**Panel 1: Participant comments on the intervention**

***Worry before and after the group:***

P1: Before, when I used to worry about something I thought about the worst case scenario. I found it really disabling. I didn’t go out. It affects everything. At one time it got so bad I even contemplated suicide. It was overwhelming. I used to really worry because I thought I was a bad person. But since coming to the group I’ve come to realise that I am equal to everyone else and that has probably helped me. Since the group finished I’ve been a lot more active. I’ve been doing things, a bit of voluntary work, and I found that helps to take your mind off worry as well.

P3: My worry was sky high. I’d run myself into the ground with worry. It used to take over my life. [The group] has reduced it a bit. It is still there but I am trying to deal with it differently. I’m able to stand back and notice when it’s happening, when it’s creeping up. Before it just happened, you couldn’t distance yourself from it or stand outside of it and look inside. Now I’ve got the ability to see what is going on rather than just going with it.

P4: Worry was terrible. It was all the time. Stupid things like if I eat something I’d start panicking what is this going to do to me, or if I read something… or something like that. But now I’m getting out and about more. Not worrying while I’m out so much. It has changed my life… I feel so much better. It was important in doing that – otherwise I’d be sad every day.

***Strategies developed:***

P1: If I’m really worried about something, the first thing I do is see if I can sort the problem out that I’m worrying about. One case of that – I had a letter from the council the other day and I decided “I’m going to sort this out” so I just phoned them up.

P2: The coping strategies were really good. Imagery, using an image in your mind of a peaceful place you like to go, a smell you like, distraction, music, things you like doing, watching soaps or comedies, and they gave us a relaxation CD to do in our own time. That really helped me – just before I went to bed I listened to it.,

P3: Distractions are very very useful. And telling yourself, to catch the thoughts and say “go away. I’m not dealing with you at the moment. I’ll deal with you at a certain point but not now”. I notice [worry] more now so I can catch it at an early stage.

P4: One thing I learnt is “what’s the worst that can happen?” and “what’s the best that can happen?” so I think that. I’m not so scared to do some of my things;

***Benefits:***

P1: What made the group were all the people who were coming were really nice people and that does make a difference. I’ve been to groups before and somebody takes over.. but this group was very good because everyone said what they wanted to say. There wasn’t any judgement, people were very nice.

P2: [I liked] the coping strategies, meeting people, being able to talk about your worry.

 P3: It was tough because you were confronting some of your worst fears, but it was also comforting knowing that other people are going through the same things as you. So you’re not totally alone with it.

P3: It is a well needed group. Really well needed.

P4: The group was always friendly. They listened to each individual, and everyone tried to help. You know you’re not the only one worrying. Cos you really do think you are the only one worrying like that. But you realise that some people worry less than me, and some people worry more, and I’m like “oh – I didn’t know!”.

***Challenges/suggestions for improvement:***

P1: I think it would have been a bit nicer, a bit better, if it was a bit longer. Sometimes we tried to rush too much into a shorter time. I don’t think 8 weeks was quite enough.

P2: I felt there were too many questionnaires at the…start.

P2: I felt like I would get in trouble if I didn’t attend the groups because I thought it would come up in my [CTO] tribunals and I thought it would go against me. I did make [researcher] aware and she said she would tell my CPN it’s not part of my careplan, but my CPN will just do what [they] feel so I thought it would go against me.

P2: I think it was too short – some of the techniques we didn’t carry them out in the group, we had to do it in our own time. It would have been better if it had been stretched out… maybe more weeks or more time.

P2: Sometimes I wanted to talk about what it was that was actually worrying me, but I found it hard to say that in front of the group. So sometimes I’d talk to a member of staff afterwards about it. It was good but I think there should have been more 1:1 work – I think that would have helped.

P2: During the group it helped me with coping strategies, but afterwards I went back to the same worrying again. I think I need to take time out to revise – maybe go back over my folder and take time out to actually use them.

P2: I struggled a bit in the mornings getting here. Knowing I had to be somewhere every week – it was getting on my nerves. I didn’t really want to do it… but I found the group enjoyable.

P3: It has helped but as [P2] said I still get the same worries back and they are quite intense.

P3: We were just getting into the swing of things and suddenly it was curtailed.