

Supplementary Materials

Table S1. Comprehensive table of results for the super-ordinate theme of ‘*Learning to Meditate: A Gradual Journey*’.

Super-ordinate themes	Emergent Themes	Evidence	Participants
<p>Learning to Meditate: A Gradual Journey</p>	<p>Difficulty sustaining attention</p>	<p>Cameron: <i>The counting 1-2-3 ahh. By the time I’m onto 2 it’s all over...Keep wandering off, with football or cricket or anything, anything except what I’m supposed to be doing (1)</i> Cameron: Int: <i>can you talk about what part of the body scan and counting are difficult? P: Probably it takes too long...yeah. (2)</i></p> <p>Rena: Int: <i>And what parts did you find more difficult?</i></p> <p>P: <i>Uh..1 and 2 and 3...ohhh [closes eyes] ...no [shakes head, opens eyes] ...</i> Toby: <i>Really it was hard because early on, I did a lot of- I went to bed [makes snoring sound] (1)</i> Toby: <i>um in one ear, out the other (2)</i></p> <p>Cameron: <i>Yeah I’ve done it maybe two times and I thought I’ve got it, I’ve got the meaning. And then next time [sighs] (1)</i> Cameron: <i>Um, sometimes I’ll come here and nothing works and sometimes I’ll come here and the birds were singing and it’s raining or something like...and I don’t know...</i> Int: <i>That’s fine, so it depends on the kind of tasks?</i> P: <i>Yeah...yeah. (2)</i></p>	<p>(Difficulty sustaining attention): 3</p>

		<p>Derrick: Int: <i>One of the questions we were talking about was- was it easy or difficult to just go into that relaxed state and to-</i> P: <i>-Yeah.</i> Int: <i>So it sounds like you found it relatively easy to do that?</i> P: <i>[Nods]</i></p> <p>Toby: <i>Basically, it's not really working, and then it was, and when it was, certain things came in- like the counting, it helped immensely you know, just to get in there. Um, and I think also, you become also, a little in tune to um what you're trying to do and what you're trying to achieve, so uh you know almost, it's sort of like the in-between, you know, it's you- you get in the groove, you get in between everything, so you're there but you're not..... ..there's a fine line between being 'there' and 'being asleep'.</i></p>	<p>(No initial difficulties): 1</p> <p>(Importance of developing an understanding of the meditative state): 1</p>
	<p>Importance of practice</p>	<p>Toby: <i>the thing is the repetition going in and eventually it just clicks. (1)</i> Toby: <i>I think, I think it's hard, when you get on but then it begins to become easier once you could go for- it took me easily 6 months. (2)</i> Laura: <i>For me? Oh, it was gradual, it was yes...Few years back, but gradual.</i> Derrick: <i>Yeah.</i> Int: <i>And you agree Derrick?</i> Derrick: <i>Yep.</i></p>	<p>(Practice effect): 3</p>
	<p>Sudden discovery of meditative ability</p>	<p>Toby: <i>It just happened... you...it was 'bang' [clicks fingers]. Up to that point it wasn't working, I was either sleeping or I was just trying to sleep.</i></p>	<p>(Sudden discovery): 1</p>
	<p>Facilitative role meditation guide</p>	<p>Rena: Int: <i>So overtime, how did you find learning how to meditate? How to use the techniques?</i> P: <i>Um...[X]...oh...um [name of guide].</i> Int: <i>So it was their [X] guidance?</i></p>	<p>(Role of meditation guide): 2</p>

	<p>P: Yes, yes [<i>nods emphatically</i>].</p> <p>Member-Check Group: Toby: I use the breath and I'm always thinking about you [<i>referring to meditation guide</i>] at home- it's a purpose. So, either she's here or she's not, but she's putting me in the zone. Int: But you can do it by yourself by listening to your own breath? P: Yeah, but I'm using her instructions. Interviewer: Just in your memory? P: Yes.</p>	
<p>Preference for specific meditation techniques</p>	<p>Derrick: It was very good. Int: It was very good? What about it did you find good? P: Um, um. That's uh...that's [<i>X</i>] and um. Um. 10 [<i>Begins writing 10</i>]. I don't know... Got birds and.. the everything... Cameron: I... I like the... the sound of birds... rain.....three or four of these birds singing and rain falling down or thunder and...they were good, I liked them.....I can say the birds really made me like it..... Rena: Int: what about her guidance was helpful? P: Birds [<i>writes birds</i>] ...bird...and uh singing and uh no um bird... song. Int: Because she bring recordings. P: Yes! Int: She either records something outside or it's from something online. P: Oh! [<i>Nods emphatically</i>]. Int: That's the best? P: Yeah, yeah. (1) Rena: Int: ...The bird song and sound activities and things that [<i>X</i>] brought in were most helpful for you when learning to meditate?</p>	<p>(Listening to sounds): 3</p>

