

Supplementary File 1

Semi-Structured Interview Guide

Semi-Structured Interview Guide Used in the Present Study

Introduction

This semi-structured interview guide was developed specifically for the present study based on the study objectives, the literature on civilian trauma and meaning-making, and methodological recommendations for Interpretative Phenomenological Analysis (IPA) [Smith et al., 2022]. The guide was intended to facilitate rich, first-person accounts of participants' lived experiences rather than to obtain standardized responses. Interviews remained flexible and conversational. The interviewer adapted the wording and sequence of questions according to each participant's narrative and used follow-up prompts to deepen reflection and clarify meanings.

Opening Invitation

1. Could you tell me the story of your experience during the June 2025 armed conflict, beginning wherever feels most natural to you?

Possible prompts

What stands out most when you think back to that period?

What do you remember most vividly?

What happened from your perspective?

Experiencing Threat

2. What was it like for you to live through those days?

Possible prompts

How did you experience the missile attacks or emergency warnings?

What thoughts went through your mind?

What was everyday life like during that period?

Psychological and Emotional Experience

3. How did the conflict affect you emotionally?

Possible prompts

What emotions did you experience?

Did these emotions change over time?

Were there moments that were particularly difficult or meaningful?

Sense of Safety

4. How did your sense of safety change during and after the conflict?

Possible prompts

Did your home still feel like a safe place?

How did you experience uncertainty?

Did you feel constantly alert or watchful?

Everyday Life

5. In what ways did the conflict influence your daily life?

Possible prompts

Family routines
Work or education
Sleep
Eating
Daily activities
Future planning

Relationships

6. How did the conflict influence your relationships with other people?

Possible prompts
Family members
Friends
Neighbours
Colleagues
Your wider community

Trust

7. Did your experiences change the way you viewed other people, institutions, or society?

Possible prompts

Government
Media
Health services
Community members
Trust in information

Identity

8. Looking back, do you think this experience changed the way you see yourself?

Possible prompts
Personal strengths
Personal weaknesses
Responsibilities
Identity
Confidence

Meaning-Making

9. What meaning, if any, has this experience come to have in your life?

Possible prompts
Has it changed your beliefs?
Has it changed your priorities?

Has it changed what is important to you?

Coping

10. What helped you cope with these experiences?

Possible prompts

Family

Friends

Spirituality or religion

Personal beliefs

Daily routines

Professional support

Living Beyond the Conflict

11. How do you think these experiences continue to influence your life today?

Possible prompts

Your future

Your hopes

Your concerns

Your relationships

Your emotional well-being

Reflection

12. Is there anything about your experience that you believe researchers, psychologists, or decision-makers should better understand?

Closing Question

13. Is there anything else you would like to share that we have not discussed?

Interviewing Approach

Throughout the interviews, participants were encouraged to describe their experiences freely in their own words. The interviewer used empathic listening, reflective prompts (e.g., "Could you tell me more about that?", "How did that affect you?", "What did that mean to you?"), and clarification questions to facilitate deeper exploration of participants' lived experiences. Consistent with the principles of Interpretative Phenomenological Analysis, emphasis was placed on understanding participants' subjective interpretations rather than establishing factual accounts of events.