**Appendix**

**Semi-structured interview guide**

\*Please tell me about how you experienced your participation in the stress-management programme.

Supplementary questions about setting/environment, the staff´s dedication and reception, the structure/composition of the group. (when needed)

\*Please tell me about how you experienced performing BBAT

\*Please tell me about/describe the sessions with the psychologist

\*Please tell me about if there are any tools or coping strategies that you learned and can use in everyday life or at work

\*Describe what part this intervention had in your overall rehabilitation

\*How do you think about the future (mood/health, work, spare time)

\*Is there something we can improve or change? (about the programme)

\*Do you have anything to add? Is there anything you want to talk about that I haven’t asked you about?