

**Interview Protocol
Semi-Structured**

Opening Information:

Intro: I am completing this interview based on a protocol I developed for the purpose of a qualitative research study for my dissertation. This interview is part of an ongoing study. This interview protocol will be looking into the idea of the “emotional labor of teaching,” or regulating emotions as part of the work role. Particularly, I am interested in how some teachers experience emotional labor, how that experience relates to burnout and resilience, and exploring personal views of participants. I am going to record today’s interview and will first ask some demographic types of questions but will give you a pseudonym to ensure that your personal identity is kept confidential in anything written. Do I have your permission to record the interview?

If no – Thank you for your time, but if I cannot record the interview, I will need to find another interviewee. I appreciate your willingness to meet with me and wish you a wonderful day.

If yes - Thank you for your willingness to participate in this interview. Now, we will begin. As we go throughout the interview, I am going to follow a set list of questions but also may ask a few follow-up questions along the way, request examples, and so forth. Mostly though, I want you to provide as much detail and honesty in responses as you can. Thank you so very much in advance for doing so.

Are you ready to begin?

If no, provide time so that they are ready and then continue.

Continue: I am going to begin by asking you a few basic demographic questions and a few about your perspective on the idea of the emotional labor of teaching. From there, I will ask a set of questions that explore your perspective and lived experiences.

Interview 1:

Set I: Demographics

1. How did you find yourself teaching middle school?
2. Which subject(s) do you currently teach?

Set II: Perspective of Emotions in Teaching

3. What does a typical day look like for you?
4. Describe the various emotions you feel on a regular basis.
 - Can you elaborate on _____?
5. How would you view your emotional life as a teacher?
6. Describe how you express emotions during your typical workday.

Set III: Perspective of Emotional Labor

7. Tell me about a time that you experienced an emotionally challenging situation during your teaching career.
 - How did you emotionally manage that situation?
8. Explain the process you use to regulate your emotions daily at your job.
 - How did you come to understand and utilize that process?
9. Describe instances where you felt supported in dealing with emotional challenges while at work.

Set IV: Perspective of Exhaustion

10. How would you describe exhaustion in your work?
11. What factors are most helpful in dealing with exhaustion?
 - What factors would be helpful to support you in dealing with exhaustion?

Set V: Perspective of Mental Distance

12. Tell me about how you feel towards your job mentally.
13. How would you describe your ability to stay focused at your job?
14. How are you maintaining a healthy emotional balance between teaching and your personal life?

Set VI: Debriefing

15. Is there anything else you would like to share given what we have talked about today?

*Additional layers of interview rounds pending continual participant consent for reliability and validity of findings:

Interview 2:

1. In our last interview, I asked you about your emotional life as a classroom teacher.
 - Can you tell me more about that?
2. When we last met, you said _____ are the emotions you experience on a regular basis.
 - Can you explain each emotion in more depth?
3. As we have entered a new quarter/semester, how has it affected your emotional life as a teacher?
 - Tell more about _____.

Interview 3:

1. As you mentioned previously in our most recent interview, you tend to experience emotions such as _____. I analyzed or interpreted this to mean _____.
 - Can you confirm this interpretation to be accurate? If not, please help me to better understand what you meant so that I may accurately convey your experience.