\*Interview Questions for Amputees:\*\*

- Was the amputation due to trauma or illness?

- Which limb is affected by the amputation?

- Tell me a bit about your experience with phantom pain:

- Type of pain

- Does weather or season affect it?

- Are there specific times of the day when the pain is more intense?

- How long after the amputation did the phantom pain begin?

- What helps you most in coping with the pain?

- Are you able to consistently maintain the treatment?

- When you experience pain, do you take any specific action to try to reduce it?

- What is the most challenging part of dealing with this pain?

- Is it important or helpful for you to track your pain levels?

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\*\*Pain Points - Hypotheses:\*\*

- It’s difficult to maintain this treatment alone (especially outside a clinical setting).

- Experiencing pain during the day while engaged in other activities makes it unrealistic to stop and use tools like a mirror, guided imagery, or TENS. A simple or portable solution might be more feasible.

- The process is highly individual, often involving trial and error with different solutions, which can be exhausting.

- I don’t know enough about the various available solutions.

- I am aware of the different solutions, but it feels like I lack the tools to consistently follow through; the process feels monotonous or unrewarding.