

**Online Supplement DS1 to:** Tunney et al. Comparing young people's experience of technology-delivered v. face-to-face mindfulness and relaxation: two-armed qualitative focus group study. *Br J Psychiatry* doi: 10.1192/bjp.bp.115.172783

### **Description of Pesky GNATs and Mindful GNATs**

*Pesky gNATs* is a 7 session computer game played by a young person with their therapist that delivers a CBT intervention for anxiety or low mood.<sup>9</sup> It attempts to make the abstract ideas of CBT more accessible to young people through the incorporation of technology into normal therapeutic practice (see online Fig. DS1). The 7 levels of the game teach the following CBT skills: 1. Thinking, feeling and behaviour go-together. 2. Cognitive monitoring of 6 types of negative automatic thinking. 3. Cognitive monitoring of 5 more types of negative automatic thinking. 4. Cognitive restructuring. 5. Identifying core beliefs. 6. Challenging core beliefs. 7. Relapse prevention. The game also contains seven relaxation or mindfulness exercises. These can be played as part of the *Pesky gNATs* game or as a stand-alone game and App called *Mindful gNATs*: The exercises are: A. Paced breathing. B. Progressive muscular relaxation. C. Mindfulness of sounds. D. Leaves on a stream. E. Mindfulness of an object. F. Mindfulness of what is on your mind, and G. Mindfulness of objects. The *Mindful gNATs* App<sup>10</sup> is available for free on the iTunes and Google Play stores. For further information see [www.PeskyGnats.com](http://www.PeskyGnats.com).

**Fig. DS1** *Pesky gNATs'* model for using technology to support psychological intervention with young people.



## Supplement DS2

### Themes, subthematic codes and descriptions

Themes	Codes	Description
Relaxation	Relaxing, Calming, Tiring, Soothing, Peaceful, Pace, Impact on outcome	The theme of relaxation represents participants' discussions of feeling relaxed while engaging in the mindfulness exercises. This theme is made up of associated feeling such as being calmed and soothed and participants described feeling tired and at peace. Relaxation was also discussed as an important state to be in to engage in the exercises.
Engagement	Boring, Enjoyment, Pointless, Confusing, Interesting	The theme of engagement represents the opinions participants expressed about their involvement with the exercises.
Awareness	Objects, Sounds, Noticing sensations	The theme of awareness represents the experience of deliberately attending to an element of the environment or a physical sensation. Participants discussed attending to sounds, objects,

		and to a variety of physical sensations.
Thinking	Letting go, Flowing, Meta-cognition, Difficulty, Thoughtfulness, Thoughtlessness, Visual	The theme of thinking represents the elements of participants' experiences regarding their thoughts. The flowing nature of thoughts, thinking about thinking, struggling with stubborn thoughts, trying to 'get rid' of thoughts, and visualising images were all elements participants described.
Practice	Environment, Difficulties	The theme of practice represents the pragmatic conversations participants had about practicing exercises. The need for a quiet environment and difficulties completing the exercises themselves were discussed.
Directing Attention	Focus, Concentration	The theme of directing attention represents the distinct discussion participants had about the type of focus and concentration involved in mindfulness exercises.