

Table S1 Feedback form administered to all participants with additional questions for cohorts 2 and 3.

	What was your overall experience of the group?
Questions asked of all cohorts	<p>Any specific feedback or suggestions for the different stages of the group?</p> <p>What did you think of the exercises overall?</p> <p>What will you do to continue to cultivate compassion in your life?</p> <p>What did you think of the handouts?</p> <p>Was there anything in particular that you enjoyed or felt worked well in this group?</p> <p>What would you change about this group?</p> <p>What would you tell another client about to attend this group?</p> <p>What did you think of the group environment?</p> <p>Any feedback on the assessment/screening process?</p>
Cohort 2 additional questions	<p>Due to the COVID-19 pandemic the group was moved to an online format. With the benefit of hindsight were there things that were (A) Positive and (B) Negative for you about this change from in person to online?</p> <p>If the facilitators were running an online group again what recommendation do you have for them?</p> <p>You've had an experience of being in a face to face group and an online group. What things were (A) the same in each format and what things were different in (B) the face to face and (C) online groups respectively?</p> <p>Group connection is a really important part of the programme. What was this like online?</p> <p>There are different views on whether people communicate differently online compared to face to face. Did you notice ways your communication was (A) different or the same and (B) more inhibited or more disinhibited?</p>
Cohort 3 additional questions	<p>If you had the option would you engage in a group online again? Why or why not?</p> <p>If the facilitators were running an online group again what recommendations do you have for them?</p> <p>If you had an option would you be open to a mixed programme where some of the sessions are held online and some in person? Why or why not?</p> <p>Group connection is a really important part of the programme. What was this like on-line?</p> <p>There are different views on whether people communicate differently on-line compared to face-to-face. Did you notice ways your communication was (a) different or same and (b) more inhibited or more disinhibited?</p>