**Qualitative Interview Schedule**

Interviewer introduces themself, explains that interview will recorded but all identifying information will be removed and only the research team will access to the data. Participant is informed that they may provide as much or little information as they see appropriate and that they do not have to answer any questions they are uncomfortable with. Participants are also reminded that is it important to answer honestly. When participant indicates their understanding, recording and asking of questions will begin.

Background

· To begin, can you give me a little background about yourself and your diagnosis?

· Prior to beginning this intervention, how would you say that having a cardiac conditions affects your day to day life?

o Prompt – This might be lifestyle adjustments, higher levels of distress on a daily basis etc.

· What were the biggest challenges or difficulties you faced?

· When difficult or unwanted thoughts and emotions (e.g. sadness, anxiety, worry) showed up for you, how would you typically respond? What were some of the things you did? (e.g. distract yourself, eat, drink etc.)

· Has that changed since participating in this intervention?

· Were there positive/negative changes?

Intervention

· Could you tell me about your experiences of being on the intervention?

o Can you discuss your experience of the one-to-one therapeutic sessions?

o Can you talk about your experience of using the technology? (i.e. the BP, Scanwatch, Ipad, Zoom)

o Can you talk about your experience of completing daily questions and taking readings?

o What was your experience with technology, in particular smartwatches etc. prior to participating in this intervention?

· What made you decide to participate on the intervention?

· What were your expectations for the intervention when you first enrolled? How did these change over the course of the intervention?

· What did you like best about the intervention?

· What did you like least about the intervention?

· What did you find most useful/least useful?

· If you could change any aspects of the intervention, what would they be?

· Were there any parts of the intervention that you had any difficulty with?

· Did you find it easy to attend the sessions?

· What skills and knowledge (if any) do you feel you acquired over the course of the intervention?

· Were there any barriers that presented with regard to implementing the skills and knowledge that you acquired?

· How do you think the intervention could be improved moving forward?

Post intervention

· What does your typical day-to-day functioning look like now? (Prompt: does distress/unwanted thoughts and feelings impact your ability to go about daily life?)

· Has dealing with your condition day-to-day changed? If so, how?

· What has been the biggest challenge you have faced?

· Compared to before you began participation on the intervention, how do you react to unwanted or difficult thoughts and feelings now?

· Could you speak a little about any changes in your relationships/work (if applicable)/leisure activies, following the intervention.

· What are your expectations now for the future? (Prompt: Are you planning on using what you’ve learned in the future and if so, do you think it will be easy to maintain?)

Finishing up

· If you met another person who was dealing with similar difficulties to you and looking for psychological support, what would you say to them now?

· To what extent do you think that the intervention should be available to other cardiac patients throughout the country?

· Do you have anything else you would like to add?