

## **Topic guide for patient semi-structured interviews**

### **Experience of living with PFP**

1. Please can you describe for me what it has been like living with kneecap pain?
  - a) Duration
  - b) Changes over time / recurrence
  - c) What impact has it had on your life:
    - i) Physically
    - ii) Emotionally (fears/anxieties)
    - iii) Social consequences
    - iv) Occupational consequences
    - v) Financial consequences
2. Why do you think your kneecap pain started?
3. Why do you think you still have kneecap pain now?

### **Assessment & diagnosis**

4. Tell me about your experience of getting a diagnosis.
  - a) Who did you see? (doctor/physiotherapist/podiatrist/etc)
  - b) Were any MRI scans or x-rays used to explain the cause of your pain?
  - c) What terms were used?
  - d) What impact did your assessment have?
  - e) What information do you feel you needed to know?

### **Education**

5. Were you given any educational material or resources about your kneecap pain?
  - a) How was this information given to you and by whom?
  - b) Did you have any preferences?
  - c) Have you accessed any information yourself (e.g. websites, apps)?
  - d) Are there any you would want to share with others with PFP?
6. How would you explain your diagnosis to a family member or friend?

### **Treatment**

7. Were any guidelines or research about your management discussed with you?
  - a) What did you think of this information?
8. Tell me about the management you have had for your kneecap pain?
  - a) What approach(es) were used and by whom?
  - b) How many episodes/sessions?
  - c) Was your treatment reviewed regularly?
9. Did you have any expectations regarding your management?

10. What was the outcome?
  - a) How did you feel about that?
  - b) Were there any strengths and weaknesses?
11. Were there any treatments the clinician included that you weren't expecting to receive?
12. Were there any treatment(s) that you expected to receive and didn't?
13. Please can you tell me if you received any other support?
  - a) Psychological support
  - b) Return to work/sport advice
14. Were the advantages and disadvantages of all management options discussed with you?
15. Is there anything else that you discovered to manage your kneecap pain?

**The future**

16. What does the future look like for your knee?
  - a) Are there aspects that are still not clear to you, and if so what?
  - b) Have your activity levels changed?
17. Do you have any advice for clinicians to help them manage patients with kneecap pain?