

Appendix 1

Challenges faced during the intervention and strategies used to overcome

Challenges faced	How were they handled
The elder would not generate solutions on his own during the session and wanted the counsellor to give him advice	Remind the elder that solutions that work for one person may not work for another and it is best for each person to come up with their own solutions.
The elders had difficulty recalling the content of the previous session	The counsellor summarized and gave the elder probes to recall the action plan
Family did not think that their elder needed counselling	Explained the benefits of the program to the family such as chronic illness management, better sleep and improved pleasurable activities. Did not use the term 'depression' while talking to the family and the participants.
Interruptions from family members and neighbors during the home-based sessions	Resumed the session with a brief summary after informing the interrupter about the need for privacy.
Challenges related to scheduling sessions: <ul style="list-style-type: none"> • missed appointments • not reachable on the telephone • busy with house work • renovation of house- too much noise 	Confirmed the appointment via telephone (when available) in the morning and only then visit the elder. When no telephone, multiple visits to the elder's house. Flexible gaps between sessions provided.
Challenges related to duration of sessions- elders vent and session goes beyond 60	Gave space to the elder to cry <ul style="list-style-type: none"> • Used reflection

minutes	<ul style="list-style-type: none"> • Began the next session by retelling the elder his/her story
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Appendix 2

Exit in-depth interview Guide

Objectives:

- a. To understand and explore the experiences of the participants of the DIL trial who received the intervention
- b. To explore the impact of the intervention on the participants
- c. To identify the mechanism of the intervention
- d. To identify the key ingredients of the intervention which are beneficial to the participants
- e. To understand the challenges faced by the participants in implementing the intervention

Guide

Engaging Experience

1. What is your experience of being a part of the DIL trial (Probe: Narrative experience of the participants over the sessions and in the past 1 year [Encourage the participant to narrate the lived experiences through the project period, including the process of the intervention])

Content of Intervention

2. What problems were discussed during the PST session? What did you learn during the course of the intervention? (Probe: PST steps, i.e. identifying problems, generating solutions, implementing action plan, with or without assistance from counsellor/SO)
3. Which aspect of the intervention was found to be most helpful? (Probe: Intervention components i.e. chronic disease management, social case management, BBTI, behavioral activation)

Post Intervention experience

4. What were the challenges faced to implement the action plan? (Probe: Ask for examples)
5. Are you using the techniques learnt during your sessions for recent problems? Will you use for future problems? (Probe: examples in detail i.e. problem – solution- action taken)

Impact of Intervention

6. Have you noticed any changes in your daily mood since the intervention? (Probe: ask to describe the changes) What do you think are the reasons for these changes (or no change)?
7. Has the intervention made any change to your life? (Probe: how and extent of impact; If negative answer then probe why)

Suggestions

8. How could we improve this program so that it would be more helpful to you? (Probe: ask for suggestions, feedback and strategies)
9. How could we improve this program so that it would be more helpful to other elders in Goa? (Consider suggestions for scaling up)
10. Do you think an intervention like this will be useful in preventing depression (control tension and worries) in the elderly population?
11. Describe whether being a part of this program was burdensome or helpful? (Probe: to obtain elaborate responses)