**ONLINE SUPPLEMENTARY**

**TABLE 2**

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| Table 2*Change interview questionnaire responses* |
| Question | Response |
| What has changed for you over the course of the study? | * P1: “I have come to realise that I am not as useless as I feel. I seem to be able to cope with whatever life throws at me. I feel more hopeful that I will overcome my difficulties although it may take some time.”
* P2: “My ability to look at myself and how I cope with situations that occur. Not to be so critical of myself.”
* P3: “I'm more aware of my self-critic, that I am very judgemental, approach situations with more positive attitude.”
* P4: “I have now found that I am now stronger than I thought I was.”
* P5: “I have been more open about myself, challenged events in my life, looked at my feelings and how to deal with them.”
* P6: “An insight into how parts of yesterday can affect how life is today. My knowledge has increased in regard to many topics.”
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| Why do you think these changes occurred? | * P1: “Talking about how my life has been, bringing up memories that were buried, and needed to be brought up, as they helped me realise I could cope.”
* P2: “I have been able to see how I coped in the past. To look at things in the past and realise I am not stupid or useless but can progress.”
* P3: “Through having the above pointed out to me. I've learnt to look at my situation positively, more mindfully.”
* P4: “By learning to accept and understand how I now feel.”
* P5: “Talking them through, understanding my thoughts and the way I think.”
* P6: “A free exchange of ideas. Demonstrating the good and bad parts of my personal history.”
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| What has been helpful? | * P1: “Talking about it. Hearing someone else's point of view as to what sort of person I am. I'm not that bad!”
* P2: “The ability to look at what I have achieved not what I have failed in, and that I can find solutions and it doesn't harm to congratulate yourself on the achievements.”
* P3: “Looking at past accomplishments and seeing that I have succeeded in the past more than I thought, giving me positive feedback.”
* P4: “Just the talking and understanding that is how it means to me. I will always do my best to be more stronger as I go on.”
* P5: “Talking most definitely, not bottling things up, confronting things head on.”
* P6: “To see a wider side of life and understand that many parts I have concerned myself are really not that important.”
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