

Table 8

*Domain 2: Aspects of Participation that Students Experienced as Beneficial*

| Core idea                     | Common themes                                   | Importance |          | Illustrative Quotes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|-------------------------------|-------------------------------------------------|------------|----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                               |                                                 | Unweighted | Weighted |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Positive experience           | Perceived as good and helpful by the adolescent | 7          | 20       | It was pretty good (x3)<br>Very helpful<br>I feel it helped me<br>Everything that we did there was helpful<br>It did help ... to be more integrated in society                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|                               | Keep the program as is                          | 1          | 2        | I don't see anything we can improve on<br>I don't think there was [a worst bit] ... it was all good                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Aspects that stood out for me | Most remembered aspects of the program          | 10         | 30       | [I learned about] relaxation bricks ... coping method bricks ... self-something bricks ... bricks with suggestions of how to cope with certain things ... it was like self-confidence or something- how to raise your self-confidence, relaxation – how to relax, like calm down and stuff, stress, strength stuff<br>The major thing that I remember from it is the diagram with the self-talk, behaviour and body clues ... as well as ... the [strength] bricks<br>[I remember] the breathing<br>We also did stuff with emotions, behaviour ... there was 5 things in this ... wheel. Emotions at the centre. So emotions, behaviour, actions, feelings and something. Then we also ... I'd have to find ... facial features ... or and features to show how someone's feeling ... identifying features of the people when they're sad<br>with perspectives and seeing other people's ... point of view ... seeing it from my point of view and then trying to figure out someone else's point of view on the same topic |
|                               | Most useful aspects of the program              | 3          | 6        | [it was helpful to learn] the talking your way through [use self-talk] or ask other people to help you if you're having trouble<br>[learning about] understanding ... our own feelings and other people's feelings<br>Positive feelings [feeling good about myself]<br>Deep breathing [as a calm-down technique]                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|                               | Revised existing skills                         | 2          | 2        | I already knew ... most of the ... methods ... although it was a much funner way of learning it and doing it<br>I already knew some of the stuff but I guess it's best to learn it again                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |

*Note:* Themes are presented in order of weighted importance, with higher importance scores presented first.