

Online Supplement

Semi-Structured Interview Guide

Introduction

Thank you for agreeing to speak with me. The goal of this interview is to help me better understand your physical health problems, what resources you use to manage your physical health problems, and whether you think a specific type of program that some clinics use, called an “integrated” program, would change your physical health and how you manage it currently. To meet this goal, I want to first ask some general questions about your background. I then want to ask you about your current physical health and your experiences managing your physical health now. Then, I will describe an example of an “integrated” program. After I describe this program, I will ask you some questions to understand your opinion of this type of program.

It is important that you understand that participating in this interview does not in any way impact or change the care that you are currently receiving at the clinic. This interview is part of a research project to help me better understand your management of your physical health and your opinion on whether an “integrated” care program would change your management of your physical health.

Everything we talk about during this interview will be kept strictly confidential. Would you still like to proceed with the interview? Do you have any questions before we begin?

Demographics

1. **How old are you?**
2. **Where do you live?**
3. **How long have you been a patient at the clinic?**
4. **How often do you see a mental health provider at the clinic?**
5. **Do you have a specific mental health diagnosis, or are there specific mental health symptoms for which you come to the clinic? If so, what are those diagnoses and/or symptoms?**

Current Physical Health and Resources for Managing Physical Health

1. **What are your current physical health problems?**
 - Have you been diagnosed with any medical problems such as high blood pressure, diabetes, high cholesterol, etc?
 - Do you have any problems that you know of with your heart, your lungs, your kidneys, your stomach, or any other parts of your body?
 - Are you prescribed any medications for physical health problems or symptoms currently?
 - If so, do you regularly take these medications?
 - If so, for which physical symptoms or health problems do you take these medications?
 - Do you take anything else such as herbs, supplements, or other medicines that do not require a prescription?
 - If so, do you regularly take these herbs, supplements, or other medicines?
 - If so, for which physical symptoms or health problems do you take these herbs, supplements, or other medicines?
2. **Do your physical health problems effect your daily life? If so, how?**
 - Do your physical health problems make your daily life more difficult?
 - Are there things that you used to be able to do or enjoy that you cannot because of physical health problems?
 - How is your daily life different from how it would be if you did not have these physical health problems?
3. **Are there people or services that are currently helping you to manage your physical health problems?**
 - Are you currently seeing a doctor for your physical health problems, or going to a clinic for your physical health problems?
 - If not:

- Have you ever seen a doctor or gone to a clinic for your physical health problems?
 - If so, when did you last see this doctor, and how often did you used to see this doctor?
 - If so:
 - When did you first start seeing this doctor or going to this clinic?
 - When did you last seen this doctor or go to this clinic?
 - How often do you see this doctor or go to this clinic?
 - What kind of services, if any, does this doctor or clinic provide you?
 - Are other people in your life, such as family and friends, that are involved with the management of your physical health problems?
 - Are you receiving other services in your home, such as health aides, etc, to manage your physical health problems?
 - Are you participating in programs or services besides doctors, clinics, and home services to manage your physical health problems?
- 4. How would you describe your experience managing your physical health problems?**
- How difficult or easy did you find managing your physical health problems?
 - Did you feel that you are receiving all the services that you needed to manage your physical health problems?
 - If you could have changed the services that you have to manage your physical problems, how would you change them?
- 5. Is there anything else about your physical health problems or the services and people involved in managing those problems that we haven't discussed yet?**

Now that I have a better understanding of your physical health problems and your experience managing these problems, I would like to describe an example of an "integrated" program. I would like for you to imagine a situation where a mental health clinic hires someone like a medical doctor, nurse practitioner, or other provider specifically to help with physical health problems. This provider would work full time at the mental health clinic to provide care for physical health problems like diabetes, high blood pressure, etc. The clinic would ask patients at the clinic if they would like to see this new provider to help manage their physical health problems. In this program, patients would be able to see the provider that helps with their mental health symptoms and the provider who helps with their physical health problems in the same location. Your mental health provider would have access to this new provider's notes and tests for your physical health; also, the new provider would have access to your mental health provider's notes and records about your mental health. Some clinics are trying programs like this because they hope that they will make it easier for the different doctors who treat a patient's physical and mental health to communicate and collaborate with each other more closely to provide care.

Perspective on Impact of Integrated Care Model

- 6. What do you think of the program that I just described?**
- 7. Do you think this program could change anything about the way you manage your physical health?**
- 8. Are you interested in participating in a program like this?**
- If a program like this started at this clinic, do you think you would see the new provider in this program instead of the doctor that you currently see for your physical health problems?
 - If so, why? If no, why not?
 - If a program like this started at this clinic, do you think you would see the new provider in this program in addition to your current primary care provider?
 - If so, why? If no, why not?
- 9. Do you think that this program would improve on the services that you currently have to manage your physical health?**
- How is this program different from your current primary care provider?
 - If you participated in this program, do you think that managing your physical health problems would become any easier?
 - What, if anything, about this program seems better than the resources that you currently have to manage your physical health?

- 10. What parts of this program, if any, do you think could be most helpful to you in managing your physical health?**
- What do you like best about the program that I have described?
- 11. What parts of this program, if any, do you think would NOT be helpful to you in managing your physical health?**
- What do you dislike or like the least about this program?
 - If you could change or improve aspects of this program, what would you change?
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TABLE. Demographic Characteristic Compared in Hispanic versus Non-Hispanic subjects

	Total Sample (N=30)		Hispanic (N=21)		Non-Hispanic (N=9)		Test Statistic	DF	p-value
	N	%	N	%	N	%			
Age in years (mean±SD)	47.4±15.5		48.0±16.3		46.2±12.2		t=.28	28	p=.785
Gender							$\chi^2=.03$	1	p=.873
Male	16	53	11	55	5	56			
Female	14	47	10	45	4	44			
Psychiatric Diagnoses									
Psychotic Disorder	20	67	12	57	8	89	$\chi^2=2.86$	1	p=.090
Mood Disorder	10	33	8	38	2	22	$\chi^2=.71$	1	p=.398
Anxiety Disorder	4	13	3	14	1	11	$\chi^2=.05$	1	p=.815
Substance Use Disorder	6	20	3	14	3	33	$\chi^2=1.43$	1	p=.232
Psychiatric Diagnoses (mean±SD)	1.4±.56		1.3±.56		1.7±.47		t=1.50	28	p=.144
Medical Diagnoses									
Hypertension	7	23	5	24	2	22	$\chi^2=.01$	1	p=.925
Hypercholesterolemia	6	20	4	19	2	22	$\chi^2=.04$	1	p=.842
Diabetes	9	30	7	33	2	22	$\chi^2=.37$	1	p=.543
Obesity	13	43	8	38	5	56	$\chi^2=.78$	1	p=.376
Asthma/COPD	1	3	1	5	0	0	$\chi^2=.443$	1	p=.506
Medical Diagnoses (mean±SD)	3.2±3.1		3.0±3.0		3.7±3.1		t=.489	28	p=.690
Charlson Comorbidity Index (mean±SD)	1.4±1.5		1.5±1.5		1.1±1.6		t=.66	28	p=.512
Current Smokers*	9	38	7	33	2	22	$\chi^2=1.43$	1	p=.231
Has Primary Care Doctor	25	83	20	95	5	56	$\chi^2=7.14$	1	p=.008

*Smoking status was not available for 6 Hispanic subjects; percentages are calculated from N=24 for total subjects and N=16 for total Hispanic subjects