**Supplementary file showing qualitative data collection and additional qualitative results**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Question | Yes | | No | |
| 1. Do you feel you’ve got something of lasting value of importance as a result of taking the training? | 7 | | 0 | |
| 1. Have you made any changes in your lifestyle, in dealing with your child or family, or in your child rearing practices as a result of the training? | 7 | | 0 | |
| 1. Did you become more “conscious” in parenting as a result of the training? Did this change something in relation to your thoughts, feelings, and your reaction on your thoughts and feelings as a parent? | 7 | | 0 | |
| 1. Is it your intention to keep on practicing the formal exercises, i.e. body scan, sitting practices, 3 min breathing space, walking meditation, laying and standing yoga | 7 | | 0 | |
| 1. Is it your intention to keep on practicing to be conscious in everyday life? | 7 | | 0 | |
| 1. Has the training been sufficient to move on with your life as a parent? | 6 | | 1 | |
|  | Never | 1-2 times | 3-4 times | 5-7 times |
| 1. How many times a week on average did you practice the meditation exercises during the course | 0 | 3 | 3 | 1 |
|  | Less than before | As much as before | More than before | Much more than before |
| 1. How many times do you pay attention to your child in moments you are together, compared to before the training | 0 | 0 | 6 | 1 |

***Did, as a result of the Mindful Parenting training, something change on the following issues?***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Question | Negative change | No change | Some positive change | Positive change |
| Knowing to take better care of myself | 0 | 0 | 4 | 3 |
| Actually taking better care of myself | 0 | 3 | 3 | 1 |
| Periods of parental stress or frustration | 0 | 1 | 3 | 3 |
| Intensity of parental stress or frustration | 0 | 0 | 4 | 3 |
| Believing that I can improve the relationship with my child and family | 0 | 1 | 0 | 6 |
| Feeling self-confident as a parent | 0 | 1 | 4 | 2 |
| Feeling hopeful as a parent | 0 | 0 | 4 | 3 |
| Dealing with emotions (anger, sadness, fear) in parenting | 0 | 0 | 4 | 3 |
| Awareness of what is stressful in my life | 0 | 1 | 2 | 4 |
| Awareness of stressful parenting situations at the time they are happening | 0 | 1 | 1 | 5 |
| Ability to handle stressful situations appropriately | 0 | 0 | 5 | 2 |

***Did, as a result of the Mindful Parenting training, something change on the following issues?***

|  |  |  |  |
| --- | --- | --- | --- |
|  | No | Maybe | Yes |
| Parenting | 0 | 0 | 7 |
| Own problems | 2 | 3 | 2 |
| Child’s problems | 0 | 6 | 1 |
| Partner relation problems | 0 | 61 | 0 |
| Family problems | 1 | 2 | 4 |

1 – N/A – no partner.

***Evaluations of parts of the Mindful Parenting training (1=not important at all; 10= extremely important)***

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |
| 1 | How important has the training  been for you? | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 4\* |
| 2 | Sitting Meditation in the group | 0 | 0 | 0 | 0 | 1 | 1 | 1 | 2 | 1 | 1 |
| 3 | Sitting meditation at home | 0 | 0 | 2 | 0 | 1 | 0 | 1 | 2 | 0 | 1 |
| 4 | Walking meditation in the group | 0 | 0 | 1 | 0 | 1 | 0 | 3 | 1 | 1 | 0 |
| 5 | Walking meditation at home | 0 | 0 | 0 | 1 | 0 | 0 | 1 | 2 | 2 | 1 |
| 6 | Body scan in the group | 0 | 0 | 0 | 0 | 2 | 0 | 2 | 2 | 0 | 1 |
| 7 | Body scan at home | 0 | 1 | 1 | 0 | 0 | 2 | 1 | 1 | 0 | 1 |
| 8 | Yoga in the group | 1 | 0 | 0 | 0 | 1 | 0 | 2 | 1 | 2 | 0 |
| 9 | Yoga at home | 0 | 0 | 0 | 1 | 0 | 0 | 2 | 1 | 0 | 3 |
| 10 | 3-min breathing space | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 6 |
| 11 | Awareness in daily parenting | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 4 |
| 12 | Awareness of parenting patterns  and schemas | 1 | 0 | 0 | 0 | 0 | 3 | 2 | 0 | 0 | 1 |
| 13 | Self-compassion | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 3 | 1 | 1 |
| 14 | Group discussions and education | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 2 | 3 |
| 15 | The diaries | 0 | 0 | 0 | 1 | 1 | 0 | 1 | 2 | 1 | 1 |
| 16 | The reading | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 2 | 2 | 2 |

\* *One missing data point*

***Please provide constructive feedback for the following, with 1=Very Poor and 5= Excellent***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 1 | 2 | 3 | 4 | 5 |
| Information provided prior to course starting | 0 | 0 | 0 | 4 | 3 |
| Session content | 0 | 0 | 0 | 4 | 3 |
| The way information was presented | 0 | 0 | 0 | 2 | 5 |
| Home practice expectation | 0 | 1 | 2 | 2 | 2 |
| Handout content | 0 | 0 | 1 | 4 | 2 |
| Venue | 0 | 0 | 2 | 4 | 1 |

|  |  |
| --- | --- |
|  | Further comments |
| Information provided prior to course starting | *It was useful to have a meeting with Jane before the course started. Connor was very good at keeping us updated.*  *Very good communication*  *I was happy from the information provided that I knew what the course entailed.* |
| Session content | *Really enjoyed the range of topics, all very relevant, hard to bed it all in - follow up sessions will be useful for this*  *The course content was interesting and relevant*  *Sometimes felt there could have been more content to accompany some of the sessions - more background maybe* |
| The way information was presented | *The combination of handouts, flipcharts, roleplay, instructions, chat and instruction was great*  *Very well presented, good pace, good challenging of any non-engagement e.g. homework tasks, good time keeping*  *All information was well presented. Jane is friendly, approachable, and understanding.* |
| Home practice expectation | *I was pleased that everyone understood that it wasn't always easy to fit home practice in every day!*  *I found the amount of different tasks difficult to manage/overwhelming*  *The pace of lifestyle change (i.e. weekly) needed acknowledging and perhaps a way to further support that - such as the success of the weeks after introducing daily ".b" texts.*  *It was impossible to meet the expectations for home practice alongside working full time + single parenting 3 children. We were told a few weeks in that we didn't need to do it all, but having it set so high made me feel like I was constantly failing.*  *It was sometimes difficult to meet the home practice expectations - sometimes other things were the priority*  *In hindsight, the home of home practice required was hard to achieve with a demanding 18 month old - felt like being set up to fail each week. Not the fault of the course - just timing for my family at the moment.* |
| Handout content | *The handouts were very clearly written and were valuable for reinforcing and reminding me of what we'd covered in the session.*  *I really valued the handouts we got, to better suit my learning I would have liked written info also on session activity/content, e.g. session plan*  *More evidence probably needed to be provided for people to go with the "schemas"*  *Useful - I will refer back to these.*  *Good interesting content. Relevant to the course.* |
| Venue | *Good central location, room comfortable/great to have access to kitchen + sitting area during breaks*  *(Just cover the crazy striped carpet for lowering eyes in a meditation!)*  *Not exactly conducive to mindfulness but it was clean, warm and dry and the biscuits were good!*  *Facilities and biscuits were excellent* |
| Any other | *The course was more challenging than I had anticipated, physically and emotionally draining! But so worthwhile, I've had experiences that will stay with me forever! My daily interactions with my children are very different and I am so grateful for that.* |