P: *Yep, yes (2)*

Rena: *[closes eyes, leans back in chair] ...oh, ohhhh [smiles with eyes closed], yep [opens eyes]. (1)*

Rena: Int: *Ah, is this the breath counting?*

P: *Yes, um...bed and uh [writes: 'bed', number 'ten' 6 times in a row] (2)*

Int: *So it's part of your daily routine almost?*

P: *Yep, yep (3)*

Toby: *[X] goes off and does these little things but I always, I always just do the 1-2-3-4 to 12- to 10 and start again. That's just what I do.*

Rena: Int: *Was there something you liked the most?*

P: *Yes, the body scan.*

Int: *Okay, yeah.*

P: *Oh ohhhh [smiles with eyes closed, touches arm and hand, laughs].*

Derrick: Int: *How would you describe it? What it means to you?*

P: *[Draws picture of potted flower].*

Int: *It's a plant or a flower?*

P: *Flower...I guess- orchid. Orchid and red, no...purple. Purple, purple, purple. Um and white. White. Yeah.*

Int: *So if you had to describe meditation to someone, it would be like imagining flowers?*

P: *Yeah... yeah... (1)*

Derrick: Int: *Do you always visualise something in your mind when you meditate?*

P: *I guess...always (2)*

(Breath counting): 2

(Body scan): 2

(Visualisation): 1

		<p>Cameron: <i>The body scan and the 1-2-3, I could do without them.(1)</i></p> <p>Cameron: <i>Sometimes I go and I'm like 'not this fucking thing again' and sometimes I go and it's still the same but a little better, you know.</i></p>	(Variable experience with body scan and breath counting): 1
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Note. 'P' refers to Participant; 'Int' refers to Interviewer.

Table S2. Comprehensive table of results for the super-ordinate theme of 'Defining the Meditation Experience'.

Super- ordinate themes	Emergent Themes	Evidence	No. of Participants
Defining the Meditation Experience	Focused Away from Impairments	<p>Rena: <i>Yeah, yeah. Um...meditation...aphasia...uh...[writes 'six years' between a backwards arrow and a forward arrow]. [Points to backward arrow, gestures to arm] ... no, no, no. [Points to forward arrow] meditation.</i></p> <p>Int: <i>Can I try? Tell me if I'm wrong. Is it perhaps that meditation doesn't focus on 'oh I can't find the word', 'oh I can't move the arm', it actually drops away, because we're focusing on something else to learn together, so it doesn't matter...</i></p> <p>P: <i>Yes, yep [nods].</i></p> <p>Int: <i>It's not focused on what we can't do.</i></p> <p>P: <i>Yes, yes, yes.</i></p> <p>Int: <i>Is that what you're trying to say?</i></p> <p>P: <i>Yes, yes. (1)</i></p> <p>Rena: <i>...six years...</i></p> <p>Int: <i>You had the stroke?</i></p> <p>P: <i>Yeah and...oh my God... [holds arm]</i></p>	(Not focused on/ associated with aphasia and impairments): 3

