

Additional file 3: Final interview guide

This additional file contains the final version of the full interview guide applied in the semi-structured patient interviews conducted post-intervention. Results related to the implementation outcomes are reported in the paper, while other results will be reported elsewhere.

Theme	Key questions	Probing questions
Introduction	Overall: How have you experienced being part of the Healthy Mind project?	How did it manifest itself? Would you tell me a little more about it?
Reasons for participation	It all started when you had your check-up back in the month of [month] for your diabetes/heart disease and then you were asked if you wanted to join the project. What did you think back then?	What did you hope to gain from it when you accepted to participate? Did you have any concerns about joining? Which?
Concrete experiences	Then you went to the first consultation with [name of healthcare professional]. Try to recall it. What happened there? Were you introduced to what would happen in the consultations?	Can you tell me a little about what it was like compared to when you usually go to see your GP clinic? What was different? Were there any similarities?

Booklet	Did you use the workbook with “Healthy Mind” printed on it? If yes: How?	What did you do when you came home after the consultation? Did you look in the booklet - how? Do you still have the workbook? How have you been using it since the course ended?
Concrete experiences	Then you had [number] consultations in total. What happened in these consultations? How were they conducted?	Could you tell me what happened in the consultations? Were the consultations similar or did they evolve over time? Could you tell me a little about how?
Patient active?	In Healthy Mind, you may choose what you want to work with. Could you tell me a little about how you chose what to work with?	How did you do it?
Behavioural activation	In a similar way, you were also to identify a possible solution to the chosen problem. Who chose the solution? Did you end up handling your problem in a different way than you would have done if you did not have these consultations?	

Perceived effectiveness	Now I would like to hear what you think about being part of the Healthy Mind project. Do you believe that you have learned something from taking part? What?	
Problem management	What do you think about this way of approaching challenges/problems we are struggling with?	What was it like to work like this? Is it different from what you usually do?
Future use	Have you learnt anything from the consultations that you can use in other areas of your life?	What are your thoughts on solving problems in the future? How will you approach it?
Relation	What do experience the relation between you and [name of healthcare professional]? How did you experience it being [name of healthcare professional] that you had these consultations with?	How did your participation affect your relation? How? Did (s)he do something that worked well or not so well in the relation between you?

Appropriateness	What did it mean that the consultations took place in your general practice? Could you imagine any other places, where it could have taken place?	What do you think about using your general practice for this kind of course?
Reasons for terminating	I can see that you have had [number] consultations. Why did it stop?	Would you tell me a little more about it? Who decided that it was to be the last consultation? Did you consider stopping during the course? Would you tell me about your considerations?
Number of consultations	How did this number of consultations fit? Would you have liked to have more or fewer?	
Burden	What did participating require from you? Was it worth it?	Can you tell me what it required? (e.g. time, energy, resources, time off from work) How did you prepare for the consultations?

Unintentional consequences	Is there anything that has not been so great about being part of Healthy Mind? Do you want to tell me about it?	
Future for the project	If this course is to be offered to others coming for a check-up of chronic disease in general practice, what is important for us to know? Is there anything that could be done better?	
Closing	We're almost done, and I have no more questions, but I'd like to briefly hear Are there any topics that we have not yet covered that you think we should talk about? Or would you like to add something to what we have already talked about?	