

## Supplementary Box S1: Semi-structured topic guide prompts

| For people with pain   | For GPs   |
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| <ul style="list-style-type: none"> <li>• In your experience, how do pain and mood impact each other?</li> <li>• What strategies you have used over time to manage with pain and the feelings associated with it? What has worked and what hasn't?</li> <li>• Did you experience low mood/anxiety/depression before you developed your pain condition? Are you willing to tell me about it?</li> <li>• What do you understand by the terms 'distress' or 'emotional distress'?</li> <li>• Who do you turn to when you feel distressed? or emotionally distressed?</li> <li>• What made you go to see the GP/(HCP)? Will you describe or tell me what was the consultation for?</li> <li>• How was your experience? was it helpful? Why or why not?</li> <li>• How did you feel when the doctor suggested you might be depressed?</li> <li>• How helpful is the label of 'depression'? <i>for you, for others</i></li> <li>• Has the label of depression enabled you to have treatments for your pain?</li> <li>• What sort of treatment(s) has you been offered? Did the treatment work for you?</li> <li>• How do you feel these medications (anti-depressants) (if applicable) are helping you to deal with any sort of distress that might be related to pain, compared to your low mood/ depression?</li> <li>• What help would you like to receive for both your pain and distress/low mood? / or both?</li> <li>• We are designing a new treatment to help people manage their mood when they have pain at the same time. What do you think should be included in this?</li> <li>• How the intervention should look like? How should this treatment or intervention be delivered?</li> <li>• How would you feel if some of this new treatment would be delivered online/via an app?</li> <li>• What help would you require to use this new treatment?</li> <li>• How do you think your pain, and how you deal with it, might change in the future?</li> </ul> | <ul style="list-style-type: none"> <li>• Can you describe your recent experience of managing a patient who has persistent pain?</li> <li>• How do you identify when someone comes to see you, and have a chronic pain condition is also upset?</li> <li>• In your opinion, what is the relationship between chronic or persistent pain and distress?</li> <li>• How does that compare to when you think the patient is 'depressed'?</li> <li>• What do you think might be the key differences between 'distress' and 'depression', when a patient also has pain issues?</li> <li>• What sort of management do you offer a person with pain who is 'distressed'? How did you explain the problem and management to the patient?</li> <li>• How might people with pain and distress present?</li> <li>• Are there any specific questions you ask your patients that helps you to distinguish between distress and depression? How can GPs difference between distress and depression?</li> <li>• Could you talk through a recent patient with some pain condition, who you made a diagnosis of depression, and why you came to that conclusion? How did you explain 'depression' to the patient?</li> <li>• What helps or hinders you in identifying and managing emotional distress in people with MSK pain?</li> <li>• What sorts of referral pathways/ management options are available to you for your patients with pain and depression or distress? How useful are the services available?</li> <li>• How do you think sustainable and effective interventions can be delivered for people with pain and who may or may not have distress?</li> <li>• What is your viewpoint regarding intervention that may be delivered using an app or online mode?</li> <li>• When you think you might want to refer people to this sort of interventions? and also discuss your views when other GPs want to refer as well?</li> </ul> |