

## Thematic analysis of personal, occupational goals across service users

Each person identified 3-5 Occupational Goals as follows

Personal Goals identified in COPMs across 18 Service Users	Number of times goal identified across cohort	Categories	Total number of goals/ theme	Themes
Manage anxiety	10	Symptom management/ anxiety	17	Cope with symptoms
Manage Low mood	4	Symptom management/ mood		
Manage Pain	2	Symptom management/ pain		
Pacing activity	1	Symptom management/ energy		
Be good Mum	1	Role, Parent	16	Hold and carry out an important role
Time with Daughter	2	Role/ Parent		
Son's Health	1	Role/ Parent		
Attend College/ Uni /lesson	6	Role- Student		
Attend beauty course	2	Role- Student		
Work routine	1	Role- Worker		
Attending work	2	Role- Worker		
Maintaining work	1	Role- Worker		
Return to work	1	Role- Worker		
Safely use toilet/ shower	2	Self-care /Physical function,		
sit up in bed	1	Self-care /Physical function,		
Open jars & bottles	1	Self-care / Physical function,		
Healthy Diet	3	Self-care/diet		
Self-care- reduce alcohol	1	Self-Care/ diet		
Exercise	2	Self-care/Exercise		
Take meds / see CPN	1	Self-care/ medication		
Shower x2 week	2	Routine/ Self Care/ shower	10	Establish a routine
Sleep pattern	5	Routine/ sleep		
Morning Routine	1	Routine/ morning		
Structure AM	2	Routine/ morning		
Time with horse	1	Leisure/ exercise	7	Find enjoyment
Go swimming	1	Leisure/ exercise		
Gardening	1	Leisure/ exercise		
Craft activities	1	Leisure/ creativity		
Pamper session	1	Leisure / self-Care		
Planning leisure	2	Leisure/ self-care		
Find a home	2	Role- Home maker		
Maintaining home	2	Role- Home maker		
Hoarding	1	Role- Home maker		
Managing e-mails, tasks	1	Role- Home maker		
Maintain friend	1	Friendships/ social contact	6	See friends
Build friendships	1	Friendships/ social contact		
Maintaining Friend	1	Friendships/ social contact		
Time with Friends	1	Friendships/ social contact		
Friends	2	Friendships/ social contact		
Walk to shop	1	Accessing community	3	Have confidence to get out
Attend shop	1	Accessing community		
Attend MH appointment	1	Accessing community/ self-care		
		<b>Total goals identified</b>	<b>76</b>	