**Appendix 2.** Interview schedule

1. What aspects of the group sessions did you like or find helpful?
2. Is there anything we didn’t cover in the sessions that you think might have been helpful?
3. Was there anything that we did include that you think could be improved or perhaps wasn’t useful/relevant to you?
4. Was five sessions enough? Too much?
5. How did you find completing the questionnaires? (Did they relate to what you had discussed in the meetings? Were they easy to complete? Did they capture changes you were noticing in yourself/your life?)
6. If you had to summarize what you’ve got from these group meetings, what are the key things you’ve taken away from this experience?