

Supplement 5

Results from the quantitative content analysis investigating acceptability (n=32)

Categories	Responses	Examples	n
Motivation to take part	Affected by anxiety and/or mental health	<i>"I have struggled with anxiety for over 15 years but have had times where it has been worse since my PH diagnosis"</i> (P31)	15
	Learn how to better understand and manage anxiety	<i>"To learn how to help manage my own anxiety and stress & I was so amazed that the help was specified towards PH."</i> (P67)	14
	COVID, lockdown or shielding made anxiety worse	<i>"Due to the COVID-19 situation my mental health was getting worse."</i> (P43)	10
	To help other people through participating in a trial	<i>"I wanted to help other sufferers"</i> (P22)	4
	Like to participate in trials for PH	<i>"I want to take part in any research that can help pulmonary hypertension patients"</i> (P20)	2
	Better understand PH	<i>"To better understand pulmonary hypertension as I was only diagnosed this year... it was very scary getting told that and that I have blood clots in lungs"</i> (P28)	1
Result of taking part	Developed coping strategies to manage and feel more in control of anxiety	<i>"Thank you for helping to give tools to help people dealing with PH and many other challenges!!!!!"</i> (P67)	22
	Improved how I understand anxiety	<i>"It also made me aware of things that I do when feeling anxious that I wasn't even aware of."</i> (P17)	17
	Normalised my experiences	<i>"...the true-life scenarios were very helpful as you do tend to feel that sometimes it must be only you that feels like this"</i> (P33)	10
	Made me confront my difficulties	<i>"It helped me look at my anxiety in a new way and helped me to confront it."</i> (P20)	5
	Induced my anxiety in the short-term	<i>"The women in the study makes me quite worried but I feel it is useful, but not a criticism"</i> (P2)	3
	Helped in other areas, such as self esteem	<i>"Improved my self-esteem and motivation."</i> (P18)	2

How will you continue to use what you learnt in the study?	Keep practicing and using helpful coping strategies	<i>"Day by day putting in the work"</i> (P62)	21
	Going back to the booklets to recap	<i>"I plan to keep going over the materials, and I hope to form habits that will help with anxiety and stress."</i> (P67)	16
	Share the booklets and my anxiety difficulties with others	<i>"I plan to continue using the breathing exercises and plan on letting my partner read my responses in the booklets to better understand what worries me when it comes to my health."</i> (P20)	1
Barriers (what did you like the least?)	None	<i>"I found it all useful."</i> (P14)	9
	Struggled to stay motivated, keep focused or keep on track	<i>"Nothing really, the only thing maybe would be a reminder to ensure you know what week you're on. For example a reminder text"</i> (P52)	5
	Takes time to remember all the recommendations	<i>"It's difficult making them a habit when you have years of over thinking."</i> (P80)	4
	Questionnaires were not always relevant or forgetting to do them	<i>"I probably found the questionnaires quite difficult to answer as the choice of boxes to tick did not really relate..."</i> (P17)	4
	Being asked to face to my fears	<i>"Having to confront the situations that made me feel anxious and worried"</i> (P26)	3
	More information about the symptoms and more resources	<i>"Maybe more info could be good? That said I found what it contained specifically helpful"</i> (P74)	3
	Some of my difficulties were not represented	<i>"In particular, the booklets didn't help me to work out how to help my family"</i> (P24)	2
	Doing it by yourself	<i>"It's good that we do this on our own, but it would've been nice to interact with someone."</i> (P67)	2
	Case studies were anxiety provoking	<i>"The case studies with other people who have PH"</i> (P20)	1
	Font was very small – electronic version	<i>"I was only able to read the booklets online because the font in the printed version was too small and almost impossible to read."</i> (P77)	1
Needed longer than one-week	<i>"I think a two-week interval between starting the other booklets would have been more helpful."</i> (P18)	1	

Facilitators	The information was user friendly and informative	<i>"It was straightforward and easy to work through."</i> (P14)	22
(What did you like the best?)	Booklets helped promote self-evaluation	<i>"It made me think about my situation and how I manage my reactions."</i> (P22)	8
	You can work at your own pace	<i>"Letting you work through one stage at a time and not being bombarded with information."</i> (P38)	7
	It was specific to PH	<i>"I was very happy that the material was geared to people with pulmonary hypertension because it is rare to hear of information specific to PH and even more rare to have help with the issues we face."</i> (P67)	6
	The promotion of coping strategies	<i>"Gaining skills and techniques from the booklets. Better understanding why I react the way I do in some situations and being able to cope with it."</i> (P43)	5
	Homework tasks	<i>"I like the practical strategies that are suggested and I have found them useful."</i> (P17)	4
	Case studies	<i>"The testimonies, to know others feel the same and have similar experiences."</i> (P34)	4
	I feel less alone	<i>"Felt less alone and isolated when dealing with anxiety."</i> (P54)	3
	It was effective	<i>"It was simple and effective and support was given."</i> (P52)	1
	Support from the researcher	<i>"Having a call during the intervention was helpful to discuss matters."</i> (P52)	1
	I felt empowered to help myself	<i>"The self-help exercises. Found it quite empowering to feel that I was able to help myself cope and manage my anxiety."</i> (P18)	1
	Not having to wait for treatment	<i>"I think it is a very worthwhile study, as mental health services are so underfunded you can wait ages to access any support."</i> (P38)	1
	Relevant to everyday life	<i>"Interventions were realistic."</i> (P80)	1

P = Participant number; PH = Pulmonary Hypertension