

Protocol Version 3.2 [20210328]

Hi! We are reaching out to understand how people with back pain problems manage their pain, with the aim of developing a tool that can help you improve and live a better life. This is an effort to fulfill a class project at Indiana University Bloomington.

During the interview, I may ask you additional questions to further clarify or elaborate your answer. You may also ask to take a break or end the interview at any time. Your answers and any information identifying you as a participant in this research will be kept confidential. I would like to record this interview for data analysis and to ensure that the responses were captured and transcribed accurately. No one outside of this room/Zoom meeting, other than my research partner, who is also a student at IU, will have access to these recordings. Do you have any questions for me, before we begin?

Warm-up

First, I'll start off by asking a few questions about yourself.

1. What do you do for a living? 平时做什么的呀?
2. How often do you experience back pain? 多久会腰痛一次?
3. How long have you had this problem? 有腰痛的问题多久了呀?
4. Have you been diagnosed by a doctor with back pain? 你有看过医生吗?
5. How active are you/Do you work out? (exercise frequency, type of exercise, etc.) 你平时锻炼吗?

About Pain + Dealing with it

Now I'm going to switch to asking you about more specific occurrences.

6. Tell me about the last time you experienced back pain. 可以谈谈你上次腰痛的情况吗?
 - Where were you when you experienced the pain? 你当时在哪里
 - Where on the body do you experience pain? 哪里痛
 - What type of pain was it? (sharp/dull/etc.) 是什么样的感觉? 刺痛、钝痛?

- How severe was it? [Show pic, let participant choose] Reference你感觉有多痛?
 - How long did the pain last? 持续了多久?
 - What do you think triggered or caused this back pain? 你觉得是什么原因呢?
饮食、锻炼、睡眠
 - What's your diet like? (special diet, quantity, timing, etc)
 - How's your sleep pattern?
 - How did you feel about this emotionally? (about experiencing the pain) 你感觉怎么样? 情绪上有什么影响吗?
 - How did you deal with the back pain? 你是怎么应对的?
 - What was your status while you were trying to deal with the pain? 你当时情况怎么样?
 - Where did you look for information (website, facebook group,) 你是去哪里搜集信息的?
 - Did you try anything to relieve your symptoms? (stretch, pain killer, exercise, heat treatment, massage, meditation etc) 有试过什么缓解症状的做法吗?
 - Did it help? 有帮助吗?
 - Then what did you do? 然后发生了什么呢?
 - Have you consulted a professional about this? 你去看过医生吗?
 - If so, tell me about the last time you consulted a professional about this. 能说说上次去看医生的情况吗?
 - (difficulties etc.)
 - What types of professionals have you consulted? 看过哪些类型?
 - How do you decide which professionals to consult? Like, what type of professional do you consult?
 - How did you feel about this emotionally? (about consulting a professional) 你看医生的时候感觉怎么样?
7. How much time do you spend on searching for relevant information? 花了多少时间在查找相关信息?
 8. Has the back pain issue changed your habits in life? How did you adapt in your life, to help relieve the symptoms?
 - How did you find those methods? 你是怎么找到这些改变方式的?
 - When did you start making changes? Have you bought anything, or spent some money to help with the problem? 什么时候开始做改变的?
 9. 对上课和工作的影响? Tell me about its impact on life, school, or work?

10. What kind of support would you like when you face back pain? 在应对腰痛的时候，你想要什么支持和帮助？
 - What is missing from your current support system when you're dealing with your back pain? 你觉得现在还缺少什么支持吗？
11. What advice would you give to someone who is suffering from back pain like you are? 你有什么给别人的建议

Any other more general questions/opinions/broader thoughts here.

Ending

12. Is there anything about back pain that you 'd like to tell us that we didn't discuss?
13. Do you have any questions for us?
14. Is there anyone else you would recommend us to speak with?

Thank you for participating in this research!