Supplementary Material S3

Example of Item Development

This supplementary material provides an illustrative example of how one interview item was developed and refined through the iterative process described in the Methods section.

An illustrative case concerns the topic of applying imagery rescripting (ImRs) with underweight patients. In the preliminary draft of the topic list, this issue was included as a broad, open-ended question:

- *"What are your opinions on the effectiveness of using ImRs with patients who are underweight?"*

The purpose of this initial phrasing was to invite therapists to share general perspectives and experiences without directing them toward a specific aspect of the issue.

During the first round of interviews, however, several participants spontaneously raised concerns about possible risks, particularly that intensive emotional work through ImRs might negatively affect the physical condition of severely underweight patients. Because this concern emerged repeatedly and unprompted, the question was refined to explicitly probe this theme. A follow-up prompt was therefore added:

- *"Do you believe there's a risk that a patient's condition will deteriorate due to ImRs? If so, what risks have you encountered in your work with underweight patients? If not, can you describe why you are confident that there are no risks using ImRs in underweight patients".*

This example illustrates how the interview guide was adapted in response to early interview findings. By moving from a broad, exploratory item to a more targeted follow-up, the final topic list ensured that clinically relevant concerns (such as the potential risks of ImRs in physically vulnerable populations) were consistently addressed in subsequent interviews. The final version of the topic list, including this item, is presented in **Table 2** of the main text.