# 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?[ ]