**Figure.** Participant Flow

Assessed for eligibility

(N = 25)

Eligible (N = 21)

Did not return call

(n = 1)

Semi-structured interviews

(N = 20)

High Anxiety Focus Group

(n = 5 attended; n = 6 did not attend)

Low Anxiety Focus Group

(n = 7 attended; n = 2 did not attend)

Excluded (n = 4)

(3 due to Serious Mental Illness; 1 Short Blessed Test > 5)

BREATHE Evaluation Semi-Structured Guide

*The BREATHE Evaluation Semi-Structured Guide is a series of questions designed to accompany the DVD videos created for the program. Interviewers may ask follow up prompts to further explain or clarify their answers.*

*The guide consists of two sets of interview questions (Part 1 and 2) and one set of focus group questions (Part 3).*

*Interviews:* The first ten participants were asked the Part 1 questions. The next ten participants were asked the Part 2 questions.

*Focus group:* All participants from Part 1 or Part 2 were invited to participate in focus groups. The focus groups will review the video vignettes. Part 3 contains the focus group questions.

*The following pages detail the procedures for the interviews and focus groups.*

**Semi-Structured Individual Interview Guide, Part 1**

Questions about DVD video content (Video 1)

Instructions: We are going to watch a series of videos. Please view each video and make any notes that you wish on the pad of paper provided to you. After you view each video, I will ask several questions about the video to get your opinion about it. Some videos include demonstrations about how to do deep breathing and relaxation techniques. Please follow along with the instructions given during video.

Video 1: *Psychoeducation* (What is anxiety, establishing a home practice routine, ~5 min)

1. Would you describe to me what you learned from the video?
   1. *Prompt participants if they say they didn’t learn anything.* What do you think the instructions were trying to convey?
2. Can you describe to me what parts of the video were unclear?
   1. Confusing?
3. What additional information should be included in the video?

Video 1: *Diaphragmatic Breathing* (Instructions & Practice, ~5 min)

*After video,* please rate how well you were able to follow the instructions in the DVDs by responding to the following statement. *Interviewer will show participant the rating scale.*

1. I was able to follow the deep breathing instructions easily.

|  |  |  |  |
| --- | --- | --- | --- |
| *4* | *3* | *2* | *1* |
| *-----------------------* | *-----------------------* | *-----------------------* | *-----------------------* |
| *No, definitely not* | *No, not really* | *Yes, generally* | *Yes, definitely* |

1. Would you describe to me what you learned from the video?
2. Can you describe to me what parts of the video were unclear?
   1. Confusing?

Video 1: *Progressive Muscle Relaxation* (PMR; 16-muscle group Instructions & Practice, ~20 min)

*After video,* please rate how well you were able to follow the instructions in the DVDs by responding to the following statement. *Interviewer will show participant the rating scale.*

1. I was able to follow the progressive relaxation instructions easily.

|  |  |  |  |
| --- | --- | --- | --- |
| *4* | *3* | *2* | *1* |
| *-----------------------* | *-----------------------* | *-----------------------* | *-----------------------* |
| *No, definitely not* | *No, not really* | *Yes, generally* | *Yes, definitely* |

1. I could see the instructor demonstrating each move to create tension easily.

|  |  |  |  |
| --- | --- | --- | --- |
| *4* | *3* | *2* | *1* |
| *-----------------------* | *-----------------------* | *-----------------------* | *-----------------------* |
| *No, definitely not* | *No, not really* | *Yes, generally* | *Yes, definitely* |

1. Would you describe to me what you learned from the video?
2. Can you describe to me what parts of the video were unclear?
   1. Confusing?
3. We would like to make these videos more relevant for Veterans aged 60 years and older. How could we target the videos for Veterans aged 60 years and older?
4. What are your other comments or suggestions about these videos, if any?
   1. What would you like to see to make the video more engaging?

*Prompt* How would you make the videos better?

* 1. Which videos were the most helpful?
  2. Which videos were less relevant to you?

**Semi-Structured Individual Interview Guide, Part 1**

Questions about DVD video content (Revised Video 1; Video 3)

Instructions: We are going to watch a series of videos. Please view each video and make any notes that you wish on the pad of paper provided to you. After you view each video, I will ask several questions about the video to get your opinion about it. Some videos include demonstrations about how to do deep breathing and relaxation techniques. Please follow along with the instructions given during video.

