**Transcription - Participant with ID (Participant 4)**

Duration: 17 minutes 51 seconds

**Interviewer**: At the start, why did you take part in the PETAL study?

**Participant with ID**: So, I take it because I have problems with my anger issues and wanted to change my anger issues.

**Interviewer**: Okay, do you remember receiving a document about the study with information about the study at the start?

**Participant with ID**: Yes.

**Interviewer**: Uhm and did you find the document helpful or clear?

**Participant with ID**: Helpful.

**Interviewer**: And what did you think about the document when you read the document?  
  
**Participant with ID**: It was good, amazing, I liked them.

**Interviewer**: You liked it?

**Participant with ID:** Yes.

**Interviewer**: Okay, and can I just ask you more questions about the PETAL therapy? How did the PETAL therapy with [Therapist 1] help you?

**Participant with ID**: They helped me a lot. I’m calmer a lot, I`m not angry, not arguing now, cleaning up and basically, I calm right away, feeling calm, very calm.  
  
**Interviewer**: Okay, and did you enjoy the meetings with [Therapist 1]?

**Participant with ID**: Yes, was good.

**Interviewer**: And what was it like to talk to [Therapist 1]?

[Carer 6 in the background: Yes, it was okay, it was helpful.]

**Participant with ID**: Yes, it was okay, and it was amazing, and fabulous and things so yeah, it was okay.

[Carer 6 in the background: It was okay.]

**Participant with ID:** I say it was okay,did I tell you this?

**Interviewer**: And was it helpful to have the sessions, the therapy with your mum, to go there together?

**Participant with ID:** Yes. She has stress already, oh my god, and so, yeah, she has stress on herself a lot and so that means we shouldn’t argue.

**Interviewer**: Okay, so you are saying you argue less now?

**Participant with ID**: No, I say my mother just argue, me and my mother argue sometimes and now a little.

**Interviewer**: Okay, and do you think that your mum gave you enough support during the therapy sessions?

**Participant with ID**: Uhum, yes.

**Interviewer**: And did you come up with any plan together in the therapy?

**Participant with ID**: Well, I want to change my anger issues, and want to stay calm and quiet and stop arguing and stop damaging the walls.

**Interviewer**: Okay, and do you think that the therapy talked enough about this issue with you?

**Participant with ID**: Yes.

**Interviewer**: Have you noticed any changes since you finished the therapy?

**Participant with ID**: No.

**Interviewer**: So…

[Carer 6 from the background: Changed a lot because the things what you used to do you don’t do.]

**Participant with ID**: Oh yeah, I changed a lot. I changed a lot because the things I used to do I don’t those things. I changed a lot.

[Carer 6 from the background: She used to do, you don’t do, normal.]

**Interviewer**: And what kind of changes did you notice in your behaviour? What did you used to do and you don’t do now?

**Participant with ID**: I used to curse, I used to break my [inaudible] I used to damage walls and things, but I calmed down and I changed.

**Interviewer**: Okay, and do you remember any particular activity during the therapy that you liked?

**Participant with ID**: I liked everything.

**Interviewer**: Okay, and what do you remember from the therapy, what do you think helped you to change your behaviour?

**Participant with ID**: I can’t remember. Uhm, how I talk to people, and how I am reacting.

**Interviewer**: Okay, and do you remember the workbook you got during the therapy, where you could write things?

**Participant with ID**: Uhum.

**Interviewer**: And what did you think about the workbook?

**Participant with ID**: It was good, I liked the workbook.

**Interviewer**: And did you use the workbook since the therapy?

**Participant with ID**: Yeah, I use it.

**Interviewer**: Uhum.

**Participant with ID**: Yeah.

**Interviewer**: And what did you find helpful about having the workbook?

**Participant with ID**: It helped to change the stuff I used to do, like damage walls things around the place and set my mind on things to do and set my mind on more stuff. And my anger issue, I don’t have no anger issues no more, I`m completely calm right now (smiles), so, I like to do stuff like my other friends do, cooking and nails.

**Interviewer**: Okay, that’s nice to hear. So you started doing more things that are calming you down?

**Participant with ID**: Uhum.

**Interviewer**: Uhm, and do you remember the home practice tasks?

**Participant with ID**: Yes.

**Interviewer**: Did you do the home practice tasks between the sessions?

**Participant with ID**: Uhm, yes. They were nice.

**Interviewer**: Did you find it easy to do the home practice tasks?

**Participant with ID**: Yes, they were easy to do.

**Interviewer**: Uhum, and what was easy about them?

**Participant with ID**: It was easy about that who I want to do like sports with but also I picked tennis. And I picked up nails and I like to pet cats and do nails and stuff.

**Interviewer**: Uhum.

**Participant with ID**: Uhum, I`m calm.

**Interviewer**: Okay, that’s nice to hear that you started doing tennis and nails. And do you think you would start using the workbook again for example to remind yourself about the sessions?

**Participant with ID**: Yes.

**Interviewer**: Was there anything you did not like about the PETAL therapy?

[Carer 6 at the background: No.]

**Participant with ID**: No.

**Interviewer**: And can you remember any session that you found maybe confusing, or that wasn’t clear to you?

**Participant with ID:** No, nothing was confusing. Just I learnt the stuff that how I do it. [Therapist 1] was nice, he asked me how I just feel, if I feel angry, uhm, happy and stuff so. The book, I liked the book, and we did pages from the book so only the feelings that I have and the things that I have and so if I’m in a good mood I`m in a good mood now, in a good mood, I don’t feel sad, when I`m happy I don’t feel, I’m smiling.

