

Interview Script

Hi _____, thank you so much taking part in this project.

My name is Emily, I'll be conducting this interview session today.

Just to give you some background, I'm in the early stages of designing a physiotherapy application, so am undertaking research to determine if this is even a good idea (!), how people currently manage or prevent physical pain, and what people may need from this type of app.

While it's called an "interview" there are no right or wrong answers, this is purely a way for me to gather information from potential users and gain insights that can help in the development of the app.

If you have any questions or need a break at any time, please let me know. Would you like to ask me anything before we begin?

Ok, let's get started!

Interview Questions

1. What type of activities do you undertake (if any) for physical wellbeing?
2. Tell me about a time (if any) that you've had physical pain or been injured.
3. How did you manage that pain/injury? How long until you had recovered?
4. Who did you turn to for help managing that pain/injury? How long after injury/pain before you sought help?
5. What challenges have you faced when it comes to managing/preventing physical pain/injury?
6. What could have helped you be more successful in managing/preventing physical pain/injury?
7. What apps/websites have you used in the past (if any), to help manage or prevent physical pain/injury? What did you like/dislike about these?
8. When would you use a physiotherapy app? How often would you want to be engaged with this type of app?

9. What would you want from a physiotherapy app?
10. How important is it for you to talk to an actual physiotherapist?
11. How would you prefer to talk to a physiotherapist (if in-person was not an option)?
12. What fears/concerns would you have about using a physiotherapy app to help manage/prevent pain and injury?
13. What things help you when trying to form a good habit?
14. What are your biggest motivations for recovering from or avoiding pain/injury?