APPENDIX ONE: INTERVIEW GUIDE

INTRODUCTION

Welcome. The purpose of this project is to gather information that will be beneficial for improving healthcare. As the person with chronic pain, you are the only one who can describe your pain and its effects on your life. I hope it will be an opportunity for you to think about your pain and how you live well with the pain.

What you say will only be seen by myself and my research mentors. I will be asking these same questions to other community members with chronic pain. I will also be collecting surveys that ask questions about pain, stressful life events, coping mechanisms, and healing practices.

Your privacy will be thoroughly protected. Are you ok with me audio-recording the interview? Please feel free to stop me at any time during the interview to clarify a question or provide an additional answer. If you feel uncomfortable answering a question, then let me know and we’ll move on. If you wish to end the interview at any time, you are welcome too. Again, I am interested in your story about life with chronic pain. Do you have any questions before we begin?

TOPIC OUTLINE

Pain Characteristics
   naming the pain
   visual representation of pain
   chronicity of pain
   symptoms of pain

Origin of Pain
   cause of pain

Pain Treatment
   control over pain
   traditional approaches
   biomedical approaches

Pain and Daily Life
   adaptations to pain
   navigating the social world with chronic pain
Let’s begin with some questions about the characteristics of your pain.

I. PAIN CHARACTERISTICS

☐ Tell me the story of your pain.

☐ Please take a moment to draw a picture of your pain.
  - Tell me what you call your pain.

☐ Tell me about the beginning of your pain; how you received the diagnosis.
  - How long have you been in pain?
  - In what part of your body do you feel the pain?
  - If your pain is not from a particular body part, then what other source does your pain come from?
  - How has your pain changed over time?
  - How does pain change during the day?

☐ Please describe your pain.

VI. ORIGIN of PAIN

☐ Why do you think you have this pain?
  - Where did the pain come from?

☐ In what way did your ancestors, your parents, and your grandparents also suffer from pain?
  - [Tell me how being an American Indian might influence how you describe or experience your pain.]

☐ Describe for me a time when you didn’t have any pain.
  - What did you value most during this time?

Now that you’ve described the pain and where it came from, I want to talk about treatment for the pain.

II. PAIN TREATMENT

☐ Tell me about the care you sought for your pain, if any.
What are the most important results you want from treatment for your pain?

Who do you seek out for treatment of your pain?

Would you use a traditional healer for your pain?

What has helped your pain?

What makes your pain worse?

What scares you most about your pain?

I’m interested in more about pain and your everyday life.

III. PAIN and DAILY LIFE

What does your pain mean for your body?

- your relationships?
- your work?
- your spirituality?

Who provides you assistance when you are in pain?

With whom do you discuss your pain?

Name three wishes that would make you well.

CLOSING STATEMENT

Thank you so much for giving me your time to answer these questions. I appreciate your honesty and openness. You will have the opportunity to review your interview transcript. I will be in touch.