**Revised Video 1**: *Psychoeducation* (What is anxiety, establishing a home practice routine, ~5 min) **(video 1, v2)**

1. Would you describe to me what you learned from the video?
2. *Prompt participants if they say they didn’t learn anything.* What do you think the instructions were trying to convey?
3. Can you describe to me what parts of the video were unclear?
4. Confusing?
5. What additional information should be included in the video?

**Revised Video 1:** *Diaphragmatic Breathing* (Instructions & Practice, ~5 min) **(video 1, v2)**

*After video,* please rate how well you were able to follow the instructions in the DVDs by responding to the following statement. *Interviewer will show participant the rating scale.*

1. I was able to follow the deep breathing instructions easily.

|  |  |  |  |
| --- | --- | --- | --- |
| *4* | *3* | *2* | *1* |
| *-----------------------* | *-----------------------* | *-----------------------* | *-----------------------* |
| *No, definitely not* | *No, not really* | *Yes, generally* | *Yes, definitely* |

1. Would you describe to me what you learned from the video?
2. Can you describe to me what parts of the video were unclear?
   1. Confusing?

Next, you will watch videos that describe a relaxation technique. The videos show a short version of a type of relaxation called progressive muscle relaxation. **Interviewer shows 5 minute explanation of what PMR is (video 1, v2).**

**Video 3:** *Rationale for using PMR* (~5 min) ***video 1 (v2)***

1. Would you describe to me what you learned from the video?
2. Can you describe to me what parts of the video were unclear?
   1. Confusing?

*Prompt: Do you have any suggestions for changes to the video?*

*Interviewer reads the following*: People participating in the treatment program will first learn a longer version of progressive muscle relaxation and practice it for two weeks before learning the short version that you will learn here in the next two videos. The following videos will refer to the longer relaxation routine that you will not have viewed. Do you have any questions for me at this point?

Please follow along with the instructions given in each video. *Insert* ***Disc 3*** *and play DVD.*

Video 3:*Brief Progressive Muscle Relaxation* (Instructions & Practice, ~15 min)

*After video,* please rate how well you were able to follow the instructions in the DVDs by responding to the following statement. *Interviewer will show participant the rating scale.*

1. I was able to follow the progressive relaxation instructions easily.

|  |  |  |  |
| --- | --- | --- | --- |
| *4* | *3* | *2* | *1* |
| *-----------------------* | *-----------------------* | *-----------------------* | *-----------------------* |
| *No, definitely not* | *No, not really* | *Yes, generally* | *Yes, definitely* |

1. I could see the instructor demonstrating each move to create tension easily.

|  |  |  |  |
| --- | --- | --- | --- |
| *4* | *3* | *2* | *1* |
| *-----------------------* | *-----------------------* | *-----------------------* | *-----------------------* |
| *No, definitely not* | *No, not really* | *Yes, generally* | *Yes, definitely* |

1. Would you describe to me what you learned from the video?
2. Can you describe to me what parts of the video were unclear?
   1. Confusing?
3. We would like to make these videos more relevant for Veterans aged 60 years and older. How we could we target the videos for Veterans aged 60 years and older?
4. What are your other comments or suggestions about these videos, if any?
5. What would you like to see to make the video more engaging?

*Prompt* How would you make the videos better?

1. Which videos were the most helpful?
2. Which videos were less relevant to you?
3. Where do you go for information on this topic? Prompt: The topic of anxiety or coping with anxiety.

**Part 3: Focus groups about videos of scenarios**

Video 2 Scenario: Older adult actor discusses using breathing with a neutral situation.

1. How did breathing help the individual approach a situation?
2. Can you describe to me a time when you used a similar technique?

Prompt: If not, can you explain to me why you wouldn’t use it?

1. How can we improve this example?

Video 3 Scenario: Older adult actor discusses approaching anxiety evoking situations. Discusses using PMR prior to engaging in situation.

1. How did relaxation help the individual approach a situation?
2. Can you describe to me a time when you used a similar technique?

Prompt: If not, can you explain to me why you wouldn’t use it?

1. How can we improve this example?

Video 4 Scenario: Older adult actor discusses using PMR principles to help manage anxiety in an anxiety-evoking situation.

1. How did relaxation help the individual in the situation?
2. Can you describe to me a time when you used a similar technique?

Prompt: If not, can you explain to me why you wouldn’t use it?

1. How can we improve this example?