

Appendix H

MiYoga Qualitative Interview Script and Questions

Interviewer - Introduce yourself

- I am post-graduate student from School of Psychology at The University of Queensland who is unrelated to the MiYoga study in anyway. Advise participants to express their views and opinions about the program freely.
- I would like to find out from you how you experienced your involvement in MiYoga. This will help us to ensure that we are optimizing this therapy.
- To make sure that I accurately report your views, with your permission I would like to audio record our conversation.
- This recording will be transcribed and your name replaced by a number to make sure the information remains confidential.

Questions for parents:

- 1) What did you like best about the MiYoga program?
Potential Follow Up Questions: "Why did you like X the best?"
- 2) What did you NOT like about the MiYoga program?
Potential Follow Up Questions: "Why did you not like X?"
- 3) What do you think could have been different in the MiYoga program?
Potential Follow Up Questions: "What are your reasons for thinking X could have been different?"
 - Amount of home practice expected?
 - Number of sessions per week?
 - Therapist interaction?
- 4) Did you notice any changes in yourself after participating in MiYoga?
If so, ask: "In what way?" or "What changes have you noticed after participating in MiYoga?"
 - Personal tasks?
 - Work tasks?
 - Leisure tasks?
- 5) Did you notice changes in mindfulness in everyday life?
Potential Follow Up Questions: "Would you be able to provide some examples of these changes you have noticed in mindfulness in your everyday life please?"
 - Personal tasks?
 - Work tasks?
 - Leisure tasks?
- 6) Did you notice any changes in your child after participating in MiYoga?
If so, ask: "In what way?" or "What were the changes you noticed in your child after participating in MiYoga?"
 - Personal care tasks?
 - School tasks?
 - Leisure tasks?
- 7) Did you notice any changes in your child's mindfulness in everyday life?
Potential Follow Up Questions: "Would you be able to provide some examples of these changes you have noticed in your child's mindfulness in their everyday life please?"

- *Personal care tasks?*
- *School tasks?*
- *Leisure tasks?*

8) Is your child better or worse at paying attention after participating in MiYoga?

Potential Follow Up Questions: "Would you be able to provide some examples of these changes in your child's ability at paying attention please?"

9) Did you enjoy participating in MiYoga with your child?

10) Did your child enjoy participating in MiYoga?

11) Have you noticed any changes in your relationship with your child since participating in MiYoga?

Potential Follow Up Questions: "How has your relationship with your child changed?" or "Would you be able to provide some examples of these changes in your relationship with your child please?"

12) How did you find integrating MiYoga practices into your daily life?

13) Would you participate in this program again?

14) Would you recommend MiYoga to other families?

15) Are you planning on continuing to practice Yoga with your child?

If so, why? If not, why not?

16) Anything else you would like to tell me?

Questions for children:

- 1) What did you like best about the MiYoga program?
Potential Follow Up Questions: "Why did you like X the best?"
 - *Any particular postures you liked best?*
 - *Any particular games you liked best?*

- 2) What did you NOT like about the MiYoga program?
Potential Follow Up Questions: "Why did you not like X?"
 - *Any particular games you didn't like?*
 - *Any particular postures you didn't like?*
 - *How often the sessions were?*
 - *How often you had to practice at home?*

- 3) What do you think could have been different in the MiYoga program?
Potential Follow Up Questions: "Why do you think X could have been different?"
 - *Amount of home practice expected?*
 - *Number of times per week?*
 - *Therapist interaction?*

- 4) Can you tell me about anything that made it hard for you to practice MiYoga at home?
 - *Other commitments - homework/extracurricular activities?*

- 5) Did you notice any changes in yourself after participating in MiYoga?
If so, ask: "In what way?" or "What changes have you noticed after participating in MiYoga?"
 - *At home?*
 - *At School?*
 - *Leisure tasks?*

- 6) Did you enjoy participating in MiYoga?

- 7) What was it like to do MiYoga with your mum/dad?

- 8) Would you participate in this program again?

- 9) Would you recommend MiYoga to other children?

- 10) Do you want to keep practicing Yoga?
If so, why? If not, why not?

- 11) Anything else you would like to tell me?