

PARTICIPANT PRE-INTERVIEW GUIDANCE DOCUMENT

Thank you for agreeing to be part of this study. The interview will last for approximately 1 hour, at a time/date and location of your choosing and will be audio recorded.

You'll be asked to tell me the story of how you got into riding, the role horses have in your life, how you feel ADHD affects you and your riding, how riding affects the symptoms of your ADHD as well as any benefits and challenges you experience. These experiences should be in your words and include as much detail as you can.

How you choose to discuss your experiences is up to you, and there are no right or wrong answers!

During the interview itself, I'll ask you questions about the themes stated above, and following that, I may ask you some follow up questions to gain a little more understanding of your experiences.

If you have any questions before the interview begins, you can contact me on [REDACTED].

Thank you for your participation in my research,

INTERVIEW

Welcome and Introduction

Hello, and thank you for meeting with me today.

My name is [REDACTED], and I'm currently a student at Hartpury University, studying [REDACTED]. As part of my dissertation, I'm exploring the experiences of riders with ADHD and their participation in equestrian sport.

Duration

This interview will take approximately one hour. If at any point you need to pause or take a break, please let me know.

Purpose of the Interview

The aim of this interview is to explore what it is like to be a rider with ADHD, including your experiences within the equestrian community, the benefits and challenges you have experienced, and what motivates you to take part in horse riding. I'm really interested in hearing your thoughts and experiences on this topic, and your input will be a valuable part of my research.

Confidentiality and Ethics

Everything you share today will remain confidential and will only be used for research purposes. Your identity will not be included in any reports or publications, and all data will be anonymised. However, there is one exception: if you say anything that raises serious concerns about your safety or the safety of others, I am ethically obliged to pass that on to my supervisor. I would always try to discuss this with you first.

Do I have your permission to record this interview for transcription and analysis? The recording will be stored securely on a password-protected device, used only for this project, and deleted after transcription is complete.

Voluntary Participation

Please remember that your participation is entirely voluntary. You are free to stop the interview, pause, or withdraw at any time without giving a reason. Just let me know, and we can stop the recording if needed.

Structure of the Interview

The interview will be structured into a few sections, including:

- **Your background and experience with horse riding and ADHD**
- **Your experiences of participating in equestrian sport and being part of the equestrian community**
- **The benefits and challenges you have experienced as a rider with ADHD**
- **Your motivations for taking part in horse riding and any final thoughts you would like to share**

There are no right or wrong answers. Please feel free to speak openly.

Practicalities

Before we begin:

Have you had a chance to read and sign the consent form?

Do you have any questions, or is there anything you'd like me to explain before we begin?

Interview Questions (reworded versions of questions)

- How did you get into horse riding?
- Why did you choose to continue participating in equestrian sport after your initial encounter?
 - o What made you want to continue participating in equestrian sport?
- How does riding make you feel?
 - o How do you feel when riding?
- How does being around horses make you feel?
 - o How do you feel when around horses?
- What do you enjoy about horse riding?
- Have you experience any barriers to participation in equestrian sport due to your ADHD?
 - o Did you meet any challenges to participation in equestrian sport?
- Have you experience any barriers to participation in equestrian sport generally?
- Can you describe the role horses have in your life?
 - o What role in your life do horses have?
- How do you find social interactions and relationships in the equestrian industry?
- Does this differ from other aspects of your life?
- How much does your involvement in horses influence other aspects of your life?
 - o How much are other aspects of your life influenced by horses?
- How much does having ADHD affect your life?
 - o How much is your life is affected by ADHD?
- How much do you feel like you identify with the neurodivergent community?
- How do you think being involved with horses influences your ADHD?
 - o Do you think horses impact your ADHD?
- Do you think your ADHD influences your riding?
- Do you think your ADHD influences your interactions with your horse(s)?
 - o Do you think ADHD has an impact on your interactions with your horse(s)?
- What are the benefits of riding for participants with ADHD?
- Do you feel there are any challenges to riding for individuals with ADHD?
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- Is there anything else you would like to tell me about anything we've discussed?

INTERVIEW END

Thank you and Acknowledgement

Thank you again for taking the time to speak with me today. I really appreciate your openness and your willingness to share your experiences. Your contribution is extremely valuable and will help improve understanding of the experiences of riders with ADHD within the equestrian community.

Emotional Support

Some of the topics we've discussed today may have prompted personal reflections or brought up difficult emotions. This is a normal response when talking about personal experiences.

If you feel upset or would like further support after today's interview, you may find the following organisations helpful:

- **Your GP** for advice and support.
- **Mind** (<https://www.mind.org.uk/>) for information and mental health support.
- **Riders Minds** (<https://ridersminds.org/>) for wellbeing support specifically for people involved in the equestrian community.

If you have any concerns about today's interview or the research, please feel free to contact the research team using the details provided in the Participant Information Sheet.

I would also be happy to signpost you to a few recommended sources based on your interest via email after our interview, if you would prefer.

Final Check

Before we finish:

- Do you have any questions about the study or anything we've discussed today?
- Is there anything else you would like to add that you feel is important but that we haven't covered?

Thank you once again for taking part in this research. Your time and contribution are greatly appreciated.

Pilot interview amendments

A pilot interview was conducted to assess the interview protocol and clarity of question wording. Following the pilot interview, minor wording amendments were made to two areas of the interview guide to improve clarity. A summary of these amendments is provided below.

Question area	Amendment following pilot interview
Barriers to participation	Wording was clarified to more clearly distinguish between barriers to equestrian participation experienced generally and those participants perceived as specifically related to their ADHD.
Social interactions and relationships	Wording was clarified to more clearly distinguish between participants' general experiences of social interactions and relationships within the equestrian industry and the perceived influence of ADHD on these experiences.

The amendments were limited to clarification of question wording; no new topic areas were introduced and the intended areas of exploration remained unchanged. The pilot participant met all study eligibility criteria and, given the minor nature of these amendments, their interview was retained within the final dataset.