

**Appendix (Supplemental material): Qualitative Interview Guide**

<b>Question</b>
How did you spend your days before you were injured?
What's the last thing you remember the day you were injured?
What's the first thing you remember after your injury? What were your first thoughts?
Was this your first significant injury? If no, how was this different?
Being in the hospital after an injury can be difficult. What can you recall that stood out for you as a hardship? Please comment on your overall experience.
What was it like to transition out of the hospital? Did you go home? If no, what was it like to go home after being in the rehab center? Did you feel prepared for this process? Was it what you expected it would be? What could have made it easier? What was the biggest challenge? What made it better?
How has your recovery been relative to what you anticipated? What did you expect your recovery to be like at first? Think back to your first few weeks after your injury. Did you think about how long it would last or the types of experiences you would have? How did these differ from your actual experiences?
Some people share with us things they did before their injury that they no longer do, or things that they need to do now that they didn't need to before their injury. Have you had any similar experience?
How would you describe yourself before the injury? How about now? Has your sense of your self evolved throughout your recovery? How has your opinion of your "self" evolved?
What lessons you would like to share with other injury survivors? If so, please describe these.
What would "getting back to normal" be like for you?
What are your expectations going forward? How does this unfold from here?
Consider where you are in your recovery. Where do you go from here? What are the next steps?
What are your personal goals?