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

Participant Number: 2

Pseudonym: Sam

PSS-10 Score: High Score (≥27)

Interviewer: “You seem tired now, huh?”

Participant 2, Sam: “Yes, because the program has been non-stop.”

Interviewer: “Program of?”

Participant 2, Sam: “First, there are classes and webinars.”

Interviewer: “And you've only rested now, right? How have you been since our last session?”

Participant 2, Sam: “After that, well, there were still worries, but after mentioning during our previous 3 sessions, it somewhat helped, now I'm somewhat okay.”

Interviewer: “Okay, I see. Let's revisit your experiences before the MBAT session. Before we started the MBAT session, what were your sources of stress then?”

Participant 2, Sam: “Mostly, it's really gossip. Gossiping here.”

Interviewer: “Why do you consider it as your main source of stress?”

Participant 2, Sam: “Because even though I tell myself I am a simple person, I am not famous, I don’t claim myself as a popular person. And then, they just popped out that they have expectations from me, and some of them, they really didn't stop. Until now I have to deal with them, before that I am really anxious, when I go out, I don’t know what to do, there they are again, accusations towards me, rumors about me.”

Interviewer: “Can you describe the stress-related feelings, what you felt before our MBAT session?”

Participant 2, Sam: “That's related to anxiousness. It's there, actually. In truth, I always question myself. And sometimes, even though I really want to go, there are times when I feel like I'm always being watched. I don't want to think of myself as special, but then, I really feel like everything I do can be scrutinized even when I'm at home. That's why my anxiousness worsened. There were times when my body, hands, and feet would shake. Even though I can interact with other people, the anxiousness is still there.”

Interviewer: “Indeed, your feelings and thoughts are connected to gossip outside. Who are they, your relatives or just neighbors?”

Participant 2, Sam: “Neighbors, and some of them are distant relatives. Others just pass by. I don't know them personally, let's just say they're strangers.”

Interviewer: “Can I know what they're saying?”

Participant 2, Sam: “There are many, like, how should I put it. Especially now because my mom is currently dealing with a mild stroke. She's recovering. Even though she's bedridden, she can move around. She always explains to me why I don't come out of my room, and she didn't know that I'm actually doing something. It's really all mixed up, a mess. Especially what I do in academia, most of the time. For example, I really hear things, to the point where my body is overly sexualized. I mean, I don't hate the gym. I'm really a skinny person. But sometimes I notice that my neighbors, especially the kids, our neighbors, they feel what I'm doing. Everything, everything I say, everything I do, they're watching. And I consider it really intrusive. This is what really triggers my anxiousness.”

Interviewer: “PaIt's like they have something to say about every move you make, like that.”

Participant 2, Sam: “Yes.”

Interviewer: “And your stressors, what do you usually do to reduce them? For example, when you're under stress, what do you usually do to lessen it?”

Participant 2, Sam: “Usually, what I do is I engage myself, for example, in Bible reading, and now we also have Bible study sharing. Also, when it comes to webinars. I take care of them. Somehow, my mind, it doesn't wonder anymore. At least you divert yourself to important things. Actually, it gave me like I know my purpose in life. That is, going to ministry. It really helped me.”

Interviewer: “What reduces stress in Bible study, what are you doing, what can reduce that?”

Participant 2, Sam: “In Bible studies really, simply because I really want to get to know more about God and the Lord Jesus. The Lord Jesus is really the one I recognize as true Lord and Deity. And, somehow we are in the process of what is the importance of getting to know more about the gospel. And currently, I am really focused on online classes. So, about getting to know more when it comes to what we should do in discipleship in the foundation of faith. What is the importance of having a relationship with the Lord Jesus. So there, because of those things I learned to clear my mind and set myself above the gossip that's happening.”

Interviewer: “Okay, and in school work, attending seminars also becomes your outlet? What aspect of that, why does it reduce stress for you?”

Participant 2, Sam: “Before I entered college, I really wanted to come out of my comfort zone and be myself, to free myself. That's why I engage in different organizations; currently, I'm part of three organizations: one for mental health, another for women's protection, and one advocating for the LGBT+ community. One of these organizations is connected to our psychology department. As an advocate, I want to learn more about social issues because it's my passion to learn without forcing myself.”

Interviewer: “Does learning reduce stress? Does it become a coping mechanism for you? Do you think it's sufficient to reduce your current stress before our MBAT?”

Participant 2, Sam: “I think they are sufficient and really effective. Even though it's gradual, there's progress happening.”

Interviewer: “Then, we did MBAT. After our MBAT, after the three sessions, what possible changes occurred in your stress perception?”

Participant 2, Sam: “Maybe it's the way I perceive things now, given that I don't want to diagnose myself with any disorders based on our disorder categories. I just want to, you know, think that there are more important things to pay attention to than gossip in our community. And, I just think about what other things are really important to me. Before, I didn't know, as we gather to have this kind of conversation. And regarding the questions from MBAT, in the research you gathered, it actually helped me evaluate myself. Because until now, I'm still searching for my self-identity.”

Interviewer: “Then, how would you describe your feelings, after our session, your stress-related feelings after our MBAT session? What did you feel?”

Participant 2, Sam: “Well, somehow, after our MBAT, after our 3 sessions, they really helped me focus more, even on the activities I need to do. I'm able to organize things that I really need to do. Especially because I had many obstacles, especially these past weeks, because of the 3 sessions in MBAT, it really emphasized mental health.”

