

Table 1
Participant Characteristics

Characteristics	Value
	Mean (SD) [range]
Age (years)	70.6 (8.15) [53 – 76]
Gender	
Female	9
Male	4
Non-Binary	0
Marital Status	N (%)
Single	1 (7)
Married	9 (64)
Committed Relationship	1 (7)
Divorced	2 (14)
Widower	1 (7)
Income Source	
Employment	8 (57)
Pension/Retirement	5 (35)
Education	
Elementary to Highschool	3 (21)
Trade	1 (7)
Post-Secondary (College/diploma)	4 (28)
Post-Secondary (University/undergraduate)	5 (35)
Cancer Diagnosis	
Melanoma	1 (7)
Breast	7 (50)
Prostate	3 (21)
Thyroid	1 (7)
Lung	1 (7)
Uterus/Cervical	1 (7)
Treatment Type	
Surgery	9 (64)
Chemotherapy	2 (14)
Radiation	5 (35)

Table 2
Thematic Structure and Selected Quotations

Themes:		
Theme 1		Attending to personal needs
Sub-theme		Benefits for coping with COVID-19-related distress
Theme 2		Functional, interpersonal, and COVID19-related challenges
Theme 3		Unique engagement styles based on mode of delivery
Theme 4		Ease of transitioning to remote delivery
Sub-theme		Preferred mode of delivery (online or in-person)
Participant Quotations on Preferred Delivery		
Group Affiliation	Gender	Quotation
TCQ (Hybrid)	Male	<i>There is something about in person that is way better than -- just an example, right now, the church and stuff, they're done on Zoom. I'm tired of Zoom, that's the same thing there. It's just -- it's not the same as in person, it just is not, no. That's what I feel. And it was the same thing with the tai chi stuff</i>
TCQ (Hybrid)	Female	<i>If the online had clarity in everything I probably would have preferred that to in person because, I mean, I'm looking around the room thinking, okay, what type of cancer did that person have, and it's not right, you're not focused on what you're doing</i>
TCQ (Hybrid)	Female	<i>Yeah, sure. And I get that like, with tai chi especially for someone -- well, everyone in these classes are pretty all brand new to tai chi myself included if I joined in, and there'd be lots of times where I would just feel I would rather be in my own space even with the thought of eyes on me or whatever, whatever it might be and just being able to do it that way</i>
TCQ (Online)	Female	<i>Yeah, like the -- I had been really looking forward to going to classes and meeting new people and stuff, but -- and meeting people that are actually going through the same thing as I was, like, you could meet people, but it was -- would have been nice to see other people that are dealing with cancer too. That was a part I kind of had but like I said, you have to do -- deal with what's out here right now</i>
MBCR (Online)	Female	<i>For me, I mean, it's better to be around people and to do it in class. But I mean, you have to take right now what the world is in, but I still think it'd be beneficial to take it. So I think if you could be -- you take it with a group. I mean if everybody's sitting in one room, always better I think. For some people, that isn't easy though. Maybe it's more beneficial for some people to probably be doing it over Zoom</i>

MBCR
(Online)

Female

I'm probably trying to practice a little bit more of mindfulness on a daily basis, because my husband is on oxygen 24/7 for COPD. And we've been staying, I mean, social life is nil, so that's a little bit harder. I've probably been able to use it more on a daily basis than any other time. Not really. I felt that he was a pretty high stress person anyways, but was over a year with no more stress for sure

MBCR (In-
person)

Female

I mean, that's just being around a group of people not knowing each other to start with. I mean for people that take very much to themselves. Some people can't talk very open. I have to say I kept just to myself and what's going on in my life. The two instructors were able to do their job I think and they could pick the people out and the different personalities, and I saw that there were some people I have to say, they come once and they didn't come back, and I don't think it was anything to do with the class. I think it was probably more their health in general. They weren't probably getting treatment or not. There was a lot of bad days, good days, sort of thing
