

Appendix 1. Qualitative interview

**Identification and Treatment of Anxious Youth – Qualitative Questions**

These questions are intended to help us to learn more about how you are using CBT with your clients since your training 2 years ago. We would like to know what is working well, and what is not working as well. In addition, we would like to know about any modifications that you may have made to CBT to fit the needs of your clients or to the needs of your practice. When answering these questions, please consider your experience since the fall of 2009.

Attitudes towards CBT

1. Can you describe how your thoughts about CBT changed from before you were trained until the end of training?
2. Can you describe how your thoughts about CBT changed from the time that you finished the training program until now?
3. Did you have any concerns about CBT, and has this changed?
4. Did the way that you work with your clients change from before you got the CBT training? (probe—how? What do you do differently? Can you give an example?)
5. What do you think the most helpful aspects of CBT are? The least? (Probe: tell me more about it.)
6. What are the things that make it easier for you to use CBT? What makes it more challenging? (If they say clients, ask them for some description of what specifically makes it hard to use it?, eg., what types of things makes them not capable of using it?)
7. What do you feel you would need to be able to keep using it (or what would need to change for you to use it more)?

Treatment of Anxious Youth

8. Since your CBT training, have you integrated CBT with what you were doing before? If so, how?
  - a. Can you give examples of times you did this/or how you integrate? What makes/made you decide to do it that way?
9. What issues do you use CBT to address? What are you less likely to use CBT to address?
10. Can you tell me about a time CBT worked well with one of your clients? Describe the client.
  - a. What was the issue you were working on, and what did you do? What difference did you see?
11. How about a time when CBT didn't seem to work so well? Describe the client. What was the issue you were working on, and what did you do? What happened after you tried this? What did you do next?
12. Do you work with the following clients:
  - a. History of trauma?
  - b. Clients with multiple stressors?
  - c. Clients with multiple diagnoses?
  - d. Clients from minority cultures/backgrounds?
  - e. If so, please describe how well you think CBT works with each population. (Probe: Tell me more about it. Examples? What might need to be done to improve outcomes with these clients?)
13. How are the structured elements of CBT working in your practice (e.g., agenda, homework)? How about the cognitive part (e.g., examining thoughts)? The behavioral aspects (e.g. exposure)? (Give examples to illustrate what they say about each? Probe for Info about works well and what doesn't.)
14. Have you done anything (else) to modify the way you do CBT to meet the needs or address the issues that are common to the population that you typically see? Can you give examples?

Barriers/Facilitators and Contextual Variables

15. What types of policies, procedures, or characteristics of your agency make it easier or more difficult to use CBT?
16. Does management support your use of CBT? How? (Or how do you know they don't support it?) What else could/should they do to support the use of CBT?

Consultation

17. What was most helpful about consultation? Would you have preferred a different type of consultation (e.g. more/less individual feedback, no recording, more/less role-playing?)