

Table 1. Standardized Instruments

Name of the instrument	Type	Concept and dimensions	Scores
Stroke and Aphasia Quality of life SAQOOL-39 (Hilari, Byng, Lamping, & Smith, 2003)	Health related quality of life (disease specific)	Total score and four sub scores; physical function, communication ability, psychosocial life and energy level.	39 statements where informants rate the extent to which they struggle with the different functions with scores ranging from "can do it" (5) to "cannot do it" (1).
Faces Scale (Andrews & Robinson, 1991)	Global evaluation	Emotional wellbeing	Seven visual faces expressing different degrees of happiness/sadness, with scores ranging from "very happy" (7) to "very sad" (1).
Cantril's Ladder Scale (Cantril, 1965)	Global evaluation	Life satisfaction	Visual ladder with ten steps. Step ten at the top of the ladder depicts the highest level of satisfaction (10), and step one depicts the lowest (1).
Hopkins Symptom Check List – 8 items (Strand, Dalgard, Tambs, & Rognerud, 2003; Tambs, 2004)	Symptom specific	Psychological distress/ Mental health	Eight statements related to common symptoms of anxiety and depression with scores ranging from "not bothered" (4) to "very bothered" (1).

Table 2. Topical interview guide -- qualitative interviews

Topic 1

What were your experiences of usefulness (if any) with regard to participating in the intervention?

Subtopics:

- Experiences related to changes in emotional state?
- Experiences related to changes in activities?
- Experiences related to changes in social relations?
- Experiences related to changes self-esteem/identity?

Topic 2

What were your experiences/opinions with regard to the content, structure and process of the intervention?

Subtopics:

- Number of meetings (too few/too many/appropriate timing of the meetings)?
- Length of intervention (appropriate, too short, too long)?
- Topics/focus in the meetings (were the topics addressed relevant/were any important topics missing? Was the ordering logical/helpful?)
- The worksheets (how did you like using worksheets? what about the content, number, layout, usefulness of the work sheets?)
- Inclusion of family/relatives (too little involved, too much involved or appropriate?)
- Any advice regarding changes in the content, structure or process of the intervention?

Topic 3

Any other comments/suggestions based on your participation in the intervention?