**Table 2 - Summary of themes and subthemes**

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|  | **Theme** | **Subthemes** |
| **1** | **Predominantly positive evaluation of LEAP meetings**  | Impressions of LEAP meetings are generally positive |
| Views about the clarity of provided materials are mostly positive |
| Preferred frequency of meetings is variable |
| **2** | **Mostly high levels of motivation to participate in LEAP** | Facilitators (extrinsic and intrinsic factors) |
| Barriers (physical factors, challenges of the new role) |
| **3** | **Therapeutic benefits of participating in LEAP** | LEAP is seen as therapeutic group |
| Being in a new social role is beneficial to patients |
| Feeling free to talk |
| **4** | **Few challenges to participate in LEAP** | -- |
| **5** | **Various future perspectives of LEAP meetings** | -- |
| **6** | **Positive appraisal of the research project** | -- |
| **7** | **Mixed reflections on mental health care** | -- |