		<p>Int: <i>'What can I do...what can I do'?</i></p> <p>P: <i>Yeah.</i></p> <p>Int: <i>I understand it as, six years, physio trying to get it better, speech trying to get it better.</i></p> <p>P: <i>Yes</i></p> <p>Int: <i>And really, mediation is just as it is, nothing to change?</i></p> <p>P: <i>Yes.</i></p> <p>Int: <i>Is that right?</i></p> <p>P: <i>No, yeah, yep.</i></p> <p>Int: <i>That captures it a little?</i></p> <p>P: <i>Yeah, yeah.</i></p> <p>Member-Check Group: Toby: <i>One of the things I picked up at the gym that I go to is that... you... people are just trying to do whatever but they all have their minds. And one of the people comes over to me and he says: 'hey guess what, I did some meditation last night'. And he goes: 'it's great'. And you know, that meant a lot to me, here's somebody that's sane- well-better and taking meditation and it's working and 'I feel great'... bang.</i></p> <p>Int: <i>So coming together and learning a new skill, and it didn't matter if you had aphasia or you didn't aphasia, we were just sitting together and learning a new skill together.</i></p> <p>Derrick: <i>Yeah, yeah.</i></p> <p>Int.: <i>You know it was the focus on aphasia dropped away. Just some human beings coming together to learn a new skill.</i></p> <p>Derrick: <i>Yeah.</i></p>	
	<p>Meditation as a Break</p>	<p>Laura: <i>And I think it's important, instead of racing around, I tend to be racing around because there's a few things I need to know... to study- um that you get caught up in the hurly-burly. So it's really nice just to be there and relax, yeah. (1)..... So, for me, I would explain that it was an opportunity to take time off (2).</i></p>	<p>(A break): 3</p>

		<p>Toby: <i>It's almost giving yourself some breathing room.</i></p> <p>Member-check Group: Int: <i>In some interviews, it was said to be like a break. So it was described as a respite or break from the day. Do people agree or relate to that?</i></p> <p>Toby: <i>I would agree with that.</i></p> <p>Derrick: <i>Yeah</i></p> <p>Laura: <i>Definitely.</i></p>	
	<p>Deeply Immersive Experience</p>	<p>Laura: <i>It has this effect on me, that I find quite profound, because I can go quite deeply in prayer, quite deeply in meditation, too (1).... And I'm aware of things outside, but sometimes I'm not aware, I just meditate...I have a timer (2)... I think transported is a good word, because that's how I felt today and I didn't hear the clock. I liked the body scan, forgot to count, it's and... I was just lost...didn't hear the wood chipping or anything (3)</i></p> <p>Toby: <i>There's a fine line between being 'there' and 'being asleep'.</i></p>	<p>(Deeply immersive experience): 2</p>
	<p>Individual Associations with Meditation</p>	<p>Derrick: Int: <i>So when we asked you to describe meditation you drew a flower. That's very interesting, do you associate plants and nature with meditation?</i></p> <p>P: <i>Yeah, yeah.</i></p> <p>Int.: <i>Is that right?</i></p> <p>P: <i>Yeah, yeah. (1)</i></p> <p>Derrick: Int: <i>So you were talking about how you think about flowers when you meditate to feel relaxed.</i></p> <p>P: <i>Yes, yes.</i></p> <p>Int: <i>Do you also feel relaxed when you are out in nature, or watching flowers?</i></p> <p>P: <i>Yes, yes. (2)</i></p>	<p>(Associating meditation with nature): 1</p>

		<p>Laura: <i>I find when I do it, I get quite a peace from it, and as far as I'm concerned also, because I'm Christian, I believe in prayer so I believe that meditation is a prayer. (1)... I can meditate... prayer, to me, they're one and the same (2)</i></p> <p>Laura: <i>I just like the fact I can be still and just let my... any worries I have go, disappear for me, just sit there. And in the bible also, 'be still and know I am God' (3)</i></p> <p>Laura: <i>So, for me, I would explain that it was an opportunity to take time off and just be with God (4)</i></p> <p>Laura: <i>With the meditation, I don't know, it helped me understand God from it (5)</i></p> <p>Laura: <i>When I meditate, you're taking time out to just be yourself, just be calm and forget about other things.</i></p>	<p>(Associating meditation with spirituality): 1</p> <p>(Associating meditation with experience of ipseity/self-hood): 1</p>
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Note. 'P' refers to Participant; 'Int' refers to Interviewer.

Table S3. Comprehensive table of results for the super-ordinate theme of *'Experience of Meditating in a Group'*.

Super-ordinate themes	Emergent Themes	Evidence	No. of Participants
Experience of Meditating in a Group	Social Dynamics of Group Experience	<p>Laura: <i>I feel really pleased when I see them and that's the only thing, I've got these other projects- I miss not seeing them you know. I always think of them, I miss not seeing them, yeah because they were really lovely people. (1)</i> Laura: <i>I think you draw from the group an energy... (2)</i> Toby: <i>Of course they're</i></p>	(Importance of group members to meditation experience): 5

important... they're very important.(1) **Toby:** Cause we get going because it's the group and everybody...[XX]...then we can sit down and experience. It's really the group that keeps me here, you know. (2) **Derrick:** **Int:** What would make you keep coming? **P:** Because of...what's his name?... Cameron! Bloody...yeah Cameron and...L...and uh...N...stuff like that. **Int:** So you were saying you would still come along to the group because of Cameron and... **P:** Yeah, yeah. **Int:** Do you think the people in this group are important? **P:** Yes, yes. **Rena:** **Int:** How important are these particular people in the group for your meditation experience? **P:** Yeah.

