

Figure 4. List of topic guides

*Expectations*

1. Did you have any expectations regarding the self-help program?
2. If yes, what were they?
3. Were your expectations met/ unmet in any way? And How?

*Length and difficulty of program*

4. Was the length of eight weeks for the program acceptable?
5. Did you find the program difficult to follow?
6. Please tell us which specific parts of the program you found difficult to follow.

*Potential benefits*

7. Do you think this program has brought any benefit to you?
8. Please tell us how you think the program benefited you.
9. Do you think you will continue to use some of the techniques you learned in the program?

*Recruitment and randomisation*

10. Do you think the process of recruitment was acceptable?
11. Do you think the patient information sheet was easy to understand?
12. Any suggestions to make it clearer to understand
13. Did you feel comfortable with the process of consent and randomisation?

*Questionnaires*

14. Was filling the questionnaires at the start and at the end of the eight weeks too much of a burden?
15. Can you please tell us what difficulties you came across with the questionnaires and perhaps any suggestions of how to overcome those difficulties

*Barriers to attending*

16. Were there any barriers to attending the program?
17. Can you please tell us what you think were barriers to attendance?

*What did you enjoy?*

18. Did you enjoy the program?
19. Which parts did you most enjoy?

*Availability of MBCT program*

20. Do you think this program should be made available to IBD patients through NHS?