**Appendix**

**Teaching Exposure for Anxiety to Community Mental Health Clinicians (TEACH): Therapist Qualitative Interviews**

Thank you for agreeing to participate. As part of this study, you have been trained to use exposure therapy for anxiety disorders. *Exposures are defined as structured activities that gradually help clients face their fears. The purpose of exposures is to intentionally elicit uncomfortable feelings (i.e., anxiety) in a supported way to help clients overcome their fears. Exposures can be imaginal or take place in real life.* We know that regularly using exposure can sometimes be difficult. There are probably advantages and disadvantages to using exposures. Today I will ask about your perceptions of the training you received in exposure therapy, as well as your experience with using exposures in clinical practice. I have prepared some questions that will take no more than one hour to answer. You can spend as much or as little time as you like answering each question. At the end of the interview, you will receive $20 for your participation.

Our goal is to learn more about your perspective on the training you received in exposure therapy. It’s important for you to know that there are NO right or wrong answers. We are interested only in *your* opinions and perceptions. Do you have any questions?

**Part A: Acceptability of Training**

1. Tell me about the kinds of clients (and setting) you work with.
2. What initially motivated you to enroll in the study?
3. Tell me about your experience attending the training workshop.

*[Required Probes*:

* *What did you like about the workshop? What did you dislike about the workshop?*
* *(For therapists in experiential condition) Tell me about your experience doing exposures with spiders during the training.*

*Optional Probes*:

* *What was most memorable?*
* *How was it similar to workshops you have previously attended?*
* *How was it different from previous workshops you have attended?*
* *How relevant was it to the work that you do?]*

1. What were some advantages of having attended this workshop?

*[Required Probes*:

* *What parts of the workshop were most engaging or effective?*
* *What parts of the training would be most important to include in the future?*

*Optional Probes*:

* *What were some strengths of the workshop?*
* *What was most helpful?*
* *How would you describe the benefits of the workshop to someone who was considering attending in the future?]*

1. What were some downsides of attending this workshop?

*[Required Probes*:

* *What would you change to improve the training?*

*Optional Probes*:

* *How did you feel about the length of the workshop?*
* *How would you describe the negative aspects of the workshop to someone who was considering attending in the future?*
* *What parts of the workshop were most frustrating?*
* *What parts of the workshop were the least helpful?]*

**Part B: Perceptions of Exposures**

1. When you hear the word “exposure therapy,” what thoughts come to mind?
2. How have your thoughts on exposure changed since attending the workshop?

*[Required Probe:*

* + *What aspects of the workshop had a particularly strong impact on your thoughts surrounding exposure?]*

1. Tell me about your experiences and perceptions of using exposures with your clients.

*[Optional Probes*:

* *Are they something you currently use? How do you incorporate them?*
* *How familiar were you with exposure therapy before attending the workshop?*
* *Prior to attending the workshop, how often did you use exposure therapy with your clients with anxiety disorders?*
* *Are there elements of exposures that you particularly like or dislike?*
* *Are there advantages or disadvantages to using exposure?]*

1. What are some factors that make it hard to use exposures?

*[Optional Probes*:

* *Are there any client characteristics that make it particularly hard?*
* *Anything about your organization that makes it hard?*
* *Anything about your supervisor?*
* *Anything about the amount of time you have to prepare?*
* *Is there anything that makes it hard for you personally/emotionally?*
* *Is there anything related to the procedures of completing exposures that makes it difficult to use them?]*

1. What are some factors that make it easier to use exposures?

*[Optional Probes*:

* *Are there any client characteristics that make it easier?*
* *Anything about your organization?*
* *Anything about your supervisor?*
* *Is there anything that makes it easier for you personally/emotionally?*
* *Is there anything related to the procedures of completing exposures that makes it easier to use them?*
* *Where the handouts from the workshop at all helpful?]*

1. Tell me about a representative client (*if more than one anxious client*) with whom you used an exposure(s), including the client’s age and diagnosis. *Note: If they say they have never used an exposure, proceed to question 7.*

*[Optional Probes:*

* *What made you decide to use an exposure with this particular client?*
* *How did it go? What made it successful or not successful?*
* *How did you tailor the exposure to this particular client?*
* *How did you decide when the client was ready to start working on the exposure in session?*
* *How did you decide how many details to get from the client during the exposure?]*

1. Tell me about an anxious client with whom you decided not to use exposures or with whom exposures were unsuccessful.

*[Optional Probes*:

* *What made you decide not to use an exposure with this particular client?*
* *What do you think would have happened if you had used an exposure with this client?]*

1. If you were the head of a community mental health agency *(or large private practice if they work in private practice)* with unlimited funds and unlimited power, what would you do to improve training on exposure? To increase the use of exposure within your organization?

*[Optional Probes*:

* *What would you do to support clinicians longer-term in their use of exposures?]*

**INTERVIEWER COMMENTS**

1. Respondent’s level of interest and involvement in answering questions.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.  Very low | 2.  Low | 3.  Neutral | 4.  High | 5.  Very high |

1. Please estimate the respondent’s understanding of the interview.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.  Limited | 2.  Partial | 3.  Average | 4.  Majority | 5.  Complete |

1. Please rate your impression of the knowledge of the respondent in the topic being addressed in this module.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.  Highly Questionable | 2.  Somewhat Questionable | 3.  Neither | 4.  Somewhat Knowledgeable | 5.  Highly Knowledgeable |

1. Describe any discrepancies, gaps, or other problems with the interview.
2. Describe any circumstances that occurred while the interview was in progress that may have affected the quality of the interview (i.e., interruptions)?
3. Describe any affective and/or non-verbal responses displayed by the participant: