

## **Appendix 1. Guide for semi-structured interviews**

### **GENERAL INTRODUCTION**

Thank you and welcome. My name is \_\_\_\_\_ and I am currently finishing my Masters of Sports Physiotherapy and I am conducting research on behalf of the University of Queensland.

I am interested in hearing your perspectives on the W&S approach now that you have completed the LEAP trial.

Positive, negative or neutral responses are welcome. There are no right or wrong answers, and it's ok to go off track as we would like to know as much information as possible.

Please let me know if you need a break or want to stop the interview at any time. If you do not wish to answer any questions, feel free to decline and we will move on.

Finally, do I have your permission to record this interview?

### **EXPECTATIONS OF A WAIT AND SEE INTERVENTION**

- How would you describe your thoughts when you first read and heard about the W&S intervention?
- How would you now feel if you were recommended a W&S intervention when visiting a physiotherapist or GP?
- Would you now recommend this intervention to a friend? If so/if not, why? Not sure if we need this question? Just a thought.

### **INFORMATION PROVIDED IN THE WAIT AND SEE INTERVENTION**

- Can you tell me in your own words what kind of information was provided in the wait and see intervention?
- The results from the trial that you were a part of found that more than 50% of the participants were at least moderately to very much better one year after starting the trial. What are your thoughts on this?

### **ADHERANCE TO THE WAIT AND SEE INTERVENTION**

- In terms of adhering to the W&S intervention, how did you find it?
- Could you describe what was easy about sticking to the W&S intervention?

- Was there anything you found challenging?
- In your own words, how effective was the W&S intervention for you?

## INVOLVEMENT IN OTHER TREATMENTS

- Have you had any other treatments for your hip pain before?
- If so, how did they compare to the W&S approach?
- Did you feel like you had to seek other treatments for your hip pain? If so, why?
- Now that you have experienced the wait and see approach, would you seek out other treatment if it was recommended by a physiotherapist or GP? If so, why?
- How would you go about seeking out any other treatments after being recommended wait and see?
- How would you feel about needing to seek other treatments after being recommended a wait and see approach?

## SUMMARY

Just to summarise, could you put in 3 simple bullet points what you felt were the important features of the wait and see approach for you?