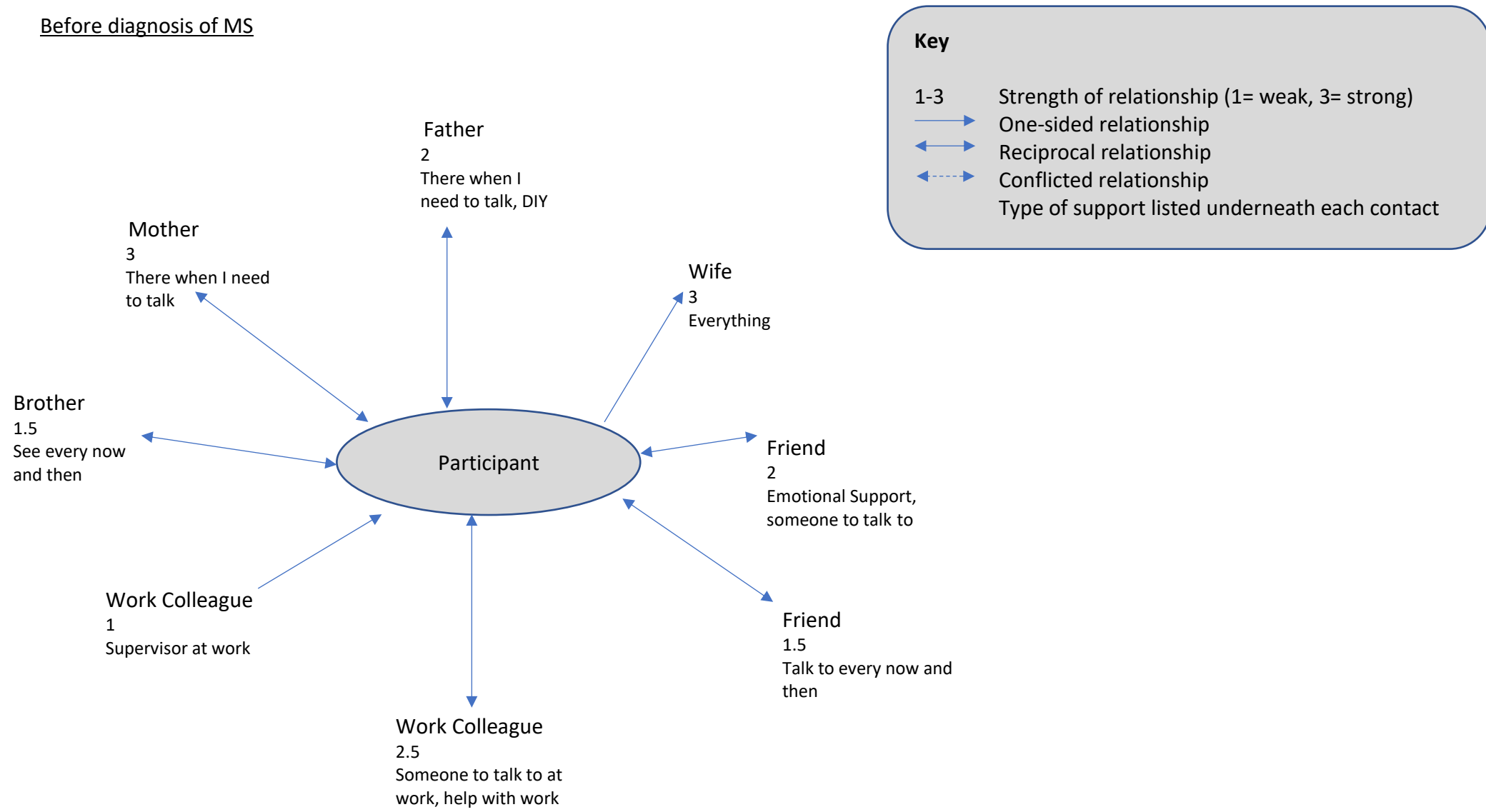


**Table S1. Interview guide**

<b>Topic</b>	<b>Example questions/processes</b>
1) How participants found the intervention (From the feasibility study)	What do you feel you gained from taking part?
	Content/format – relational aspects
	What do you feel were the strengths of being part of a group/individual intervention?
	Did you have a preference of group or individual intervention beforehand?
2) Eco-mapping	Explain to participant
	Identify social contacts people/groups before diagnosis
	Map relationship type, strength, type of support, direction, frequency, changes for each person/group identified
	Repeat for after diagnosis
	Discuss any changes between the two eco-maps
3) Degree of identification with social groups	Do you identify with and consider yourself to be a part of the groups you have identified?
	Are there any other social groups you consider yourself to be a part of ?
4) Impact of social groups and changes on emotional adjustment/mood	How does being a part of a group affect your mood?
	How have changes to your social groups affected your mood? (Draw back to any changes identified in the eco-mapping if necessary)

**Figure S1. Fictional example of an eco-map**

Before diagnosis of MS



After diagnosis of MS