**Interviewer**: Okay, so that’s good to hear. It seems like you and [Therapist 1] got along really well.

**Participant with ID:** Uhum, yes, was nice.

**Interviewer**: And was there anything in the PETAL therapy that you didn’t find helpful, or that you already knew before?

[Carer 6 shouting to someone else in the background.]

**Participant with ID:** I knew before.

**Interviewer**: Yes, so anything that you didn’t find helpful?

**Participant with ID:** Was helpful, very helpful.

**Interviewer**: And did you ever have any difficulties to come to the sessions?

**Participant with ID:** Repeat again.

**Interviewer**: Did you ever find it difficult to come to the session?

[Carer 6 at the background: No.]

**Participant with ID: No.**

**Interviewer**: And can you think of how your support now after the therapy could get better?

**Participant with ID:** Well, when I`m in my room, I`m calm when I more alert be at respite that cannot be at all I don’t have no [inaudible] than before I like stay in my room relax upstairs, in my room watching TV and relax and.

**Interviewer**: So you like staying in your room and watching TV to relax?

[Carer 6 at the background: She [inaudible]

**Participant with ID**: Sometimes watching home, and watch TV and relax.

**Interviewer**: And is there anything else that you…

[Carer 6 and Participant with ID talk, inaudible]

**Participant with ID: I understand.**

**Interviewer**: Sorry, I couldn’t hear you very well.

**Participant with ID: Okay. Repeat it again.**

**Interviewer**: Is there anything that for example was not talked about in the therapy and that you would like to be for example in the therapy?

**Participant with ID:** Everything was talked about everything, yeah.

**Interviewer**: Can you think of any behaviours, or any activities that you would like to do during the therapy like this?

**Participant with ID:** My behaviour, my behaviour come very excellent.

**Interviewer**: Uhum, that`s good to hear, so it seems like the therapy helped a lot.

**Participant with ID:** Yeah, it let me stay calm, I go out and provoke me so I let him stay in my room, very calm and quiet.

**Interviewer**: And does it make you feel better, do you think you feel better since you did the therapy?

**Participant with ID:** Yes, I feel much better.

**Interviewer**: Uhm, is there anything else that you remember about the therapy that you would like to talk about?

**Participant with ID:** Ah, there is you know an exercise to make you calm, stretch your arms, and wiggle your toes, and move your shoulders, my legs.

**Interviewer**: You like that?

**Participant with ID:** Yes, yes, it keeps you calm and very relaxed.

**Interviewer**: Oh, that`s nice to hear. Was it the mindfulness task?

**Participant with ID:** Yes.

[Carer 6 from the background: And when she gets angry sometimes, for what she should do is go downstairs, trying to do, walk a bit and doing and cool off herself.]

**Participant with ID:** And I go outside and cool off.

**Interviewer**: Sorry, can you repeat?

**Participant with ID:** When I get angry sometimes, I go outside and cool off instead.

**Interviewer**: So you walk?

**Participant with ID:** No, I say when I get angry sometimes, I just go outside and walk.

**Interviewer**: Okay, that`s nice, so the fresh air and the walking helps you.

**Participant with ID:** Yes.

**Interviewer**: That`s also nice to hear. Was it one of the healthy habits that you wrote down during the therapy?

**Participant with ID:** Uhm, yes.

**Interviewer**: And were there any other things that you can think of that helped you?

**Participant with ID:** I have a friend, I have a boyfriend, he is so nice, he come and all day and buys me like the same food, he just calm me down but he don’t stress me out. When he stressed, I go outside.

**Interviewer**: Uhum, so your boyfriend helps you to stay calm but also sometimes it can be stressful?

**Participant with ID:** Uhum, yes, he treats me nice and stuff.

**Interviewer**: Oh, that’s very nice to hear, it`s always good to have supporting people around.

**Participant with ID:** Yeah.

**Interviewer**: Did you talk to him about the therapy?

**Participant with ID:** I told him he needs to see a counsellor about his anger issues, I showed him the book and told him he needs to see someone work on his anger issues and he tell me he thinks about it. What he got to do I`m more than happy to find someone who will help him change the anger issues because he has anger issues just like me, he does get angry sometimes and he does swear.

**Interviewer**: Yeah, so you told him about the PETAL therapy as well and showed him the workbook.

**Participant with ID:** Yeah, I showed him the book, yes, and I tell him he needs to go this uhm, go to this clinic, to this person to change his anger issues.

**Interviewer**: Uhum, that’s good that you talked together.

**Participant with ID:** Uhum, yeah, we talked.

**Interviewer**: And is there anything else that you think was good to do or to think about?

**Participant with ID:** It was good to do, uhm, yeah, was good to do.

**Interviewer**: Uhum, that’s good to hear, I`m really glad to hear that you thought it was helpful and that you found the therapy kind of nice to attend. And did you think there were too many sessions, or that it was too short, or did you think it was a good length?

**Participant with ID:** It was good, I liked it, was good. Is not, it wasn’t too short, it was just right.

**Interviewer**: Yeah, so you found it was a good number of sessions?

**Participant with ID:** Yes.

**Interviewer**: And did you feel like you had enough space to talk and ask questions during the therapy?

**Participant with ID:** Yes, yes.

**Interviewer**: Okay, uhm, alright. I think I asked all the questions so far that I wanted to ask you about the PETAL therapy. Is there anything you would, any other feedback you would like to give us or anything else?

**Participant with ID:** I like to say thank you for changing my anger issues, the way I used to be, and damaging the walls and stuff.

**Interviewer**: I`m really glad to hear that you seem really happy and that the therapy helped you a lot and your mum as well it seems.

**Participant with ID:** Yes.

**Interviewer:** Okay, well, I will stop the recording.