

Interview guide, patient

Psychological readiness in ACL patients

Introduction: We want to know more about how psychological readiness is improved and targeted in rehabilitation between ACL patients and physiotherapists, and how patients experience the mental aspects of recovery affecting their rehabilitation.

I will manage the conversation. There are no correct/incorrect answers to the questions asked. We want to hear your opinions and experiences. It would be nice if you gave examples when you answer the questions.

Generic probing questions:

- Can you be more specific/tell me more?
- Could you explain what you mean?
- Why do you mean/think that?
- What was that like for you?
- Do you mean...

Patient (1-1 interviews in person):

Sex:

Age:

ACL-RSI score:

Sport and level before ACL injury:

Goal for rehabilitation (level, sport):

Educational level:

Surgery date:

Interview date:

Theme:

I will start by asking you a couple of questions regarding your injury and the surgery you went through.

Injury/surgery:

- Can you tell me about how you got injured and how you experienced it?
- How did you experience the time between your injury and surgery?
- How did you experience undergoing ACL reconstruction?
- Did any of these experiences affect the rehabilitation process after surgery? If so, how?

Now I will move on and ask you more specifically on your experience with the rehabilitation after you had your ACL surgery.

Rehabilitation:

- Can you tell me about how you have experienced the rehabilitation after ACL surgery?
- Which expectations did you have to the rehabilitation before you started?

Goals and motivation:

- Can you tell me about which goals you set for your rehabilitation before surgery?
Was your aim to return to the same level of sports/activity as before injury?
- Have your goals/goal changed throughout the rehabilitation process?
How has it changed?
Why have your goals changed?
What do you think has affected this change?
- Have you been able to reach your goals?
If yes, how have you achieved your goals so far in your rehabilitation?
Which strategies/resources have you found the most useful to reach your goals?
- Can you share some challenges you have faced during your rehabilitation?
How have these challenges impacted your progression?
Why do you think this has impacted your progression?
- Has your motivation changed throughout your rehabilitation process?
If yes, why do you think it has changed?
- Do you have any thoughts on what you need to achieve before you are ready to return to your sport/activity?

The content of rehabilitation:

- Is there anything you have felt was lacking in your rehabilitation?
- Do you think the healthcare professionals involved in your ACL injury (e.g., the physiotherapist, the orthopedic surgeon, your trainer) could or should do anything differently to make your rehabilitation process better? (referrals, information, different exercises, time?)

Mental consequences of an ACL injury:

I will now move on to asking you more specific questions on the mental aspects of your ACL injury.

Mental impact:

- How do you feel your ACL injury has impacted you mentally?
- How has the ACL injury affected your everyday life and life related to sports/activity?
Could you give me an example on how you experienced this?
What impact did this have on you?

Coping/support in rehabilitation and return to sports:

- How do you deal with/cope with the mental aspects of your ACL injury?
- What does it take for you to feel ready to return to sports/activity?
- If you experience mental barriers related to your knee, which strategies have you used to overcome these barriers?
- How has your physiotherapist addressed the mental factors in your rehabilitation?
How have you experienced this?

We are almost at the end of the interview. Before we finish, I would like to ask you if there is something you would like to add?

Thank you for your openness during this interview.