**Carer Interview Guide**

1. First, I am interested in hearing your general opinions of online Acceptance and Commitment Therapy. Before I ask you any questions that might get you thinking about specific things, would you please give me your general opinions of this online programme?

What about

* Online platform used (user-friendliness)
* Time commitment
* Exercises/techniques introduced (content)
* Written feedback received from your therapist (content/frequency)
* Anything that made difficult to continue
* Any benefits noticed

**The acceptability and relevance of one-to-one sessions (e.g. appropriateness)**

1. Did you attend two one-to-one sessions with your therapist via telephone (or video call)?

*If attended*

* What are your thoughts on those one-to-one sessions with your therapist?
* Were there any aspects you particularly liked or disliked about one-to-one sessions?

*If not attended*

* What were the challenges in signing up for one-to-one sessions?
* How can we improve?

1. What did you think about your therapist?
2. What was your relationship with your therapist like?

**Perceived benefit (e.g. improved motivation)**

1. Do you think that additional one-to-one sessions helped you to complete the online programme in any way?

* Why do you feel that way?

**The feasibility of one-to-one sessions (e.g. booking, frequency, format)**

1. How did you find the system for booking one-to-one sessions online?
2. How did you find the frequency and duration of one-to-one sessions?
3. How did you find the format of one-to-one sessions, the use of telephone or video call?

**Adaptation (e.g., suggestions for improvement)**

1. Do you have any suggestions for improvement for one-to-one sessions? Can we do something differently?
2. Do you have any suggestions for improvement for the online programme? What makes the online programme better for you and other carers from ethnic minority groups?
3. What steps can we take to make more carers from ethnic minority groups to sign up for this online programme?
4. Before I finish the interview, is there anything you wanted to share but have not expressed yet? Do you wish to add anything to what we have already discussed?

**Therapist Interview Guide**

1. First, I am interested in hearing your general opinions. Before I ask you any questions that might get you thinking about specific things, could you please share your experiences of delivering the intervention during the study?

**The acceptability and relevance of one-to-one sessions (e.g. appropriateness)**

1. What are your thoughts on those one-to-one sessions?
2. Were there any aspects or topics you particularly found helpful or found challenging during one-to-one sessions?
3. What was your relationship with each of your participants like?

**Perceived benefit (e.g. improved therapist-care relationship)**

1. Do you feel that additional one-to-one sessions helped you work with your participants in any way? Why do you feel that way?

**The feasibility of one-to-one sessions (e.g. booking, frequency, format)**

1. How did you find the system for booking one-to-one sessions online?
2. How did you find the frequency and duration of one-to-one sessions?
3. How did you find the format of one-to-one sessions, the use of telephone or video call?
4. How did you find the manual for one-to-one sessions?

**Adaptation (e.g., suggestions for improvement)**

1. Do you have any suggestions for improvement for therapist training, therapist manual or supervision? Can we do something differently so that we can do better in a large trial?
2. Before I finish the interview, is there anything you wanted to share but have not expressed yet? Do you wish to add anything to what we have already discussed?