Int: So they're important to you? **P:** Yeah. **Cameron:** With meditation I would think of anything to get out of it... I used to do that. **Int:** What's interesting though is, although you did that and you've told us many times, you still came back...Are you able to explain why? **P:** Oh...it might be people maybe. It's the only thing I can think of. (1) **Int:** What about the group, the people?... To what extent do you think that contributed to you coming? **P:** A big help, you know cause I've got some things I have you know. (2)

Laura: I thought they were lovely, yeah I really enjoyed going, yeah I really like it, I looked forward to it and I was quite disappointed when we had to move room and be broken into little groups, because I liked the whole group. (1) **Laura:** I found doing group quite beneficial...I'm quite a social person, I enjoy that aspect of doing it as a group. And also, hearing about the experiences of how the others were relating to the meditation. (2)

Cameron: When I go away from here, I don't talk to anyone.

(Social aspect of group): 2

	<p style="text-align: center;">Reliance on Group to Meditate</p>	<p>Cameron: <i>Renae, she keeps going to me you've got it, you've got it... no I haven't, but she keeps telling me I have.</i></p> <p>Laura: <i>They've gone through much more than I have, so I just... for me, to meet and see how they try, is good for me.</i></p> <p>Member-Check Group: Renae: <i>Yeah, but, my children: ugh shut up! God. [Laughs]</i> Cameron: <i>They shouldn't be hard on you like that...</i> Renae: <i>Yeah</i> Cameron: <i>Didn't ask for it.</i></p> <p>Derrick: <i>That's right.</i> Renae: <i>But...</i> Toby: <i>But the problem is when you're in a- with a- long-term with the kids and-</i> Renae: <i>Yeah.</i> Toby: <i>So they're looking at you with the one who helps you with everything, but they can't help now, so they become a little bit... frosty [laughs].</i> Laura: <i>With helping each other, well... we're all in the same... had strokes, um some more fortunate or blessed than others, but we understand each other.</i></p> <p>Derrick: Int: <i>How important was it to have a group of people with aphasia meditating?</i> P: <i>Yes.</i> Int: <i>Are you saying having a group of people with aphasia meditating was important?</i> P: <i>Yes, yes.</i> Int: <i>Cause you all shared that?</i> P: <i>Yes, aphasia and [name of meditation guide].</i></p> <p>Cameron: <i>I tried by myself but I couldn't get it, you know, it's the only place I can get it. (1)</i> Cameron: <i>...coming in here and sitting with all the other people is relaxing to me...that's it. (2)</i></p> <p>Laura: <i>It's nice to have and I like that... but I don't rely on them, because I can do it at home as well, but I don't rely on them to meditate...</i></p>	<p>(Supportive and encouraging environment): 2 (Empathy for group members): 1</p> <p>(Importance of group with PwA): 1</p> <p>(Group is important to facilitate meditation): 1</p>
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		Toby: <i>So you get back from it, you have some nice conversation, you go in and get into the meditation, basically goodbye and then bang. So it's not... meditation isn't sort of um, you don't need that stuff because it's in here [gestures to head] it's all in here, you know.</i>	(Group not essential to facilitate meditation): 2
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Note. 'P' refers to Participant; 'Int' refers to Interviewer.

Table S4. Comprehensive table of results for the super-ordinate theme of 'Perceived Impact of Meditation'.

