Interview Transcript with 16 year old female living with a mental health problem

Interviewer: Is there anything you feel that is helping you to recover from your depression?

Interviewee: Yeah, moving from Summer Street [sheltered accommodation] to my own place has help a lot, you know? At first it felt like a lot of pressure, you know, if something went wrong there was no warden to help me out, and I’m responsible for paying the rent and all that. I didn’t think I could do it, but Kate [name of support group leader] and my mates Jenny [name of fellow support group member] and Rory [name of other support group member] were totally there for me; Kaye said I could call her anytime I was having trouble, and that she would help me sort it out. Jenny and Kate were ace; they said that I was strong and that I could do it, and they were proud of me ...

It’s tough sometimes, but it’s good, like. The more things I do on my own, the more I know that I can do. And being independent, like, makes me know that I can handle a lot of stuff, that I’m a really strong person.

Interviewer: You say that knowing your friends and Kate were there for you helped a lot. Can you tell me a bit more about this?

Interviewee: Well, Kate suggested that Jenny, Rory and me get together and cook dinner once a week, and have a movie night. I really like the routine: when it’s my turn to cook, I plan out the menu the week before; sometimes Rory and I go shopping together for the ingredients before dinner, and it’s nice to have that to look forward to. And it’s fun, and I learn more about how to cook, which I really enjoy; it’s really become a hobby of mine. And one day Jenny was really down, having trouble getting out of bed, and so she called me up and I said ‘Let’s go for a walk and make some lunch together’. That really helped her. I can’t say why, like, but it did. Knowing that I helped her out made me feel good, and I know that if I have a problem, like, I can call her up and she’ll help me too. That just helps more than anything.

When thinking about how to code the following passage, look at the title of the study and consider the following questions:

1. What is interesting about the passage?
2. Why is it interesting?
3. Why am I interested in this particular part of the passage?