Interviewer: “It helps you organize, right? What changed in your stress-related thoughts after the treatment?”

Participant 2, Sam: “Regarding my mindset after the session, I was able to, maybe it's when, well, the stressors negatively are gossips. I just let them do what they want, and I tell myself, "You know what, just focus on yourself, at least you're improving, at least you know you're improving, you have self-development, you have self-efficacy, that's okay." And that's what MBAT helped me with.”

Interviewer: “You seem to have focused more on things you can control. Then after our MBAT session, what do you think or feel really reduced your stress? In that session, in its aspects?”

Participant 2, Sam: “Actually, it's really art therapy itself. That's really it. Because I was able to express myself since I really don't talk to anyone here because I consider my family members vulnerable. And I cannot bring myself to say, "Hey look, I have problems and I have no one to talk to." Like that, that's why. Because of the help of art therapy, I showed you and other participants that I was relentless, I wasn't ashamed to express myself.”

Interviewer: “It seems like, what about you, you became more expressive after the therapy. Before our therapy, how was your self-expression then? Were you somewhat guarded?”

Participant 2, Sam: “I think I really became toxic because before MBAT, before we arrived at the 3 sessions, I was toxic. I used to rant using a recording app on my phone. It helped me, but I was a toxic person. I just wanted to express myself, but I did it in the wrong way.”

Interviewer: “Then after therapy, did the toxicity lessen? Did you just have an outlet to express that? How do you express those toxic ideas or feelings now?”

Participant 2, Sam: “When it comes to toxicity, it lessened through studying the Bible, engaging in views to have faith in the Lord Jesus. Journaling actually helped me. And, what you call this. Mindfulness, which you taught us. Mindfulness, even when it comes to church, in ministry, it still describes and explains alone time, where, as a pastor said earlier, "When you are alone, you are able to bond with God and think about yourself, that this is who I really am, you can actually find yourself.”

Interviewer: “Then, in our mindfulness session. What were you thinking about, what you could do about your problems, weren't we thinking about solutions there, what did you get from our solutions, what problem solving through mindfulness? What did you learn from that?”

Participant 2, Sam: “Maybe the eager power as a person. But it became too much of an overreaction. But, eager power as a person, that, maybe as a psychiatrist and clinical psychologist say, "Only you can heal yourself, we are just guides to help you heal." But, yeah, I actually realize that for every person, it's really important to try all over again. Maybe the process is long, but it's worth it to fight any demons that enter the mind.”

Interviewer: “What do you think are the things that helped you reduce stress? In the aspects of our MBAT, how did it help you, in what way?”

Participant 2, Sam: “About MBAT, number 1 is really mindfulness, where I really want to dig into myself and be honest with myself. "What do I really want, what are my real needs in life." How I can find myself, because, that's it. How I express myself before, when it comes to our sessions. I was suffering from identity crisis, and because of mindfulness, from MBAT still. It's okay to feel emotions and at the same time really need to calm your mind.”

Interviewer: “It's like you've had a map, for what you want to do. How you solve it, you have a plan. Then in our session, what is it, it's a group session. Weren't you having a hard time or shy to share your feelings, thoughts, and thoughts then. Because someone is listening, right.”

Participant 2, Sam: “There really is, maybe just getting used to it. Actually, I'm practicing speaking in front of the cam, because we are still dealing with pandemic. That's why, I'm not really embarrassed at that time.”

Interviewer: “You're okay with that setup, not one on one, but it's a group.”

Participant 2, Sam: “Actually, it's okay with me whether it's one on one or group.”

Interviewer: “And you, for example, what do you prefer, one on one or group session.”

Participant 2, Sam: “I guess I can work on, maybe one on one. So at least I get used to it first. Then engage in group conversation. That's it.”

Interviewer: “Then, in therapy, what else did you learn, the changes in you.”

Participant 2, Sam: “More... After that therapy, as became self-expressive, not really embarrassed to express myself even in person, even in social media, because we know that there is more to life than social media. And, I learned how to find what I really want in life. I know what are the things I am capable of.”

Interviewer: “Then in expression, we're in a group session, we have other participants sharing. Do you get learnings from them, from what they say in their sharings.”

Participant 2, Sam: “Yes, there are.”

Interviewer: “What are the possible reasons why you get learnings when others share.”

Participant 2, Sam: “Maybe because I don't want to just focus on myself, like okay I am in an MBAT session. But, I have compassion for other people. I am also suffering, but they are suffering too. That's why I practice active listening skills there. And also what I learned from them is that, most of them are about family. And even though we have problems at home, maybe they are minor. Like that. But for them, they are really struggling with it. I guess we really need more people with compassion for other people.”

Interviewer: “And what do you think? In the practical significance of MBAT, is it good to use it to reduce stress? Compared to our available, modes to reduce stress? For example, applying MBAT, is it practical, what's your opinion on that?”

Participant 2, Sam: “I think, the use of MBAT is really effective since we are still dealing with a pandemic. It will be highly beneficial for Filipinos if it is used. Especially because cases of depression, anxiety, and domestic violence are rising again. We can definitely use MBAT.”

Interviewer: “Alright, do you have anything else you want to clarify or ask about.”

Participant 2, Sam: “None anymore.”

Interviewer: “Alright, sorry and thank you for your time. I know you're quite busy and tired too, right. Okay sir, take care and thank you very much.”

Participant 2, Sam: “Thank you!”