

Appendix: Semi-Structured Interview Guide

Interview structure:

Thank you for finding the time for this interview. Before we begin, I want to briefly review how I will be using the interview data to make sure you are comfortable to proceed. Our session will be recorded and used as part of my PhD thesis research project. The interview recordings will be analyzed and interpreted by a four-person research team which includes myself, my PhD supervisor and two external researchers who have a background in Engaged Mindfulness. A research assistant will transcribe the recordings. Your identity will be kept confidential from the rest of the research team. Your recording will be linked to your demographic survey through your research identity number that was assigned to you at the beginning of the study.

At any time during the interview please feel free to ask for a break or for the interview to stop.

Do you have any questions before we proceed? (*wait for response, if agreed continue below*).

1. To start off, I'm interested to hear about what your overall experience of the program was?
Probe: Can you tell me more about what the first session was like for you?
2. Over the course of the program, did you notice any impacts or changes in your daily or weekly routine?
Probe: Can you give me a specific example?
3. Were there any specific topics or ideas that stood out to you from the program that you found particularly useful?
4. Were there any topics or ideas that you felt were not very useful or relatable for you?
5. Were there any activities in the program that made you uncomfortable?
Probe: How did this make you feel? Did this change over the course of the program or do you still feel this same way about it?
6. I want to shift now for a moment away from the content of the program. I'm curious what made you decide to participate in the program?
7. Were there any particular issues you were hoping mindfulness might help you address?
8. In your opinion, have you noticed other physicians experiencing similar issues?
9. Do you feel you gained skills to help you address these issues?
Probe: can you describe these skills in more detail and why they help?
10. Have you used any of the mindfulness practices outside of the sessions?

Probe: If yes - can you share a specific example? If no - I'm curious what has stopped you from using the practices outside the sessions?

11. Are there any practices you plan to keep using?
Probe: what is it about this/these practices that motivates you to keep using them?
12. What do you think the biggest obstacles might be for you to keep using mindfulness in your daily or weekly routine?
13. Have you tried sharing any of the mindfulness activities or ideas with colleagues?
Probe: how did you share it? Did you take an implicit or explicit approach? What was their reaction?
Probe: How about family or friends? Have you tried sharing anything with them?
14. Now, I'd like to shift our focus again to hear a little bit more about your personal experience during the program. Since going through the program, I'm curious if you've noticed any differences in how you think about or treat yourself?
Probe: How about any differences with how you think of or treat your colleagues?
Probe: And what about your family and friends? Have you noticed any differences in these relationships?
15. Have you applied any mindfulness concepts or practices in your life somewhere you didn't expect?
Probe: What was surprising about this for you?
16. Are there any other personal insights you've had through this process that you would like to share with me?
17. Is there any other feedback about the program that you would like to give?
18. Anything else you want me to know about your experience before we wrap up?

Thank you so much for taking the time to share with me today. We will be applying "member checking" to our study, so we will be in touch with a copy of our analysis and interpretation for you to review in case you would like to give us any feedback. Taking the time to offer us feedback is totally optional, so if you are busy there is no pressure to participate, but we are very interested to hear if you have any further feedback for us at that point.

We also look forward to seeing you again at our follow-up session on *(date)*.

Any other questions for me about the study at this time?