**Participant focus group and interview guide**

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1. What was your experience of trying mediation in the clinical setting?
2. What aspects of meditation did you enjoy?
   1. Was there any part of meditation that you didn’t like?
3. What influenced your decision to try meditation?
4. Do you think you will continue to practice meditation at home?

a) Why or why not? (Prompt - any factors that would support you to continue mediation at home and that would challenge it?)

1. Was anyone else involved in your meditation practice? If so, did they use meditation independently or did you practice meditation together?

Personal interview -5 mins for each member of the group –is there anything that you would like to add that you would prefer not to share with the group.