**Interview 25**

**(person with MND)**

Q1. To start with, can you please tell me a bit about how you've got on with trying the CALM website?

**P:** It has been very good and helpful in making me cope a bit better with MND

Q.2 Can you tell me a bit about when you generally used the website? How often, what made you log in?

**P:** Mid afternoon generally when I am alone in the living room. It is a peaceful time so I am able to explore the site.

Q.3 Which section or activities did you mainly try? Why did you decide to choose them? Were there any sections or activities you did not look at? Can you tell me a bit more about why you didn't choose them?

**P:** Building positivity has been a main one because I can feel sad at times. Adjusting to changes too, the STOP technique helps. Mindfulness too.

Q.4 Can you tell me about whether you had a go at trying out the activities and suggestions from the website? How did that go?

**P:** The breathing and mindfulness activities are great, thought distancing too. Body scan helps as does the befriending yourself and friends. Feel free to ask me about ones I have missed.

Q.5 Did anything make it easier or more difficult for you to use the website? Could you please tell me a bit about this?

**P:** The voices on the site helped as they give you more freedom and time than reading sometime.

Q.6 Could you tell me about any part of the website that you had problems with or that didn't seem to work properly?

**P:** No problems

Q.7 What did you think about the Building positivity section? Did you try out any of the activities - Pleasant activities, Finding positives, Values and Goals? Were they relevant to you? Was there anything you liked or disliked? Would you have changed anything?

**P:** This section was great, no problems. All the pleasant activity suggestions I tried, which helped. Finding positives sentence suggestions I liked. Values and goals I liked and will work on that.

Q.8 What did you think about the Adjusting to changes section? Did you have a look at the activities and suggestions for anger, sadness and frustration? Were they relevant to you? Was there anything you liked or disliked? Would you have changed anything?

**P:** This section was good, the breathing space excellent for anger. Thought distancing great for sadness. The compassion break for sadness I liked too.

Q.9 What did you think about the Dealing with worries and stress section? Did you have a look at the activities and suggestions for worry and stress? Were they relevant to you? Was there anything you liked or disliked? Would you have changed anything?

**P:** Thought distancing helped with worry and the mindfulness was great for stress.

Q.10 What did you think about the All activities section? Did you try any off the following activities -- Compassion break, befriending yourself, self-kindness letter, 3-minute breathing space, safe place meditation, body scan, pleasant activities, finding positives, values, and goals, and thought distancing. Were they relevant to you? Was there anything you liked or disliked? Would you have changed anything?

**P:** Compassion break, befriending yourself, 3 minute breathing space, safe place meditation, body scan were all helpful.

Q.11 What did you think about the ''Other support'' section? Did the information make sense? Was there anything useful or not useful in this section?

**P:** This section does make sense and the website links were very useful. Thank you.

Q.12 After having gone through the website, how do you now feel about dealing with your emotions? Has anything changed?

**P:** I feel a lot more happier and confident in dealing with emotions

Q.13 Is there any advice or activity from the website that you think you might use, now or in the future? Can you tell a bit more about this?

**P:** I will list more activities to do and maybe write a personal letter

Q.14 How has it been for you using this website during all the restrictions and limitations we've had because of COVID? Were there any activities or suggestions that were difficult to follow?

**P:** Everything was working fine

Q.15 Is there anything else you would like to mention about the website or the activities and suggestions in the website?

**P:** Not that I can think of

Follow up:

1. You mentioned a lot of the techniques helped you cope with MND better. Could you give me an example of a situation where this has helped you? Or if you don’t want to talk about specific situations, could you describe the kinds of circumstances when doing these activities made a difference?

I've done the activities when I've been feeling down or been in a quiet and reflective mood, they help me focus on positive things that I can do to help me feel as though I'm taking some control over what is happening to me.

2.    I’m interested in your reactions to the Building positivity section. Did the activities like pleasant activities and finding positives help with sadness? Also were they something you did when you were feeling sad or more regularly to stop you feeling sad?

Reactions to the Building Positivity section did help a bit with my feelings of sadness, the sadness didn't leave me it stayed there, it was just temporarily overtaken by my enjoyment of either seeing close family and friends, going somewhere or doing another activity.  Even though I was doing things i enjoyed my MND was still impacting on the activity.

3.    You said you found the mindfulness activities helpful. I just wondered whether you found them okay to do with having MND, were some things difficult to do? Particularly the body scan

I didn't find the mindfulness activities difficult.  They were good to do, the body scan helped me relax which was the first time I'd ever done anything like this.  It does help when you're in a quiet and calm environment.

4.    This is mainly because you mentioned going through the website with [name of partner]. How did you find going through it together? What was your experience of going through it separately and together with [name of partner]?

When [name of partner] and I went through the sections in the website together it did help us to talk to each other about how we were each feeling about my diagnosis and our situation. We both supported each other in working through the sections and we felt they affected us. The exercises were not something [name of partner] said she would have contemplated doing before but they did positively influence her. When I went through it then on my own I felt very relaxed in doing the activities.