

## APPENDIX A: QUALITATIVE TOPIC GUIDE

### Introduction

*Thank you for agreeing to take part in this study. We are interested in peoples' experiences of vision loss. We want to find out about peoples' thoughts on areas where extra help or support would be particularly useful once they have been diagnosed, particularly in terms of coping with the diagnosis and with sight loss. This might help us provide better support in the future. Interviews usually take up an hour but you can take as long you would like to explain your views.*

*We will record our conversation, but the recording will only be heard by members of the research team and the transcribing team, and all data will be confidential and securely stored. When we report our findings, any quotes that we might use will be carefully edited so that no statement could be directly attributed to you. This study is for the purposes of research only.*

*Do you have any questions?*

### Questions:

1. Tell me about your experience of vision loss. You can take as long as you like.
2. Tell me about your experience of diagnosis. What was your diagnosis? When did you receive this? How did this make you feel? Tell me about how you responded to finding out your diagnosis.
3. How has your diagnosis affected your life? Has it lead to any changes in your life? Has the effect of your diagnosis been what you expected? Have there been some changes or effects that you didn't expect? Has it affected your mental or psychological health?
4. How would you describe your strategies for coping with the impact of vision loss? Do you have any things you do that help you cope with the psychological effects?
5. What support systems do you have (family, friends, groups, hobbies). Have you had any outside help? (charities, GP, online support, helplines). If so, what effect did this have?
6. Have you had any help with coping or coming to terms with your diagnosis? *This could include helplines, online support, or help from vision loss or other charities.* What effect did this help have on your life?

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7. What factors do you think interfere with managing your life after the diagnosis?  
(*thoughts/behaviours/practical things*)
8. Ideally, what help should be provided for people with the same diagnosis as you?
9. Do you think online help/support would be useful? What form would this ideally take?
  - a. *Also check*: Do you have a computer or smartphone that can access the internet?
  - b. How do you use the internet at the moment?
  - c. What would need to be in place to make an internet-based therapy course usable for you?
10. Is there anything else you'd like to tell me?

Thank you very much for taking part in this interview.

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