Supplemental Table 1

The Inductive Content Analysis Process (adapted from Elo & Kyngas, 2007)

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| Phase | Aim | Products |
| Preparation | To become immersed in the data | Unit of analysis -individual participants’ responses; manifest content (latent content not available)  Make sense of the data and the whole |
| Organizing (inductive) | To distill words into fewer content related categories. It is assumed that when classified into the same categories, words, phrases and the like share the same meaning | Open codes  Coding sheets  Categories  Abstraction (themes, model, conceptual system) |
| Reporting | To report the analyzing process and the results | Strategies to promote trustworthiness of the results. (see below)  A clear description of the context, selection and characteristics of participants, data collection and process of analysis. |