



**Appendix 1** 12-week CFGT Programme.

## **Appendix 2**

### **11-Item Survey for Patients**

I confirm that I have read and understood the information about this evaluation survey of Compassion Focused Group Therapy (CFGT) and that I consent to participating in this survey.

Yes

No

Are you happy for your feedback to be used in for future research, evaluation and/or publications?

Yes

No

Q1. Can you say a little about what your goals were at the beginning of therapy?

*e.g. were there particular difficulties that you felt that the group might help with?*

Q2. How helpful or unhelpful was information you received about the group before you attended?

*e.g. if helpful, how so? if unhelpful, how could it be better?*

Q3. Can you say a little about your experiences of the Orientation session? This was an appointment held by two facilitators, typically within the group room and would have been your first meeting about CFGT.

Q4. Is there anything you could recommend to us that would improve the experience of entering into group therapy?

Q5. What were your experiences of a typical group session? What was helpful or unhelpful?

*e.g. pacing, interventions, facilitation, group room, time of day, number of people*

Q6. What were your experience of CFT group therapy?

*e.g. what and why things were helpful or unhelpful, group session, individual sessions, information given during sessions, interventions/games/objects used during sessions.*

Q7. Are you able to share what experiences you had in group that would be important to have in future groups?

Q8. What advice would you give us about running group sessions in the future?

*e.g. what would be better, what did you enjoy/find helpful, what did you least enjoy/find unhelpful.*

Q9. What was your experience of the follow up post group?

*e.g. 1:1 reviews, follow-up work.*

Q10. Is there anything you could recommend to us that would improve the experience of moving on from CFGT?

Q11. If you would like to share anything other comments and statements, please do.