Super-ordinate themes	Emergent Themes	Evidence	No. of Participants
Perceived Effect of Meditation	Acceptance	Laura: <i>I think, it's a form of my living, that acceptance, and probably it's due to the meditation (1)... I used to meditate and pray before... which to me is the same... I feel, you learn to accept your situation and go on from there and usually things work out for me. And I can't say why, it's just that I know whatever I'm going through it just works for me (2)... By accepting a situation, it gives you, I feel, the step up to 'well here I am, where do I go from here', that's what meditation, I feel, can do for a person (3)... For me, it was quite definite. For me, when I had the stroke, my greatest fear was having another stroke and I'm on my own. So I didn't know if I had a stroke what I would do. But the meditation made me definitely, I know that, get over my fear. It was amazing. I just don't think of it anymore. Toby: <i>So that, I used to get all... arrgh [makes agitated facial expression] because I couldn't do anything, and then when I started slowly but surely coming back, I mean I have... had major things where it's just not there anymore but</i></i>	(Acceptance): 5

other ones it's good... once I got that going and then I got the meditation and then I got calm. But it's just that three years before where... it was bad, it was really bad.

Member-check Group: Toby: *Yeah, well yeah... if I look at my head I'm way down here when I should be way up there, and so this has been allowing me to sit down and make a jump. So the only thing I can think of.* **Int:** *Can I ask a controversial question? You've said, over time this has helped you with self-acceptance in where you're going...* **Toby:** *I feel more vibrant.*

Int: *How much of that is meditation and how much of that is time?* **Toby:** *I don't know.* **Int:** *When you go past your stroke, year by year do people do that anyway?* **Toby:** *Well the thing is that each day I'm... I know I'm going like that [move hands upwards], I'm constantly going up. So you're doing stroke and you're only looking at stroke, not the other things...* **Int:** *So it's not just time it's also having your mind on something else?*

Toby: *Yeah, so once you can do that... boom. Because I supposedly have around 30-40%, I don't have the other 60%-so I'm trying for it but I'm constantly going like that [motions upwards]. You know you remember how I talked a year ago compared to what it is now.* **Int:** *I think I was trying to figure out how much of that feeling was meditation and how much was recovery time.* **Toby:** *You can't do it...no.*

Member-check Group: Int: *Has meditation made you more self-accepting or more compassionate?* **Derrick:** *Yes, I can say it's very... It's uh it's very... it's very good and... yeah...*

Int: *Did you want to write anything down or-* **Derrick:** *Yeah [grabs pen and paper in front of him].* **Int:** *So it's about yourself- if you're more accepting towards yourself-* **Derrick:** *Yeah, like uh uh my son, he's about and-. Sorry, yeah it's a lot better, yeah.* **Int:** *Less arguments?* **Derrick:** *Yeah, yeah.* **Int:**

*So at the start, after the stroke you were really angry? And just to clarify... was it the meditation process that helped you sort of? **Toby:** Yeah. **Int:** Deal with that anger or..? How would you describe it... dealing with the anger? **Toby:** It nullifies it. **Int:** It nullifies it, okay. **Member-check Group:** **Toby:** You know before we started here, he was absolutely diabolical... **Cameron:** Yeah, I was, yeah... **Toby:** And then all of a sudden, now, he's very..., he's going very peacefully through this and I think is really good. **Member-check Group:** **Int:** With the term self-acceptance, would you agree with that? If it applies to you? **Renae:** Yeah. But, um...yeah...um...leg and arm and oh yay! **Int:** Hmm, let me know if I'm wrong... but is that like, self-acceptance in what you can do? **Renae:** Yeah! [Draws wheelchair]. **Int:** Sitting in a wheelchair? **Renae:** Yeah, and-then yay! **Int:** Progress, hmm.*

***Renae:** Yep, yep. **Toby:** Well, all I can say is that, once I started doing meditation, I have gotten better on the communication. (1)...From what I've seen in the last five years, from basically having nothing to having... where I can have at least a talk, um you know...so yes, I'm down here [hand shoulder level] when I should be up here [hand above head level], but I'm moving it, you know. So all I can think of is that everything I'm doing has helped. How it's helped? I don't know (2)... I could actually say things that would make something in it. That's huge, I mean it's huge, that I would come and make a statement that, you know this was that or you really, it was good. Now did that get into meditation? Probably, some of it, meditation when it's done... I think it gave me a way to speak (3)... Before I was doing meditation, I'll just be...nothing, and if it was something... I don't think anything did come to pass... I didn't bring it up. Now that I've had meditation and*

