

Online Supplementary Material

Karasz A, Watkins L. Conceptual models of treatment in depressed Hispanic patients. *Ann Fam Med*. 2006;4:527-533.

<http://www.annfammed.org/cgi/content/full/4/6/527/DC1>

Supplemental Appendix. Interview Guide

Current Treatment

OK. Can you tell me if you are currently receiving any treatment for your ———?

Notes: If the patient reports receiving treatment ("yes" to the first question), the interviewer will be prompted to complete the following 4 questions.

1. If so, what kind of treatment are you receiving? Are you taking medication?
 - If so, what kind of medication are you taking? Please give me the name of the medication.
 - Is it helping you?
 - If it is helping, tell me how. What kinds of symptoms or feelings does it help?
 - Are there symptoms or feelings your medication does not help? Tell me about that. Why doesn't medication help with those problems?
2. Are you getting counseling or therapy?
 - Tell me what kind of counseling or therapy you are getting. What happens during the sessions?
 - Is it helping?
 - If it is helping, tell me how. What kinds of symptoms or feelings is it helping? How does counseling make you feel better?
 - If it is not helping, tell me how. What kinds of symptoms or feelings does counseling not help? Why doesn't counseling help with those problems?
 - What kind of counselor or therapist do you have?
3. Are you doing anything else besides medication or counseling to make yourself feel better? What are you doing? Is it helping? What do you think would make you feel better (self-help, religious, alternative, dietary, exercise, talking to friends)?

Past Treatment

1. Have you ever been in treatment in the past? What kind of treatment?
 - If **medication** (ask A-F), what kind (get the name)?
 - A. Did you take the medication as you were directed? How often did you take it? Did you take it only when you felt bad, or to sleep? Did you take it all the time?
 - B. Was the medication helpful? How was it helpful? Tell me about that.
 - C. Were there ways that it didn't help you? Tell me about that.
 - D. Did your medication cause any problems for you?
 - E. How long did you take medication?
 - F. Why did you stop? Did you get better? Did you feel it wasn't working? What other reasons made you decide to stop?
 - If **counseling** (ask A-E), what kind of counseling? What happened during your meetings with your counselor?
 - A. Was your counseling helpful? How was it helpful? Tell me about that.
 - B. Were there ways that it didn't help you? Tell me about that.
 - C. Did counseling cause any problems for you?
 - D. How long were you in counseling?
 - E. Why did you stop? Did you get better? Did you feel it wasn't working? What other reasons made you decide to stop?
2. Have you spoken with your physician about your ———? Why? Why not?
 - What happened when you mentioned your ——— to your physician (prescription, referral, counseling by the physician)?
 - Was it helpful? Why? Why not?
3. Did you receive any other treatments in the past?
 - Were these treatments helpful? Why? Why not?

Treatment Preferences in General

1. In general, can physicians help a person with depression? Yes? No?
 - If yes, how? Why? If no, why not?
2. In general, do you think that a psychologist or counselor can help with depression? Yes? No?
 - If yes, what could they do that would be helpful?
 - What kinds of problems or symptoms can't they help?

3. What about medication, would that help with ———?
 - What kinds of problems can medication help?
 - What kinds of problems or symptoms is medication not very good at helping?
4. Do you feel that there are different kinds of depression that physicians/psychologists/medications help more with, some more than others?
5. What about a social worker who gives practical help, could he or she help? (Note: if social worker can help, is that with depression itself or with other problems?)
 - If yes, how does a social worker help with ———?
 - What kinds of problems can't they help?

Barriers to Treatment

1. Is there any treatment that would be helpful to you, but that you haven't been able to get? Tell me about that. What happened?
2. Is there any treatment you think might be helpful, and you are thinking about trying? Tell me about that

Stigma

1. Is depression something that can be embarrassing to a person? How? Why?
2. In your case, has this concern affected your decisions about treatment?
 - Has it affected your discussions with your physician?
 - Has it affected your discussions with a mental health specialist?
 - Has it affected discussions with family or friends?