

Interview Script

Welcome (set the stage)

Hello, thank you for taking the time to speak with us today. We are conducting research to better understand mental wellness practices and challenges. Your insights will be helpful in shaping our understanding of this area.

Collect Demographics

Age, profession, general habits, level of athletic involvement, the type of institution, primary research focus, size of the institution, etc.....

Questions for Therapists/Social Workers:

1. Tell me about the most significant challenges individuals face in managing their mental wellness today?
2. How do you assist individuals in addressing these challenges?
3. Are there common tools, practices, or resources you recommend for those seeking to enhance their mental wellness?
4. How has the landscape of mental wellness support changed over the past few years?
5. In your interactions, what have individuals shared about their preferred means of seeking mental wellness support?
6. Have you noticed any trends or patterns in the way individuals approach mental wellness?

Questions for Individuals concerned in mental health:

1. How do you typically manage or address your mental wellness?
2. Tell me about certain practices, habits, or resources you've found particularly helpful or not effective in your mental wellness journey?
3. Tell me about the factors that influence your decisions on how to support your mental wellness.
4. Tell me about the challenges, if any, have you faced when trying to maintain or improve your mental wellness?
5. In your circle or community, are there common discussions or sentiments about mental wellness and its importance?

Questions for Athletes:

1. How do you balance your mental wellness with the demands of your athletic training and competitions?
2. Tell me about the mental wellness challenges you feel are unique to athletes?

3. How do periods of intense training or competition impact your mental state, and how do you address this?
4. Tell me about the resources or practices specific to athletes that you've found beneficial for your mental well-being?
5. How does your athletic community discuss or approach the topic of mental wellness?

Questions for Research Institutions:

1. Tell me about the current research trends in the mental wellness domain at your institution?
2. Tell me about any significant findings or studies that could reshape our understanding of mental wellness?
3. How does your institution prioritize and select areas of study within mental wellness?
4. Tell me about the challenges or barriers you face in conducting mental wellness research?
5. How do you ensure your research findings are accessible and actionable for the broader community?
6. Are there collaborations or partnerships, perhaps with athletes ,specific communities, or specific organizations, that have provided unique insights into mental wellness?
7. Tell me about the role that technology and data play in modern mental wellness research at your institution?

Wrap up questions:

1. What else should we have asked about?
2. Who else do you think we should speak with?
3. Can we follow up with you at a later time if needed?