

Additional File 2 – Full interview schedule

Below is a list of topics/questions to be discussed in this study. The qualitative work will remain flexible with respect to participants' agendas but we will cover the broad topics/questions noted. It is common in qualitative work to iteratively develop topics and questions as new ideas emerge from early data collection. Therefore, this interview schedule is iteratively modified throughout the interviews. However, the key topics of patient views and experiences will remain the same.

For patients who attended the mindfulness intervention:

Experience of taking part in the mindfulness training course

- Please describe your experience of taking part, particularly focussing on anything that was helpful or unhelpful
 - Such as to your breathing or any physical symptoms associated with the asthma
 - Such as with any anxiety, sleep, stress, dealing with hardships, stressful life events
 - What was your experience of having to focus on your body sensations (objective awareness)
 - What are your views on using non drug therapies such as mindfulness to help with difficult asthma
 - Why did you agree to take part
 - How could we have made this easier for people to take part
 - What do you think are the barriers for people to take part

Views on the techniques taught and home practice

- Please describe your views on the techniques taught during the course and in the home practice
 - Group discussion, Body scan.....,
 - What were your views on using any technique that involved focussing on breath
 - Views on commitment to the sessions – weekly, times, location
 - Views of and commitment to home practice

Views on the group processes.

- What aspects of the group did you like or not like
 - How did the group get on
 - How did you find being in a group with other people with difficult asthma

- What difficulties were there in being in a group (not getting on, fear of group speaking, not wanting to share, not wanting to be with others)
- What benefits were there in being in a group (learning from others, feeling supported from others)
- Did the intervention need to be delivered in a group
- How else could it be delivered ie. one/one, forums, telephone, online, apps etc

Views on the clinical outcomes

- Views of important clinical outcomes, other than those proposed for this study
 - Were the questionnaires relevant – (Asthma quality of life, depression and anxiety, lung function)
 - What other questions do you think we should be asking
 - Please describe whether you think anything has changed as a result of the course – such as your breathing?

Views on long term use of mindfulness or other meditative practices post intervention

- Please describe whether you have integrated or not integrated any of the techniques into your daily life,
 - If not, why not - what are the barriers for you?
 - Is so - what techniques and how have you managed this and any challenges or barriers to this?
 - What is difficult or easy about taking your medicines
 - Did it change views on medication
 - Were there any changes to the way that you took your medicines

Views on the relationship between their mood, and their experience of asthma symptoms

- Please describe any instances when asthma has made you stressed or caused a stressful situation?
- Please describe any instances of a stressful situation that may have affected your asthma?
 - any changes to this since taking part in the mindfulness group
- What your thoughts around whether people with asthma might benefit from further help with managing asthma?
 - How about you specifically?
 - Views on non-drug interventions

If patients did not attend the mindfulness intervention:

Understanding of mindfulness?

- Could you tell me a bit about what your understanding is of mindfulness?
- What are your views on using non drug therapies, to help with difficult asthma?
- Do you think mindfulness would be useful for people with asthma? If so, why, if not why not?

Understanding barriers to attending the mindfulness group

- Could you tell me about why did you decided to take part in the study initially?
- What made it difficult to attend the mindfulness part of the study?
- What do you think the barriers are, for people with difficult asthma, to attend a mindfulness group?
- Is there anything else that you think might prevent people from attending a group like this?
- Some of the barriers that those that did attended suggested, were; time, parking, scepticism, not understanding mindfulness, would you agree with any of these?
 - What are your thoughts about the group setting being a barrier to attendance?
- If not, what other barriers/obstacles would prevented you or others from attending a mindfulness group to help manage your asthma?

Overcoming barriers to attending the mindfulness group

- How could we have made/make it easier for people to attend a mindfulness group?
- Those that did attend reported finding it helpful; what could we do to make it more likely that people would attend a mindfulness group like this?
- If another mindfulness group was available would you be interested in attending?
 - If not, why not?
 - If yes, what would you expect from the program? How do you think it would help you?

- Do you have any advice about how we should tell patients about mindfulness? What information would be important to include?
- Can you make any suggestions about how the mindfulness group might be better/ improved to enable more people to attend?
 - Ease of access
 - Information provided

Views on the relationship between their mood, and their experience of asthma

- Please describe any instances when asthma has made you stressed or caused a stressful situation?
- Please describe any instances of a stressful situation that may have affected your asthma?
- What are your thoughts around whether people with asthma might benefit from further help with managing asthma?
 - How about you specifically?