**Therapist Interview**

Thank you very much for taking part in the study and also agreeing to take part in the interview.

I will be audio recording the interview using a digital voice recorder. This is to make sure that I don't miss anything you say and to help us summarise the results of the interviews.

Is it okay to turn on the digital voice recorder now? [Turn the audio recorder on]

1. First, I am interested in hearing your general opinions. Before I ask you any questions that might get you thinking about specific things, would you please give me your general opinions of this online ACT programme for family carers and your involvement?

**The acceptability and relevance of online ACT (e.g., appropriateness, user-friendliness of online ACT)**

1. Do you think the contents of the online programme have good fit with the current needs of this population, family carers of people with dementia?
* If yes, could you please try to tell me how the contents of the online programme fits with the needs of this population?
* If not, could you please try to tell me how the contents of the online programme do not fit with the needs of this population?
1. How do you feel about the user-friendliness of the online programme? For example, did you find easy to log in and then navigate through the programme?

**The feasibility and burden (e.g., time, frequency, location and format of face-to-face sessions)**

1. How do you feel about the amount of time and effort required to attend the two-day training?
2. How do you feel about the amount of time and effort required to provide online feedback to participants each week?

Applicable to only those delivered peer support groups

1. How do you feel about the amount of time and effort required to deliver online peer support group sessions?

**Fidelity and supervision (e.g., area of deviation and cause, competency)**

1. Are you satisfied with the two-day training?
* What did you find helpful or not helpful during the two-day training?
* How competent were you in providing online feedback to participants after attending the training?
1. Are you satisfied with the monthly supervision provided?
* What did you find helpful or not helpful during drop-in supervision sessions?
1. Did you face any challenges when providing online feedback to participants?
* If yes, can you please give me some examples?

**Perceived benefit (e.g., reduced psychological distress)**

1. I am interested in whether your participants got anything out of the online programme. Do you think your participants benefitted in any way?
* If yes, could you please try to tell me how the online programme had this good effect?
1. Do you think the online programme had any bad effects on your participants?
* If yes, could you please try to tell me how the online programme had a bad effect?
1. The online programme was meant to support participants in unhooking themselves from internal struggles and taking meaningful actions towards what matters to them in their life. Do you think the online programme did anything to help your participants take meaningful actions towards what they value?
* If yes, can you tell me some examples of changes you noticed in your participants during the study?

**Adaptation (e.g., suggestions for improvement)**

1. Do you have any suggestions for improvement so that we can do better in the next larger trial?