

Appendix

Interview Schedule

1. Section: Client characteristics

- Physical symptoms (and results of medical examination); Diagnosis; Other possible physical and mental problems; Age; Sex; Education; Employment; Family circumstances; Personality traits; Motivation for therapy

2. Section: Understanding the client's problems

- How did the client understand his or her problems?
- How did the therapist understand the cause of the client's problems?

3. Section: Description of the therapeutic process

- Basic information about the course of therapy: number of sessions, frequency, setting
- How did the therapist work with the client and what was his or her therapeutic intention?
- Did the therapy have any distinguishable phases? If so, what did they look like and what were they related to?
- How did the therapeutic relationship develop?
- How did the therapist experience the therapy?
- How well did the therapy go and what was it related to (incl. the client's factors and non-therapeutic circumstances)?
- What was the outcome of the therapy from the therapist's point of view?

4. Section: Therapist information

- Age; Length of practice (psychotherapy in general and with psychosomatic clients in particular); Primary profession; Self-identified psychotherapy approach; Training(s) completed.