

## Supplement 4

*Check-in Questionnaire (n=32); values represent n unless otherwise stated*

Question	Great Deal – A Lot	Moderate Amount	None at All – A Little	Mean (SD)
How much have you looked at the intervention?	15 (46.9%)	13 (40.6%)	4 (12.5%)	3.6 (0.97)
How much of the intervention have you understood?	27 (84.4%)	3 (9.3%)	2 (6.3%)	4.35 (1.02)
How distressing is the intervention?	2 (6.3%)	5 (15.6%)	25 (78.1%)	1.55 (0.74)
How difficult is the intervention?	3 (9.4%)	6 (18.7%)	23 (71.9%)	1.97 (1.08)
How often have you been using the skills?	16 (50%)	10 (31.2%)	6 (18.8%)	3.29 (1.19)
How much <b>is</b> the intervention helping with your anxiety?	15 (46.9%)	10 (31.2%)	7 (21.9%)	3.23 (1.02)
How much <b>can</b> the intervention help with your anxiety?	30 (93.8%)	1 (3%)	1 (3%)	4.23 (0.68)
How much <b>is</b> the intervention helping in other areas of your life?	10 (31.3%)	14 (43.7%)	8 (25%)	2.97 (0.95)
How much <b>can</b> the intervention help in other areas of your life?	26 (81.3%)	6 (18.7%)	0 (0%)	4.06 (0.68)

SD = Standard Deviation

*Final Acceptability Questionnaire post-intervention (n=25). Values represent n (%) unless otherwise stated*

Question	Great Deal – A Lot	Moderate Amount	A Little	Mean (SD)
How much did the intervention help you with your anxiety?	9 (36%)	12 (48%)	4 (16%)	3.3 (0.84)
How much did the intervention help in other areas of your life?	10 (40%)	11 (44%)	4 (16%)	3.3 (0.85)
How likely are you to recommend the intervention?	21 (84%)	3 (12%)	1 (4%)	4.3 (0.84)

No participants reported “Not at All Helpful”

*Results from the Final Acceptability Questionnaire continued.*

Item	Extremely - Very Helpful	Somewhat Helpful	Slightly Unhelpful	Mean (SD)
Booklet 1 (Anxiety and PH)	18 (72%)	6 (24%)	1 (4%)	3.8 (0.75)
Booklet 2 & 3 (What keeps anxiety going and The power of thoughts)	23 (92%)	2 (8%)	0 (0%)	4.1 (0.49)
Booklet 4 (The power of your actions)	17 (68%)	8 (32%)	0 (0%)	3.9 (0.74)
Booklet 4 – (Other factors affecting anxiety)	18 (72%)	7 (28%)	0 (0%)	3.9 (0.7)
Homework tasks	19 (76%)	6 (24%)	0 (0%)	3.9 (0.65)

No participant reported “Not at All Helpful”

*Results from the final acceptability questionnaire continued.*

Question	Strongly- Somewhat Agree	Neither Agree nor Disagree	Strongly – Somewhat Disagree	Mean (SD)
I feel more in control of my anxiety	22 (88%)	3 (12%)	0 (0%)	4.1 (0.6)
People diagnosed with PH would benefit from the intervention	25 (100%)	0 (0%)	0 (0%)	4.8 (0.37)
Family and friends would benefit from this intervention	23 (92%)	2 (8%)	0 (0%)	4.4 (0.65)
I valued the intervention was specific to PH	24 (96%)	0 (0%)	1 (4%)	4.7 (0.85)
I valued being contacted part-way through	24 (96%)	1 (4%)	0 (0%)	4.6 (0.58)
The level of support I received was sufficient`	24 (96%)	1 (4%)	0 (0%)	4.6 (0.58)
I was given enough time to work through the intervention	24 (96%)	1 (4%)	0 (0%)	4.3 (0.95)
Health outcomes were relevant to my difficulties	20 (80%)	3 (12%)	2 (8%)	4 (1)

PH = Pulmonary Hypertension