

INTERVIEW GUIDE

LEAD PARAGRAPH

Hello sir/madam, we are the interviewers for this interview. First of all, thank you very much for your support and cooperation in this interview. The purpose of this interview is to understand the problems you face in self-managing your depression and the favorable factors that can facilitate your self-management. The interview will be conducted in accordance with the principles of confidentiality and informed consent, so please do not worry about privacy issues. If you agree to this interview, please read and sign the informed consent form.

SECTION A: INTERVIEW GUIDE

Interviewee	Interview guide*
Depression patients	1.How do you feel depression has affected you?
	2.How do you usually self-manage your depression in response to these effects?
	3.What difficulties have you encountered in self-managing your depression?
	4.What efforts do you think are required of you to address these difficulties? What kind of support do you need?
	5.Are you willing to engage in self-management of depression?
	6.What other areas of self-management experience would you like to gain?
Psychiatric nurses	1.What do you think are the facilitators of self-management for depression patients?
	2.What do you think are some of the difficulties in self-management for depression patients?
	3.What are some of the efforts that people with depression can make on their own to achieve self-management of their illness?
	4.What support can healthcare professionals, family, friends, etc. provide to promote self-management of depression?
	5.Is there any other advice you would like to offer your patients?

*Sensitive words will be replaced during the interviews.

ENDING

This is the end of this interview, we have had an enjoyable conversation with you, and thank you again for your support of this interview. Could you please leave your contact information, we will contact you after we finish the interview to ensure that our information has not misinterpreted your meaning. If there is a problem with the interview, we may arrange a short interview to supplement the perfect information. Thank you again for your support and cooperation!