

People living with or recovered from Long COVID Filmed Interviews – interview guide

Long COVID Personalised Self-managemenT support- co-design and Evaluation (LISTEN)

[Researcher: thank interviewee for their time; remind interviewee that they can take a break or pause the interview if they feel they need to; ask if they have any questions before you start the interview and clarify as far as is possible]

1. Please can you tell me a little bit about yourself to help me get to know you.
2. Can you tell me a bit about when you caught Covid-19? What was that like?
3. Can you explain how you realised you had Long Covid?
4. Can you say a little about the challenges you experienced? Can you give some examples?
5. Can you tell us about some successes you feel you have had, living and working with Long Covid? Can you describe these?
6. What have you found helpful to navigate life with Long Covid?
7. What would you like to say to others living with Long Covid?