**Transcription – Carer 1 (family)**

Duration: 20 minutes, 1 second

**Interviewer**: I’ve started the audio recording now. I would just like to ask you why did you take part in the PETAL study? Why were you interested in the PETAL study?

**Carer 1:** Well, I was referred to you to make things better for (Participant 1).

**Interviewer**: Alright and what were your expectations for the PETAL therapy and the study?

**Carer 1:** That when she goes to this therapy everything will be fine with (Participant 1).

**Interviewer**: I’ll just ask you a few questions about the study part, the research study, and then I’ll ask you about the therapy itself. At the start of the study, I contacted you and I don’t know if you remember I sent you information sheets with some information about the study.

**Carer 1:** Yes.

**Interviewer**: Did you find this document helpful or what did you think about the information sheet?

**Carer 1:** It was helpful.

**Interviewer**: And afterwards I called you a few times, we had the video call, and I asked you multiple questions for different questionnaires.

**Carer 1:** Yes.

**Interviewer**: How did you find this part?

**Carer 1:** Very interesting.

**Interviewer**: Umm, and how did you find the questions themselves? Were some of them hard to answer or were they quite straightforward?

**Carer 1:** Some of them were straightforward.

**Interviewer**: Umm, and was the questionnaire part of the study, was it manageable to you? Did you think it was either too long or difficult to answer or did you find it easy?

**Carer 1:** It was fine.

**Interviewer**: Alright. And do you have any things that you noticed about that part that you would like to talk about?

**Carer 1:** Umm, not at the moment.

**Interviewer**: Alright, if you think about anything we can always get back to it.

**Carer 1:** Yeah.

**Interviewer**: And in terms of the PETAL therapy that you did with (Participant 1), did you find the therapy helpful?

**Carer 1:** Yes.

**Interviewer**: And what was your experience of getting the therapy, what kind of things did you find most helpful?

**Carer 1:** Like for instance how to deal with anger issues, how to go about certain things like instead of holding in the anger you need to talk out.

**Interviewer**: Uh huh, yeah that’s quite helpful. So mostly about how to handle anger in conflicting situations?

**Carer 1:** Yes.

**Interviewer**: and were there any other parts that you found interesting or any activities?

**Carer 1:** Your mood. How to control your mood, what to do about your mood when you’re in certain moods.

**Interviewer**: Uh huh. And did you notice any changes, in for example (Participant 1) behaviour since she was part of the therapy?

**Carer 1:** Yeah, right now like she laughs a lot, she’s meeting new people and stuff like that.

**Interviewer**: Alright. And what about her aggressive behaviour, did you notice any changes, for example it would be less frequent, it would be happening less often?

**Carer 1:** It used to happen often but it’s reduced a lot.

**Interviewer**: Uh huh. Oh, that’s good to hear. And how did you find the sessions in terms of learning how to respond to aggressive challenging behaviour that (Participant 1) shows? What did you find most helpful to learn?

**Carer 1:** How to cope with her mood swings, how to cope with her attitude, what to say and what to do and what not to say and what not to do.

**Interviewer**: That sounds quite helpful. And did you notice any changes in your own behaviour in terms of do you think that now you respond differently to some of her behaviours as a result of the therapy and what you talked about with the therapist?

**Carer 1:** Yes.

**Interviewer**: And what kind of things did you notice about yourself?

**Carer 1:** Well sometimes I would like, when she did certain things, I would like go to her and say certain things but now I would, what I do is if you don’t talk often, talk to her more often and try help her to cope and understand her situation.

**Interviewer**: Yeah, so you don’t say certain things that you used to say to her, is that right?

**Carer 1:** Exactly.

**Interviewer**: And you also try to look for what’s, understanding behind the behaviour.

**Carer 1:** Yes.

**Interviewer**: Do you remember during the therapy you received kind of like a workbook to fill out or to remember what was talked about in the therapy. Did you find it helpful?

**Carer 1:** Yes, very helpful, very helpful. Sometimes, she still goes through it.

**Interviewer**: Sometimes sorry what?

**Carer 1:** Sometimes she goes through it, I went through it yesterday.

**Interviewer**: Oh, okay so you went through it again.

**Carer 1:** Yes yesterday.

**Interviewer**: Alright, that nice to see you’re still finding things to kind of remind yourself of the therapy and being able to read again.

**Carer 1:** Yes.

**Interviewer**: And were you able to do the home tasks, the practice tasks in between the sessions?

**Carer 1:** Yes.

**Interviewer**: And were there any difficulties in completing the home practice tasks in between each session?

**Carer 1:** No, not in mine.

**Interviewer**: Ok, and do you think you would find using the workbook helpful in the future?

**Carer 1:** Yes.

**Interviewer**: And in terms of the sessions, did you find the sessions easy to follow? For example, were they too long or too short? Did you have enough space to talk?

**Carer 1:** Easy to follow.

**Interviewer**: Easy to follow, okay, that’s good to hear. And what about in general the PETAL therapy as a whole, did you find it too long or too short or did you find it quite a good length?

**Carer 1:** It was fine, quite interesting.

**Interviewer**: Okay that’s good to hear, I’m glad you had such a positive experience.

**Carer 1:** Yes.

**Interviewer**: And in terms of the behaviour, do you think you had space for example to talk about the issues that concerned you the most about (Participant 1)`s behaviour during the therapy with the therapist? Did you have enough space?

**Carer 1:** Yes.

**Interviewer**: And did you also have enough space to talk about all of the concerns you had during the therapy?

**Carer 1:** Yes.

**Interviewer**: And if you can remember, maybe you can think of a specific session or different sessions, was there anything that made the session particularly easier or harder to attend or to follow?

