

Drawing Number	Participant Number		
20	14		
Performed referenced action	Heard (Researcher / Participant dialogue)	Seen (Researcher observations)	
01	<p>R: OK, so this is your Bedroom?</p> <p>P: Yes.</p> <p>R: So, what time does the alarm go off?</p> <p>P: My alarm goes off at 06:00.</p> <p>R: In the morning?</p> <p>P: Yeah.</p> <p>R: Is that just the one alarm?</p> <p>P: Yeah, just the one alarm and then I am straight up.</p> <p>R: Is that on your phone?</p> <p>P: Yep.</p> <p>R: And do you get up the first time?</p> <p>P: Yep.</p> <p>R: OK, so you're up, so give me a tour.</p> <p>P: Then I get changed.</p> <p>R: Is that into a uniform?</p> <p>P: No, into normal clothes.</p> <p>R: Normal clothes?</p> <p>P: I cannot travel to work in my uniform.</p> <p>R: OK.</p> <p>P: Yeah, I'm not allowed.</p> <p>R: OK, so go from there then.</p> <p>P: So, I normally wear my gym kit, so let's go over here (chest of draws).</p> <p>R: So, you have separate storage for different clothes?</p> <p>P: Yeah, my gym kit is over here, and then I would grab my underwear.</p> <p>R: So, does it matter what sort of gym kit you wear?</p> <p>P: No, then I tend to get my uniform out next.</p> <p>R: So this wardrobe?</p> <p>P: Yeah, a different wardrobe.</p> <p>R: And is that already to go on the day, so all ironed?</p>	<ul style="list-style-type: none"> <li>Lamp on bedside table along with visible phone charger.</li> <li>Types of clothes separated, all out of sight in storage.</li> </ul>	

	<p>P: Yeah, my tunic and trousers, I do not iron it, I just wash it.</p> <p>R: And does that go into a bag?</p> <p>P: Yeah, so in my bag downstairs. So I've got my clothes.</p> <p>R: OK, so your gym kit is on, and your uniform is now out?</p> <p>P: Yep, then I go downstairs.</p> <p>R: OK, so do you have the main Bedroom light on?</p> <p>P: Initially, the small light when the alarm goes off, then I put the big light on to get ready, then I go downstairs.</p>	
02	<p>R: OK, so let's go downstairs; we go down here [Landing connecting to stairwell] and then what happens?</p> <p>P: I'd turn off my house alarm.</p> <p>R: OK, so why do you set an alarm?</p> <p>P: Security, really, it's not the best area to live in.</p> <p>R: Does living on your own add to this?</p> <p>P: Yeah, as I do not set it when I have friends over to stay.</p> <p>R: Right, so you set the alarm when you're alone?</p> <p>P: Yes.</p> <p>R: And has it ever gone off before?</p> <p>P: Not through a burglary, but when I set it off myself by forgetting that I have even set it, then I walk into here [Living Room].</p> <p>R: OK, so what do you do then, once you have set it off?</p> <p>P: It made me jump, but then I got to the control panel and entered the pin to stop it, but my friends have set it off too accidentally, as they do not know my pin.</p> <p>R: Right, so for you then, do you set it off often?</p> <p>P: Not often, but it is mainly when I have had a busy day, I tend to set it by habit and then forget about it completely when I wake up. Also, when I am not in, so I work a night shift too, I often think, what would I do if it went off and was not their to turn it off?</p> <p>R: OK, so do you think that the alarm irritates your neighbours?</p> <p>P: Yeah, it would me.</p> <p>R: OK, do you ever not set it as you might irritate your neighbours?</p> <p>P: Occasionally, but I think it is a trade between my safety and convenience just to not do it and go to bed.</p> <p>R: But you sometimes do not set your alarm?</p> <p>P: Yeah, but it varies.</p> <p>R: And your preference would be to set it and for it not to disturb your neighbours?</p>	

