?
   * Which internet resources have you found were unhelpful, and why?
5. Thinking about online resources, is there anything else you think would be helpful, or would have been helpful in the past, for managing persistent/ chronic pain/ your pain condition?