

**SUPPLEMENTARY FILE 1****Interview Topic Guide for women****Urinary incontinence self-management: intervention development**

The aim of this interview is to explore women's views and experiences in coping with urinary incontinence. This will involve exploring:

- Specific urinary problems that women face everyday
- Methods/skills that women use to manage their problems
- Experiences of coping with urine loss and other problems
- Women's expectations and desired support

**1. Introduction**

*Aim: To introduce the research and set the context for the proceeding discussion.*

- Introduce self and the University of Leeds
- Introduce the study: what it is about
- Explain how they were selected
- Talk through key points:
  - length of interview – up to 60 mins
  - interview like an informal discussion, although specific topics to cover
  - no right or wrong answers, their own views are very important
  - participation is voluntary and they have the right to withdraw at any time
  - recording of interview, with consent
- Confidentiality and anonymity, secure transfer of data, how findings will be reported
- Thank you for taking part
- Any questions they may have before start

**STARTING RECORDING**

- Confirm I have gone through information with them and they are happy to proceed

**2. Specific condition and related symptoms**

---

*Aim: to understand what specific problems that the respondent suffers and the impact on their lives*

- Household circumstances (whether live alone or with others)
- Main activity
  - whether working or not
  - other interests/activities
- Brief history of urinary incontinence to date
  - When did it start to be a problem
  - Who did they consult? Was it helpful?
  - What treatment/medication did they receive? Was it helpful?
- Experience and problems that they have to face daily
  - what's a good or bad day like
  - frequency
  - differences daytime and night time
- Other problems caused by urinary incontinence
  - disturbed sleeping
  - mood, feeling low
  - does it affect feelings of confidence/self-esteem
  - does it affect close relationships (partners/families/social)
  - explore the concept of 'holding a secret' (stigma, taboo issues)

### **3. Methods/skills that women use to control their problems**

---

*Aim: to understand any methods or skills that women have tried to control their problems*

- Ways to control urine loss (*probe fully*)
  - whether it is effective
  - where and who did they learn from
  - whether it is easy to use
  - whether it is costly
  - whether there is a support available: confidence; access; ability; results
- Ways to cope with other related problems (*probe fully*)
  - physical: e.g. exercise
  - emotional: e.g. meditation/faith

- social: e.g. social life
- whether it is effective
- where and who did they learn from
- whether it is easy to apply
- whether it is costly
- whether there is a support available: confidence; access; ability; results

#### 4. Experiences of coping with urinary incontinence and other problems

---

*Aim: to understand experiences of coping with urine loss and other related problems*

- Facilitators and barriers (*probe fully*)
  - best things about coping with these problems by themselves
  - worst things about coping with these problems by themselves
  - what makes coping easier (*start openly then probe as necessary*)
  - what makes coping harder (*start openly then probe as necessary*)
- Monitoring of signs and symptoms (*probe fully*)
  - any changes in urine loss and other problems
    - ✓ if so, what the changes are and how long it takes to experience changes
    - ✓ if not, how they cope now
  - how to recognise the changes
    - ✓ urine loss
    - ✓ other problems
  - what matters most when coping with these problems

#### 5. Women's expectations and desired support

---

*Aim: to explore respondent's expectations, desired support and what they want to achieve*

- What do they expect to achieve by coping with these problems (*probe fully*)
  - knowledge and information
  - signs and symptoms
  - physical/emotional/social
  - other things important for them to achieve
- Desired support
  - services, health professionals
  - other resources, e.g. peer groups

- If there is a book demonstrating how to self-cope with urinary incontinence and related problems (*probe fully*)
  - would they find this helpful
  - expected content
  - would they use this as a 'stand alone' or would they like someone to help them work through it
    - ✓ if yes, who would be the ideal facilitator
- Any other issues they would like to raise

**At the end of the interview:**

- Thank respondent for participation in the interview and give vouchers.
- Check whether they have any remaining questions about the research.
- Provide reassurances about confidentiality and anonymity.
- Ask if they would like to be informed of the outcomes of the research (check how they would prefer to be informed).