	P: Absolutely, I think being a terraced house as well, I am more aware of the noise it makes.	
03	<p>P: Since last night, and this light is on a timer (Living Room), so it will be turned on by the time I get downstairs, then I come to put the TV on.</p> <p>R: OK.</p> <p>P: Well, on to Good Morning Britain.</p> <p>R: So, is that for the news, for maybe background noise?</p> <p>P: A bit of news and yeah background noise, then I put the kettle on in (Kitchen) and get my breakfast.</p> <p>R: Yeah.</p> <p>P: Then I tend to get my lunch out, which I had made the night before, and put it on the side.</p>	<p>The participant had an example of tomorrow's lunch in the fridge.</p> <ul style="list-style-type: none"> <li>• Few pots noted in the sink.</li> <li>• Worktop sides tidy.</li> <li>• Family photos on the fridge door.</li> </ul>
04	<p>R: So, is that just a basic packed lunch you take?</p> <p>P: Yeah, then I come in here (Living Room) and I eat my breakfast as I watch TV.</p> <p>R: OK, so this is to catch up with what is going on and a place to eat your cereal?</p> <p>P: And it is about 06:20 at this point, and then I bring my bowl back through here (Kitchen), and I wash up sometimes if I have time.</p> <p>R: And sometimes they get left?</p> <p>P: Yeah, like this morning and then I go back upstairs.</p>	<ul style="list-style-type: none"> <li>• Sits on the sofa in the position nearest to the TV.</li> </ul>
05	<p>R: OK, so now what do you do?</p> <p>P: I go and brush my teeth in the bathroom and have a wee and then come in here (Bedroom) and do my make-up.</p>	<ul style="list-style-type: none"> <li>• Products on the side of the bath in the Bathroom.</li> </ul>
06	<p>R: In front of that mirror?</p> <p>P: Yeah, that mirror.</p> <p>R: And usually when you get back in here, it is like?</p> <p>P: 06:30.</p> <p>R: And what time do you need to be at work?</p> <p>P: I leave at like 06:45.</p> <p>R: OK, so you have a schedule, and everything has to be done in that way?</p> <p>P: So once I have done that, I will go back downstairs again.</p>	<ul style="list-style-type: none"> <li>• Participant stands in front of the mirror to do make-up.</li> <li>• Make-up not visible on the side.</li> </ul>
07	<p>R: So turn all the lights off?</p> <p>P: Yeah and open the Living Room curtains and then I tend to pack my bag.</p> <p>R: So you bring your uniform down with you?</p> <p>P: Yeah, which I put on here (sofa).</p> <p>R: So on the sofa.</p> <p>P: Yeah, I pack it with my lunch and then get my shoes on and then get my keys and go.</p>	<ul style="list-style-type: none"> <li>• Participant packs bag on sofa.</li> <li>• Draws open the curtains.</li> </ul>

	<p>R: OK, so with your pack up is that from a left over meal or fresh?</p> <p>P: Depends on what I have eaten the night before.</p> <p>R: So if it can be used, it will be used?</p> <p>P: Yeah and if not, I make a sandwich.</p> <p>R: And why do you take a packed lunch?</p> <p>P: To save money.</p>	
08	<p>R: Ok, so you leave at 06:50?</p> <p>P: Yeah.</p>	<ul style="list-style-type: none"> <li>Formal shoes by the front door.</li> </ul>
09	<p>R: And what time would you get home for?</p> <p>P: About 18:25.</p>	
10	<p>R: And tell me about that, so you have your uniform on this time?</p> <p>P: No my normal clothes.</p> <p>R: So you have to get changed at work?</p> <p>P: Yeah, I cannot travel in my uniform. So I tend to come in and open my bag and then chuck my uniform on the stairs and then I would take it upstairs to the wash basket the next time I go upstairs. Then I would come in and shut my curtains as it tends to be dark at this time and my lamp is normally on for when I walk in.</p> <p>R: So it is on a timer as well for when you come back?</p> <p>P: Yes, it turns on at 06:00 in the morning then goes off at 08:00 then comes on again at about 15:00 and turns off at 21:30.</p> <p>R: OK, so what is the purpose of that?</p> <p>P: Just so it looks like there is somebody home.</p>	<ul style="list-style-type: none"> <li>Throws uniform onto third step of stairs and proceeds into the Living Room.</li> <li>Participant did not re-enact locking the front door.</li> </ul>
11	<p>R: So it is more of a safety precaution?</p> <p>P: Yeah, I tend to come in and put my lunch box on the side, put the kettle on and have a biscuit and then I sit down and have my cup of tea and biscuit in there (Living Room).</p>	<ul style="list-style-type: none"> <li>Participant takes lunch box out of the bag and places in the sink to be washed.</li> </ul>
12	<p>R: Is the TV on?</p> <p>P: Yeah.</p> <p>R: Then what do you do?</p> <p>P: I tend to get dinner on.</p> <p>R: And is that planned?</p> <p>P: Yeah.</p>	<ul style="list-style-type: none"> <li>Remote control on the sofa from morning TV viewing.</li> </ul>
13	<p>R: So I can see you have some mince out defrosting already.</p> <p>P: That is for tomorrow, I have chicken out from last night for tonight.</p> <p>R: OK, so you are thinking ahead.</p> <p>P: Yeah.</p> <p>R: So that is quite a large packet of mince out.</p>	<ul style="list-style-type: none"> <li>No visible signs of cookery books or Kitchen gadgets.</li> <li>Dining table set for one.</li> <li>Bluetooth speaker visible on Kitchen windowsill.</li> </ul>

