

**Appendix:****Interview Guide (participant)****A. About self-harm episode**

1. What was the specific situation that led you to harm yourself?
2. What were your thoughts and feelings at the time?
3. What were your feelings after you harmed yourself?
4. How did others react when you harmed yourself?
5. How do you feel now?

**B. History and course of self-harm**

6. When was the first time you harmed yourself?
7. What are the reasons for you to have continued harming yourself subsequently?
8. What have you found most helpful during these episodes of self-harm?

**C. Description of Experience of Psychological Treatment Received**

9. Have you received any professional help in the past for your self-harm? If so, please explain the nature of the help.
10. Could you consider similar help again if needed?
11. What were the common challenges you faced in the help you received?
12. What in your view can be done to overcome them?
13. What in your view is the best measure of the help benefitting you?

**E. Process and Content Related Perspectives for the study**

14. What are your views about delivery of psychological treatment by counsellors?
15. What is your view on the place of delivery for psychological intervention?
16. What components of the intervention discussed are likely to benefit you.

**F. Conclusions and Recommendations**

17. Do you have any further recommendations for our study?
18. Do you have any questions about the study or the interview process that you would like to ask me?

**G. Gratitude for Participation****Interview Guide (caregiver)****A. About self-harm episode**

1. What was the specific situation that led your daughter/son to harm themselves?
2. What were your thoughts and feelings at the time?
3. What according to you were their feelings before they harmed themselves?
4. What were their feelings after they had harmed themselves?
5. How did you react when they harmed themselves?
6. How do you feel now?

**B. History and course of self-harm**

7. When was the first time you found your son/daughter harmed themselves?
8. What are the reasons they have continued to harm themselves?
9. What do you think they found most helpful during these episodes of self-harm?

**C. Description of Experience of Psychological Treatment Received**

10. Have they received any professional help in the past for their self-harm? If so, please explain the nature of the help.
11. Would you consider getting them similar help again if needed?
12. What were the common challenges you faced in getting them the help they received?
13. What in your view can be done to overcome them?
14. What in your view is the best measure of the help benefitting them?

**D. Process and Content Related Perspectives for the study**

15. What are your views about delivering psychological treatment by counsellors?
16. What is your view on the place of delivery for psychological intervention?
17. What components of the intervention discussed are likely to benefit them?

**E. Conclusions and Recommendations**

18. Do you have any further recommendations for the study?
19. Do you have any questions about the study or the interview process that you would like to ask me?