(Acceptance and Communication): 1

	<p style="text-align: center;">Building Resilience</p>	<p><i>everything else to do it, I'm saying, you know, I'm... I laughed! I haven't done that in a long time, you know. So is it meditation? Yeah, and it's a lot of other things too, but it's all there. (4)... it could be things that um I don't really know that, either my um...my...thirst to become better or if it was... all these things have done, they've all connected (5)</i></p> <p>Laura: <i>So this is the thing with my meditation making- I am resilient- but the meditation also, because I pray and I've meditated before, not just here, but before my stroke- so it makes me just think of 'where to next'. Yeah, so I think that's what meditation has done for me over the past years, because it's not just now or just after my stroke.</i></p> <p>Toby: <i>The whole day is new, it's different, I know I'm not getting a lot from the day because of what's going on, but for me it's giving that grounding and then you can go off through the day. It was like nothing will come in like, because it's there, you know- I don't know if that does it, but that's that. (1)... you do meditation just to keep you grounded... (2) Toby: Int: <i>So you think it sets you up for the day? P: Yeah, it does you know. And you know, I'm sure I've got bad thoughts somewhere, but they ain't there now. It really is good.(3)</i></i></p>	<p>(Contributes towards building resilience): 2</p>
	<p style="text-align: center;">Relaxing and Calming</p>	<p>Derrick: Int: <i>What made you get involved with the meditation group? P: Yeah well, just, lovely and [sits back in his chair, closes eyes, lets arms hang by sides]. Int: <i>So you came to be relaxed? P: Yes, yes. (1) Derrick: <i>Good. [Sit back in his chair, closes eyes, lets arms hang by sides]. Well, very good, anyway (2) Cameron: <i>What is meditation to you? P: Um... it's relaxing, yeah but...relaxing. Laura: <i>So it's really nice just to be there and relax, yeah. Toby: <i>Once you do it you can just</i></i></i></i></i></i></p>	<p>(Relaxing effect): 5</p>

	Alertness	<p><i>stop go 'yay, hey-hey-hey' [very relaxed, pleased facial expression; waves hand] Renae: Yeah..um...[leans back in chair, closes eyes] Int: Relaxing? P: Yes! Yep.</i></p> <p>Member-check Group: Toby: Basically, it does give you that thing where you completely relax.</p> <p>Cameron: Yeah...I like it when the birds are singing- that's really helpful for me, I mean it's not really helpful but it slows me down a little bit you know. Laura: When the meditation was introduced, I found that it did give me a calmness (1)... Definitely very calm, yeah, yeah. It sets me up for the day (2)</p> <p>Renae: Int: Going on from that I wanted to chat about whether meditation has or hasn't made an impact on your life? P: Uhh...no...no, but [big exhale of breath] settle, but...but...it has, because [exhale breath through mouth] settle.</p> <p>Member-check Group: Int: So we were talking about the different ways everyone feels after meditating. So we've had words like, 'calm' as well. Would other people agree, do other people feel calm after meditating? Toby: Yeah. Renae: Yep. Laura: [Nods]</p> <p>Laura: I do it in the morning and I feel alert (1).... It sets me up for the day... I wake up at quarter past five, do it and then I'm ready to go, I just feel alert. But then um my mind's all nice, yes (2)... After the calmness, I feel alert, yeah. I'm ready to go-to meet the day (3). Toby: it's just basically, it's all of a sudden I'm alert and I just go through it.</p> <p>Laura: Int: Now, is this an effect you feel straight after meditation or in more general? P: More general, I haven't meditated and said 'oh I feel calmer', it's not like that for me.</p>	<p>(Calming effect): 4</p> <p>(Alertness): 2</p> <p>(Overall generalised effect): 1</p>
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	<p style="text-align: center;">Variability in Length and Range of Effects</p>	<p>Toby: <i>For me it's giving that grounding and then you can go off through the day. It was like nothing will come in like, because it's there, you know- I don't know if that does it, but that's that (1)</i> Toby: Int: <i>In terms of this feeling, do you feel it just straight after meditating or something that...</i> P: <i>It goes through the whole day.</i></p> <p>Cameron: <i>No just while I'm here and then as soon as I walk out that door it's gone. Think about driving... don't know why.</i> Int: <i>So that feeling just...</i> P: <i>Stops when I walk out.</i> Rena: Int: <i>Um, do you only feel relaxed straight after meditation or does it last longer after that?</i> P: <i>Uh no....straight after...but um [writes 2 hours] but then ohh God.</i></p>	<p>(Throughout the day): 1</p> <p>(Temporary effect): 2</p>
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Note. 'P' refers to Participant; 'Int' refers to Interviewer.