

Interview guide

Background

- ☐ What does your household look like? Do you live with someone or some?
 - Do you have kids?
- ☐ What is your education?
- ☐ Tell me about your diagnosis.
 - How did you get diagnosed?
 - What was that like for you?
 - In what ways has the diagnosis changed your everyday life (e.g., at work)?
 - Do you have any other (neuro-)psychiatric diagnoses?

Work

- ☐ What is your current employment?
 - How long have you been working there?
 - How long have you been working as [profession]?
 - How do you like your current responsibilities?
 - How do you like your current workplace?
 - What is your previous professional experience (e.g., previous jobs)?
- ☐ How do you feel your ADHD/ADHD symptoms affect you at work?
 - In your performance?
 - In the workplace (e.g., with colleagues)?
 - Positive effects/strengths?
 - Negative effects/challenges?
 - How did it affect you previously in your professional career?

- ☐ How do you deal with your challenges at work? [Use any examples from earlier]
 - Is there a basis for support when you need it?
 - Do you receive support from others at work (e.g., colleagues or a manager)?
 - Have you told anyone at work about your ADHD (e.g., colleagues or a manager)? If so, what was that like?
 - Do you use any aids (e.g., cognitive aids)?
 - Do you use any other kind of support, aids, or alike?

Mental health

- ☐ Has your work affected your mental health?
 - For example, have you felt stressed, depressed, or worried?
 - Is that in certain moments or in connection to certain tasks?
 - How do you think that may have affected your everyday life in general?
 - How do you think that, in turn, may have affected your work?
 - Do you see any connection between this and your ADHD/ADHD symptoms?
- ☐ If you have experienced negative effects on your mental health, related to your work, how have you managed that?
 - Support from friends and family?
 - Speaking to your manager or your colleagues?
 - Professional support (e.g., in health care)?

Prevention

- ☐ What are your current needs for support at work?
 - [Concerning previously mentioned challenges and effects]
 - What kind of support do you think would be helpful for you?

- ❑ How would you feel about taking part in an internet-based program designed to prevent stress and work-related mental illness among adults with ADHD? For example, it could contain information and exercises relevant to challenges experienced by many professionals with ADHD.
 - What are the possible upsides of such a program?
 - What are the possible downsides of such a program?
- ❑ If you were involved in the development of such a program, what would you include?
 - How long would it be?
 - What would be the focus?
 - What is important to keep in mind when developing such a program?
 - Is there something you think must be included?
 - How much time is reasonable for such a program to call upon?
- ❑ What things could...
 - ...increase the likelihood that you take part in it?
 - ...stop you from taking part in it?
 - ...make you lose your motivation?
 - ...make you quit before the program was finished?
- ❑ What do you think about having a psychologist as a therapist in the program, compared to doing it all on your own?
 - What could the advantages be?
 - What could the disadvantages be?
 - If the program would include contact with a psychologist, how often would you like to be in contact with them?
 - Would the contact be scheduled or at your discretion?

Conclusion

- ☐ Is there anything you would like to add?