

Appendix A.

Interview Script for In-Person Only

1. Can you please describe your experiences with participation in the **(MBCR or TCQ)** class (before the pandemic)? How would you rate your experiences?
2. What were the benefits you received from practicing in the in-person **(MBCR or TCQ)** classes before the pandemic?
3. Can you please describe some of the barriers and hurdles to participating in the **(MBCR or TCQ)** classes before the pandemic? Did knowledge of COVID 19 impact these barriers at all?
4. What fears or concerns did you have about the in-person classes before the pandemic? Did these fears or concerns change with knowledge of COVID 19?
5. What motivated you to participate in the **(MBCR or TCQ)** classes?
6. Would you join another class of similar nature if it were held in-person? If provided the option, would you be interested in joining an online program?

Appendix B.

Interview Script for Online-Only

1. What were your experiences with the online (during the pandemic) (**MBCR or TCQ**) sessions? How would you rate your experiences?
2. What were the benefits you received from practicing in the online (during the pandemic) **MBCR or TCQ** sessions?
3. Can you please describe some of the barriers and hurdles to participating in the online (during the pandemic) **MBCR or TCQ** sessions?
4. What fears or concerns did you have about the online (during the pandemic) **MBCR or TCQ** sessions?
5. What motivated you to participate in the online (during the pandemic) **MBCR or TCQ** sessions?
6. Would you join another class of similar nature if it was held in-person? If provided an option of online or in-person, which would you choose and why?

Appendix C.

Interview Script for In-person and Online

1. Can you please describe your experiences with participation in in-person (before the pandemic)? What were your experiences with the online (during the pandemic) mindfulness (or Tai Chi) sessions? How would you rate your experiences?
2. What were the benefits you received from practicing **in-person** (before the pandemic) versus **online** (during the pandemic) mindfulness (or Tai Chi) sessions?
3. Can you please describe some of the barriers and hurdles to participating in in-person (before the pandemic) versus online (during the pandemic) mindfulness (or Tai Chi) sessions?
4. What fears or concerns did you have about in-person (before the pandemic) versus online (during the pandemic) mindfulness (or Tai Chi) sessions?
5. What motivated you to participate in in-person (before the pandemic) versus online (during the pandemic) mindfulness (or Tai Chi) sessions?
6. Which delivery mode did you prefer and why?