	<p>P: Yeah, so that would make dinner for tonight, tomorrow and I might freeze a meal too.</p> <p>R: So you are planning that constantly?</p> <p>P: Yeah.</p> <p>R: And do you find that an easy thing to do?</p> <p>P: Yeah, as it wastes less money.</p> <p>R: Do you enjoy eating the same meal?</p> <p>P: Yes, so, I would have it for lunch tomorrow then the other bit I would freeze and have it like a week later.</p> <p>R: OK, so does the mince go into the same meal, so if you have Shepherd's pie or could it be something different like a lasagne?</p> <p>P: Yeah, I would change its use, depending if I use all the mince or not.</p> <p>R: Do you enjoy cooking?</p> <p>P: Yeah, I quite enjoy it.</p>	
14	<p>R: So after you have eaten.</p> <p>P: Yeah, so it is about 19:00 now, I'll either chill in front of the TV or have a shower and then come back down and watch TV.</p> <p>R: So this is all about relaxing?</p> <p>P: Yeah.</p> <p>R: So, leftovers from dinner become your lunch?</p> <p>P: So if dinner is in the oven, I tend to make my lunch then.</p> <p>R: OK.</p> <p>P: Yeah so, I'm using my time more efficiently.</p> <p>R: That is interesting.</p> <p>P: Yeah so rather than sitting back down and thinking 'ow I have to go and make lunch', I do it whilst I'm up. As once I'm down I like to stay down and not think of these sorts of things.</p> <p>R: Then you just watch TV?</p> <p>P: Yeah.</p>	<ul style="list-style-type: none"> <li>Freeview box visible by TV stand.</li> </ul>
15	<p>R: Then what?</p> <p>P: Upstairs to shower and then I go to bed.</p>	
16	<p>R: And what time do you go to bed?</p> <p>P: Like 21:30 I'm like a grandma.</p> <p>R: Is that because you get up earlier?</p> <p>P: Partly but nobody else is here, so I might as well go to bed and comfy.</p> <p>R: So if you had company or somebody living here you would want to stay up later?</p> <p>P: Yeah, 21:30 is a bit early for me.</p>	

	<p>R: So you go to bed because you are lonely?</p> <p>P: I guess, I mean I do have different people over but on a workday, I tend to be on my own.</p> <p>R: OK, but would you say the job you do you would like some support?</p> <p>P: Yeah, I often do not talk about my work to anybody as when the weekend comes, I do not want to be talking about my problems at work and being a downer.</p> <p>R: Right, so the lack of a weekday company might impact your wellbeing?</p> <p>P: Err. Well, if something was up with me, I would ring my mum or whatever but yeah, I do not want to keep on ringing her say with every little problem I have, it would be easier if I could talk to someone about the boring stuff too.</p> <p>R: OK.</p> <p>P: Probably be better if it was not my mum as she would worry too much, it would be better if it was someone who didn't know me that well but was still interested in what I had to say.</p> <p>R: Right, so once you go up to bed are you going to sleep?</p> <p>P: At 21:30?</p> <p>R: Yeah.</p> <p>P: I would be, first I would set my alarm.</p> <p>R: On your phone again?</p> <p>P: Yeah, turn the light off and go to sleep.</p> <p>R: OK and then you do the same routine the next day?</p> <p>P: Unless I go to the gym after work, and then things are just one hour later.</p>	
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