Topic guides

The order of the questions outlined will not necessarily be followed. Probe/follow up questions are written in italics – they will be used if deemed to be relevant and useful within a given interview.

Topic guide for MBCT participants

1. Could you describe your experience of the MBCT sessions?
   - Could you describe what it was like to be in the sessions at the start of the 8 weeks? Could you describe what it was like to be in the sessions in the middle of the 8 weeks? Could you describe what it was like to be in the sessions at the end of the 8 weeks?

2. What aspects of MBCT did you find to be useful?
   - Can you describe some examples of the aspects of MBCT you found to be useful?
   - Why do you think that particular aspect was useful? What do you think MBCT helped you with? Can you describe some examples of what MBCT helped you with?

3. What aspects of MBCT did you find to not be useful?
   - Can you describe some examples of the aspects of MBCT you found to not be useful?
   - Why do you think that particular aspect was not useful? What do you think MBCT did not help you with? Can you describe some examples of what MBCT did not help you with?

4. How did you find being in a group for the MBCT sessions?
   - Why was this useful or not useful?
   - In what way was this useful or not useful?

5. Did you take any of the skills or techniques you learned in the MBCT sessions into your daily life?
   - Which skills were you able to take into everyday life?
   - In what way did you include these skills in everyday life?
   - Which skills were you not able to take into everyday life?

6. Did MBCT change your feelings towards yourself?
   - In what way did MBCT change your feelings towards yourself?
   - Why did MBCT change your feelings towards yourself?

7. I’d like to ask you about how you found practicing the skills and techniques you learnt in the MBCT sessions outside of the sessions. What did you do?
   - Why did you do this?
   - What skills or techniques did you avoid? What skills or techniques did you find hard to do? Why did you find this skills or techniques harder?
8. Thank you for your time. Do you have any questions that you would like to ask me? Is there anything else you would like to add about your experience of MBCT?

**Topic guide for carers**

1. Overall, do you think MBCT was useful for your relative?

2. Which aspects of MBCT do you think were useful for your relative?
   - *Can you describe some examples of the aspects of MBCT you think were useful?*
   - *Why do you think that particular aspect was useful? What do you think MBCT helped your relative with? Can you describe some examples of what MBCT helped your relative with?*

3. Which aspects of MBCT do you think were not useful for your relative?
   - *Can you describe some examples of the aspects of MBCT you found to not be useful?*
   - *Why do you think that particular aspect was not useful? What do you think MBCT did not help your relative with? Can you describe some examples of what MBCT did not help your relative with?*

4. How do you think your relative found being in a group?
   - *Why was this useful or not useful?*
   - *In what way was this useful or not useful?*

5. From what you’ve noticed, do you think your relative has been able to take any of the MBCT skills into everyday life?
   - *Which skills were they able to take into everyday life?*
   - *In what way did your relative include these skills in everyday life?*
   - *Which skills was your relative not able to take into everyday life?*

6. Do you think MBCT changed your relative’s feelings towards themself?
   - *In what way did MBCT change your relative’s feelings towards themself?*
   - *Why did MBCT change your relative’s feelings towards themself?*

7. Has your relative doing the MBCT course made any differences to you as their main carer?
   - *In what way did it impact you?*
   - *Can you give some examples of the ways in which your relative’s experience impacted you?*

8. Was your relative’s experience of MBCT useful for you or not?
   - *In what way was your relative’s experience of MBCT useful for you?*
   - *Were there any ‘downsides’ to your relative doing the MBCT course?*
   - *Can you give some examples of the ways in which your relative’s experience of MBCT was useful or not useful for you?*

9. Did your relative’s experience of MBCT impact your relationship with each other?
- In what way did your relative’s experience of MBCT impact your relationship with each other?
- Can you give some examples of the ways in which your relative’s experience of MBCT impacted your relationship with each other?

10. Thank you for your time. Do you have any questions that you would like to ask me? Is there anything else you would like to add about your own or your relatives’ experience of MBCT?

**Topic guide for facilitators**

1. What previous experience of delivering MBCT or other mindfulness-based interventions have you had?
   - Which client groups have you previously delivered MBCT or other mindfulness-based interventions to?
   - How did this client groups’ response to MBCT differ from other clients’ responses?
   - Did these sessions differ to those you have previously delivered?

2. Did you make any adaptations to MBCT for this client group?
   - What adaptations did you make?
   - Do you think these adaptations were successful? If you were to deliver the sessions again, would you make the same adaptations, which adaptations would you keep, which would you not use, which would you add etc.

3. Do you think participants were selected in an appropriate way for the MBCT sessions?
   - Would you have done this differently?

4. Overall, do you think MBCT was useful for participants?

5. What aspects of MBCT do you think were useful for participants?
   - If the individual is struggling or is providing a vague answer: Can you describe some examples of the aspects of MBCT you think were useful?
   - Why do you think that particular aspect was useful?

6. What aspects of MBCT do you think were not useful for participants?
   - If the individual is struggling or is providing a vague answer: Can you describe some examples of the aspects of MBCT you think were not useful for participants?
   - To gain further detail: Why do you think that particular aspect was not useful?

7. What do you think MBCT helped participants with?
   - If the individual is struggling or is providing a vague answer: Can you describe some examples of what you think MBCT helped participants with?

8. What do you think MBCT did not help participants with?
   - If the individual is struggling or is providing a vague answer: Can you describe some examples of what you think MBCT did not help participants with?
9. Do you think that the group setting of MBCT sessions was useful or not?
   - Why was the group setting useful or not useful?
   - In what way was the group setting useful or not useful?

10. Do you think participants were able to take the MBCT skills into everyday life or not?
    - Which skills do you think participants were able to take into everyday life?
    - In what way do you think participants included these skills in everyday life?
    - Which skills do you think participants were not able to take into everyday life?

11. Do you think MBCT changed participants feelings towards themselves?
    - In what way do you think MBCT changed participants’ feelings towards themselves?
    - Why did MBCT change participants’ feelings towards themselves?

12. Thank you for your time. Do you have any questions that you would like to ask me? Is there anything else you would like to add about your own or your participants’ experience of MBCT?