

## Additional File 1: Veteran Interview Guide

1. Can you tell me a little bit about how you found out you have chronic pain?
  2. How did you become involved in EVP?  
(Probes: *who referred you, why did you decide to go*)
  3. Describe what it was like walking into your first EVP class.
  4. When you started EVP, did you have any expectations?
    - [If yes] What did you expect would happen? (Probes: *pain relief, learning*)
    - [If no] Had you heard anything about the program? What had you heard?
  5. Why do you think other Veterans in your class kept going?
  6. Why do you think Veterans in your class stopped coming?
  7. Why did you keep coming to EVP? OR Why did you stop coming to EVP?
  8. Can you recall a memorable experience from your time in EVP? If yes, tell me about it.
  9. EVP has three major components: whole health, acceptance and commitment therapy (ACT), and mindful movement. I have several questions about them.
    - How would you describe the whole health class?
    - What, if anything, did you learn in the whole health class?
    - What, if anything, did you learn that has been hard to put into practice? Why?
    - What was your favorite part about the whole health class?
    - What could be done to make the whole health class better?
    - How would you describe the ACT class?
    - What, if anything, did you learn in the ACT class?
    - What, if anything, did you learn that has been hard to put into practice? Why?
    - What was your favorite part about the ACT class?
    - What could be done to make the ACT class better?
    - How would you describe the mindful movement class?
    - What, if anything, did you learn in the mindful movement class?
    - What, if anything, did you learn that has been hard to put into practice? Why?
    - What was your favorite part about the mindful movement class?
    - What could be done to make the mindful movement class better?
  10. Were there any challenges to participating in EVP? What were those like?
    - [If yes] In spite of those challenges, were there things that made the process easier?
    - [If no] Were there parts of the program that made it easier to keep coming back? Could you talk a little more about that?
  11. What, if anything, surprised you about your experience in EVP?
  12. What do you think were the most important or helpful things you learned while in EVP?  
(Probes: *skills, practices, ideas*)
    - Can you describe a time when you used something you learned in EVP?
  13. Since enrolling in EVP, what if anything are you doing differently to manage your pain?  
(Probes: *new self-care practices; health care seeking changes within and outside the VA*)
  14. Do you think about pain differently since going through EVP? If yes, how so?
  15. What could EVP offer or do to support graduates after they are done with the program?
  16. Did you talk or have you talked to any of your other providers about your experiences in EVP? If so, what have you talked to them about? If not, why not?
  17. What is one thing you wish you had known about EVP before starting?
- What would you tell a veteran thinking about enrolling in EVP?

## Additional File 2: Veteran Focus Group Guide

1. Let's go around the room and introduce ourselves. Please give us your first name and tell us how you heard about the Empower Veterans Program.
2. Experiences in EVP
  - Based on your experience of EVP, what are the top 3 things about it?
  - What are the 3 worst things about EVP?
3. Improvements I
  - How could EVP be improved?
4. Experiences after EVP
  - Thinking about your time since you've gotten out of EVP, what do you think has gone really well in terms of your pain management?  
*(Probes: practices, well-being, feelings about pain, relationships, functioning)*
  - What has been challenging?  
*(Probes: practices, well-being, feelings about pain, relationships, functioning)*
5. Improvements II
  - How could EVP be improved to help address those challenges?
  - In addition to what EVP provides, what else could the VA do to help improve what we do to help veterans with chronic pain?
6. Prioritizing
  - If you were in charge and could make one change to make EVP better, what would you do?
7. Summary and reflection
  - How well does the map reflect our discussion?
  - Is anything missing?
  - Is anything misrepresented?
  - Do you have anything further to add or connections to make?