**Carer 1:** No, it was just fine.

**Interviewer**: Alright, and did you miss any of the sessions?

**Carer 1:** Yeah, I did.

**Interviewer**: And do you remember the reason…

**Carer 1:** The last one.

**Interviewer**: Okay, do you remember the reason why you missed the session?

**Carer 1:** I wasn’t feeling well.

**Interviewer**: Okay. Did you have the possibility of doing the session again?

**Carer 1:** I wish I could.

**Interviewer**: Okay, and was there anything that happened during the sessions that you found, or you talked about that you thought wasn’t very useful for you or your situation?

**Carer 1:** For me, it was all useful.

**Interviewer**: Okay that’s good to hear. and was there anything that you talked about in the session, but you already knew about it before?

**Carer 1:** Umm, not that I know of.

**Interviewer**: Okay it does sound like the sessions were quite a good fit for you and (Participant 1).

**Carer 1:** Yes. We enjoyed it actually, we had fun.

**Interviewer**: OK that’s good, so you found them quite positive and fun.

**Carer 1:** Yes.

**Interviewer**: And umm can you think of any examples or factors that you can think of that can make the PETAL therapy a little bit better, or anything that you would find helpful to talk about but there wasn’t much space?

**Carer 1:** For me there was enough space, and everything was talked about, nothing was left out.

**Interviewer**: OK and was there anything that you can think about that would make the PETAL therapy better?

**Carer 1:** Umm, not at the moment.

**Interviewer**: And in terms of the therapist, did you find the therapist a good fit for you?

**Carer 1:** Yes.

**Interviewer**: OK and now kind of just like an open-ended question, if you were to talk about your experience with the PETAL therapy what were the most useful things and the least helpful things for you?

**Carer 1:** Well, everything was helpful, nothing was less helpful, but everything was helpful because when we used to go home, we used to talk about certain things and sometimes she would say certain things and I would tell her that it’s not the way and stuff like that, so I would say it helped us a lot.

**Interviewer**: Alright, in term of your communication with (Participant 1)?

**Carer 1:** Yes.

**Interviewer**: Alright that’s good to hear. And were there any particular topics or particular activities that you found helpful?

**Carer 1:** Well for instance, how we talked and how to be with her mood swings. Certain things like house chores or whatnot, if she doesn’t want to do it I don’t force her. I would tell her okay when she’s ready.

**Interviewer**: OK right, kind of like improved how you both communicate and deal with the different…

**Carer 1:** Yes.

**Interviewer**: OK and in terms of the mood swings, did you notice changes in either how often the mood swings happen, or did you notice any changes in what you do or how what you do now is different or useful?

**Carer 1:** Yes. Yes, I change a lot of things like how I talk to her when she’s in her mood, if I ask her to do dishes in her mood, I would leave her alone I would tell her when she’s ready she can do it. Sometimes certain things will bother her and then I will ask her what’s wrong, I will talk, just like communicating and trying to let her understand.

**Interviewer**: That’s good to hear. And what about yourself – I remember there was a session about carer wellbeing and kind of introducing, talking about stress and stuff like that. Did you find that helpful, or did you notice any changes for example stress or your wellbeing that you found positive?

**Carer 1:** Well, the stress part, it was very interesting. It asks, when you are under stress what you do and stuff like that, it was very interesting. So instead of staying, I would sometimes go out, sometimes I would go somewhere and wait until I cool down from everything. I can go to the gym or clean the house.

**Interviewer**: Yeah, so you introduced some new activities in your schedule.

**Carer 1:** Yeah.

**Interviewer**: That’s good to hear.

**Carer 1:** Yeah, by cleaning and stuff like that.

**Interviewer**: Alright and is there anything else that you can think of that you would like to tell us about the therapy and your experience?

**Carer 1:** Well, it helped us a lot, it helped us to communicate more and how to go about doing things to make things better, and when you are stressed instead of stressing out you get up and do things like go somewhere and take time for yourself.

**Interviewer**: That’s good to hear yeah. So, kind of introducing new healthy habits and learning how to communicate.

**Carer 1:** Yes.

**Interviewer**: And has (Participant 1) talked to you about the therapy, either when you were on your way back or anytime, does she mention anything that she noticed?

**Carer 1:** Not really, all she said she liked the therapy, she would be smiling.

**Interviewer**: OK, and did you have enough space to also ask questions if you didn’t understand something?

**Carer 1:** Yes, I did.

**Interviewer**: OK, that’s good to hear. I’m very glad that you found the therapy so helpful, and you seemed to have a good experience which is quite reassuring for us. Do you know if (Participant 1) would also be able to complete this type of interview for me to ask her a few questions on her point of view?

**Carer 1:** I don’t know if she will understand, she might understand certain things and she might not understand certain things. And now she’s at [Voluntary workplace].

**Interviewer**: Now she’s at [Voluntary workplace]?

**Carer 1:** Yeah.

**Interviewer**: OK, would it be OK, do you think she would have time anytime this week or next week to have a quick call, like a video call or something?

**Carer 1:** I think she’s at [Voluntary workplace] on Friday, but I don’t know what time.

**Interviewer**: OK well once you find out you can message me, and we can see whether we can find a time that’s good for everyone and maybe we can have a call, all three of us together, just to ask a few questions. They will be much simpler and yeah just to see.

**Carer 1:** I will let you know what time she has, it will have to be, I think it can be Wednesday or Thursday.

**Interviewer**: OK, alright, Wednesday works for me, I can send you a text message closer to the day and we can see what time is good.

**Carer 1:** Yes.

**Interviewer**: Alright. Do you have anything else that you would like to tell us either about the study or the therapy?

**Carer 1:** No, not at the moment.