

## **Supplementary materials**

### **Appendix S1 - COREQ checklist**

#### *Domain 1: Research team and reflexivity*

Two female researchers undertook the interviews, both were supervised by two female researchers with experience in qualitative methods. A presentation of the study was made to participants who were recruited via the North East & Cumbria Clinical Research Network. Otherwise the study team did not have any contact with participants prior to recruitment. The interviewer introduced the project and outlined the goals of the project in the introductory section of the interview. There was no other information reported about the interviewer characteristics.

#### *Domain 2: study design*

It was not possible to collect information about individuals who refused to participate as invitations were sent out via third parties. None of the participants dropped out once the interviews commenced. Transcripts were not returned to participants.

#### *Domain 3: analysis and findings*

Participants did not provide feedback on findings.