

## SUPPLEMENTARY MATERIAL

### **APPENDIX: Semi-Structured Interview Guide**

Thank you for agreeing to participate in this interview. I want to let you know that there are no right or wrong answers to these questions. We are really just interested in your experiences with the program and with Mindfulness Based Stress Reduction (MBSR). Any thoughts, feelings, or experiences you can share with us will be very helpful.

#### **Medical Condition/Life**

1a) To start, let me ask you to think about your memory problems. Please tell me about how your memory problems have impacted your life.

#### **The Program**

1b) Now tell me about your experience in this program during the last 8 weeks and how it relates to your memory problems and to your life?

#### **Positive aspects**

2) What are the ways, if any, have you found this program to be helpful? What have you learned? What do you feel has been the most important aspect of what you have learned?

3) Some have found that being in a group with others that have the same condition has certain benefits. Can you tell me what your experience was?

#### **Negative aspects**

4) What has been challenging or difficult about what you have learned or experienced?

5) What (if any) negative effects have you experienced or anything that might concern you?

### Change

6) As a result of your participation in the program, has there been any change in your behavior or in the way you live your life? Did your understanding of your condition change? Did it change the way you manage your condition? Did it change your approach to your condition? Did your meaning of life or purpose for living change? Has participation in the program changed your life in any way? If yes, in what way?

### Study Staff

7) What did you think of the study staff? Do you feel like the study staff were available/approachable if needed? What did you think of the instructor? Were you able to understand his instructions? Did you feel comfortable talking/discussing/opening up in class?

8) Were you affected by study staff attending class? Did you notice a difference when they were present in the class?

### Class content/logistics

9) What did you think of the length of the class? Do you feel like the length of the class, 2 hours, worked for you? Too long? Too short? Do you feel like the 8 weeks was sufficient time for learning this material? Do you think there should be more classes? Fewer? How many more/less weeks of class? Which did you use more often: the 15 minute meditations or the 30 minute meditations? Did you like having your own CD player? Your own yoga mat? Did you use them at home?

10) Did you feel that the exercises were safe to perform? Do you feel the weekly phone calls were helpful?

11) Do you plan on continuing to practice the skills you learned in this class? Which ones? (body scan, sitting meditation, walking meditation, sitting yoga, standing yoga?) If so, how often? What are your feelings now that the classes/weekly meetings are over?

### **Specific Questions About MBSR**

12) Some people mention that MBSR provides a number of benefits. Can you describe any benefits you might have gained from practicing mindfulness meditation? Some who practice mindfulness meditation sometimes mention a change in mental functioning. Can you describe whether you have experienced any changes in mental functioning? Did you enjoy this class? What did you like/dislike?

13) Do you think MBSR provides any unique benefits over other forms of exercise?

14) Some people have talked about obstacles that they have experienced that make it difficult to practice MBSR. Can you describe, if any, obstacles to your MBSR participation? Were you able to incorporate mindfulness into your daily life? Were you able to find time to practice at home on a daily basis? Any problems with it? Any benefits to it?

15) Imagine yourself in the place where you most often practice mindfulness meditation. Can you describe a typical practice experience? People who practice mindfulness meditation have sometimes mentioned changes in overall body awareness and awareness of the environment. Can you describe whether you have experienced any of these kinds of changes? Some who practice mindfulness meditation mention improved ability to handle stress. Can you tell us about

any change in your ability to handle stress that might have occurred for you? Some who practice mindfulness meditation mention self-compassion. Can you tell us about any change in self-compassion?

### **Expectations/Beliefs**

16) Was the MBSR class what you had expected?

17) Knowing what you know now, would you do this program again? Would you recommend this program to someone else?

18) Any recommendations about this trial? Things to improve? Things you liked that you want to make sure the next group gets?

19) We would like to know what you think about practices like MBSR. Mindfulness Meditation is often described as a mind-body therapy. Some believe in the mind-body connection. Do you have any thoughts about this? Tell me what you think about meditative practices? Do you believe that meditation or meditative exercise can affect your mental health (for example, your mood)? Do you believe that meditation or meditative exercise can affect your physical health (for example, your memory function)?

Finally, is there anything else you would like to tell me about your experiences in this program?