**Transcripts for Qualitative Inquiry on Examining Internet-Delivered Mindfulness-Based Art Therapy for Reducing Stress among Distance Learning Students**

Participant Number: 1

Pseudonym: Alex

PSS-10 Score: Moderate Score (≥14)

Interviewer: “It's a bit lagging. There. It's recording now, ma'am. How are you, ma'am?”

Participant 1, Alex: “So far, I'm doing good.”

Interviewer: “Okay, you're not at home, right ma'am?”

Participant 1, Alex: “No, I went to my, uhm, to my friend's place.”

Interviewer: “Okay, sure. What's new with you, ma'am, since our last session?”

Participant 1, Alex: “Uhm, recently I've been more free-spirited. Like I said last time, as much as possible, I don't want to worry too much. Like, I'll just go with the flow wherever the waves take me.”

Interviewer: “Wherever you end up, right.”

Participant 1, Alex: “But recently, like, uhm, it has become somewhat easier, because I mentioned that I would resign from an organization. Even though I haven't submitted my resignation letter yet. At least I feel fulfilled that I've decided to do it.”

Interviewer: “Your responsibilities there, right ma'am.”

Participant 1, Alex: “So far, I haven't submitted it yet. Once I do, it will really feel like a thorn has been removed from my throat. Something like that.”

Interviewer: “It's really tiring, right ma'am.”

Participant 1, Alex: “Yes, uhm, because we're also doing our internship. So I can't really take on other responsibilities besides academics and OJT. That's it.”

Interviewer: “Is your OJT online?”

Participant 1, Alex: “Yes, it's online, OJT in an Industrial/Organizational setting.”

Interviewer: “No more clinical, they won't give you any more?”

Participant 1, Alex: “Actually, we have three OJTs in LPU. Since we're on a trimester system. So, this last semester of our third year is our OJT in I/O. And then, in the first and second semesters of the fourth year, we have education and clinical.”

Interviewer: “Okay sure, before we start ma'am. Let's go back to the first question, what was your source of stress before we started the MBAT session.”

Participant 1, Alex: “Uh, what I mentioned last time, is like my problem with my family, because of my environment, right. Then my friends, which I haven't settled yet. And then, academics and the organization. Also, the worries about COVID, because there's no clear plan for Filipinos.”

Interviewer: “Can you describe your stress-related feelings, feelings, what you felt before treatment. Before we started MBAT.”

Participant 1, Alex: “Uhm, for me, like I can't say I'm anxious right away, but it's like I can't sit still, that's the right term. And also, every now and then, I am overthinking stuff, then, like, then, it's a burden, something like that, pressured, like that.”

Interviewer: “So, it's a mix of feelings, right, what you're feeling.”

Participant 1, Alex: “So far, it's like, since I'm aware that from time to time I need to relax. Something like that. At least in a good way, I'm aware of what I'm feeling. Something like that.”

Interviewer: “So that's related to your thoughts, ma'am, about the stress. Related to the stress. How would you describe it, before treatment, what were your thoughts about your stress.”

Participant 1, Alex: “Maybe I just wanted to disappear, out of nowhere. That's it, like because it's so. That's it, a burden, you're restless. Like that. You just want to suddenly disappear. Like cut all connections with people. Then just sleep all day. Like that.”

Interviewer: “Why do you want to disappear, ma'am, to escape?”

Participant 1, Alex: “Most likely yes, to escape. Because it's like, you know, like, I was tired at that time. Like. Me myself, I didn't know how, what other ways to solve it. So, just sleep. Sleep was the way I saw and. Like, detach from people. Yes, like that.”

Interviewer: “Okay sure. For our second question, ma'am. What do you usually do. Right, before the MBAT session, what do you usually do before the MBAT session to reduce your stress.”

Participant 1, Alex: “So far, like, I rely on what we call coping mechanisms. I watch k-pop videos, since I'm a fan of Korean pop. And then, I read mangas. So. From time to time, I reward myself when I can't solve my stressor, like that.”

Interviewer: “For the third question, ma'am, during our MBAT session, what part of the session do you enjoy the most.”

Participant 1, Alex: “Actually, I enjoy all parts. Like, all our activities from the first, second, third, fourth session, they're different from each other. Like, I appreciate them all because I learn from all the activities. And like at the same time, like, it also tests my artistic side. Even though I don't have talent in being artistic, like, in a way I enjoy it more compared to other coping mechanisms I used to do. Like that.”

Interviewer: “For the fourth question, what have you learned in MBAT. What did you learn in our MBAT session.”

Participant 1, Alex: “So far, I can say that I've learned how to manage stress better. Like, it added to my coping mechanisms. The technique I learned from the start of our session, like, until now I still carry it with me. And like, at the same time, through art I also express myself, like it reduces my stress through self-expression and creativity.”

Interviewer: “Last question, ma'am. Would you recommend MBAT?”

Participant 1, Alex: “Definitely. Especially for those like me who are very stressed lately. And I really appreciate the effort of our therapist, sir, in guiding me. And like, at the same time, it's really a big help. And it's really a big thing. I can say that it has been effective as a form of therapy.”

Interviewer: “Thank you, ma'am. I'm also glad that you've learned a lot from MBAT. At least, in a way, you've added to your coping mechanisms. And I'm looking forward to more sessions with you, ma'am.”

Participant 1, Alex: “Thank you too.”