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

Participant Number: 6

Pseudonym: Morgan

PSS-10 Score: High Score (≥27)

Interviewer: “Okay, how have you been since our last session?”

Participant 6, Morgan: “I've been okay, sir, but there have been quite a few stressful events that happened one after another.”

Interviewer: “Uh-hmm. What were the stressful events that happened to you recently?”

Participant 6, Morgan: “It's the usual, sir, my parents arguing. It happened maybe twice or more, and it's really stressful for me.”

Interviewer: “Hmm. Okay, let's explore now, before... didn't we have an MBAT session, your experience before and after our MBAT session.”

Participant 6, Morgan: “Okay.”

Interviewer: “Okay, before we start, what were the sources of your stress before undergoing the MBAT session? ...were they the same?”

Participant 6, Morgan: “Yes, it's still about family, I tend to compare.”

Interviewer: “Uh-hmm. You compare with your siblings, like that?”

Participant 6, Morgan: “Yes, that's right. And also financial issues...”

Interviewer: “Uh-hmm... go on.”

Participant 6, Morgan: “And online classes too... that's a source of stress. I also feel demotivated because I don't see the situation improving.”

Interviewer: “Uh-hmm.”

Participant 6, Morgan: “And I really want to go out, but I can't.”

Interviewer: “Who are you with at home? Your parents? Siblings?”

Participant 6, Morgan: “Yes, my parents and my youngest sibling. My older brother is already living separately.”

Interviewer: “Ah, he has his own family.”

Participant 6, Morgan: “Yes.”

Interviewer: “Now, the stressful situations you mentioned, what were the feelings associated with them? Your stress-related feelings before treatment, before MBAT, connected to the sources of stress you mentioned.”

Participant 6, Morgan: “One of my stress-related feelings is feeling powerless... like I can't do anything about my problems. So, as you mentioned, I tend to avoid and stay quiet, do what I have to do to avoid arguments. For example, when there's a problem, I try to distract myself with things like watching Netflix or taking care of myself.”

Interviewer: “Okay. Yes, please continue.”

Participant 6, Morgan: “And another stress I feel is feeling worthless... like I have no value, because I'm often compared to being a financial burden.”

Interviewer: “Ah, your family says that?”

Participant 6, Morgan: “What happens is, they say it behind my back, but they're nice to my face. Sometimes I overhear their conversations, and it's stressful because I thought the issue was somewhat resolved before, but it seems like it's still there.”

Interviewer: “Like it's being hinted at... they're hinting at it?”

Participant 6, Morgan: “Yes.”

Interviewer: “And what do you think in those situations? What are your stress-related thoughts?”

Participant 6, Morgan: “I always think every time I encounter those situations that I should just stay quiet... not share my reactions, just stay quiet because I feel so heavy... but I think I should just endure it because I'll finish soon and leave this house. That's my motivation to keep going.”

Interviewer: “To push forward, right?”

Participant 6, Morgan: “Yes, exactly.”

Interviewer: “And before our MBAT session, what things did you usually do to reduce stress?”

Participant 6, Morgan: “Usually, I just watch series on Netflix. It occupies my mind so I don't focus on the problem... I focus on what I'm watching. Another thing I do is journaling, following my morning schedule... wake up early, clean the bathroom, make the bed, tidy up, and exercise to sweat it out, you know. I'm trying to distract myself.”

Interviewer: “It's like diversion through entertainment, right?”

Participant 6, Morgan: “Yes, and I also really like podcasts and books... I try those too because they help me cope with stress or change my mindset.”

Interviewer: “And do you think these ways to reduce stress are sufficient? Do they help reduce it?”

Participant 6, Morgan: “Somehow, especially when I journal because I can express my feelings, especially when I'm really stressed and have no one to talk to. And let me share one impact of our therapy session before, something you said about how long will I keep avoiding these problems... that stuck with me. So, last time when my parents argued, I thought about that, how long should I keep avoiding this or that. And I decided to talk to both my parents about it, and it was really heavy for me afterwards, but at least I felt relieved because I was able to talk to them.”

Interviewer: “So how are you, ma'am, after you talked to your parents, what happened?”

Participant 6, Morgan: “Well, I cried in front of my parents because I was so tired of everything they were doing. I really cried to them and I tried to make them reconcile now because both of them are sick, one might have a heart attack or another attack which is difficult so I tried to fix it and they listened to me then they fixed it. Then, I cried so much when my mom thanked me because it felt new to me. I spent the whole night crying about it, the moment my mom thanked me. Then, it was also a little disappointing because after a few days, they fought again, so I don't know what else to do, because I faced it, I didn't avoid it and I went back, so I don't know if I should do it again. What's the action of my turn?”

Interviewer: “Well, at least, ma'am, you tried... to do what you could to fix it. But at least you did your part...”

Participant 6, Morgan: “Yes, yes.”

Interviewer: “As a child, maybe? But if they keep fighting...”

Participant 6, Morgan: “Yes, um...”

Interviewer: “Yes, ma'am?”

Participant 6, Morgan: “The really hard part for me is with us siblings, because my brother doesn't care about us... he doesn't care... because he already has his own family and he's far away. Then my youngest sibling doesn't care, she just lets things happen. It's because I'm seen as the black sheep among us siblings. But it hurts me that they see me as the bad child and I'm the one trying to fix them. They look down on me but they don't appreciate what I'm doing, that's really heavy for me.”

Interviewer: “Okay. So what's your reaction when they make you feel that way, those things?”

Participant 6, Morgan: “It really makes me feel small, like am I really that... I feel like I'm doing so many... like sacrifices that they don't know, for example, I saved up... that I pay for tuition because I already told them that this is just the tuition so they'll just give it to me well in fact, this is what I'm adding, I'm doing other... work, the acads, I pay for it just to... to get money.”

Interviewer: “Uh-hmm. So what do you do, is that your way of... reducing stress?”

Participant 6, Morgan: “Yes.”

Interviewer: “So do you think those coping strategies help reduce your stress?”

Participant 6, Morgan: “I think it helps somehow but you know, for us, when one triggers it, it just keeps happening like that. It's like what happens is just covered up.”

Interviewer: “Uh-hmm. It's like putting a band-aid on it.”

Participant 6, Morgan: “It's like in... yes, it's like it's just being band-aided but the wound doesn't really heal, it's like every time the band-aid is removed, it triggers everything.”

Interviewer: “So, remember ma'am, MBAT... isn't it three sessions, what's possible in your stress perception after our MBAT?”

Participant 6, Morgan: “For me, I really became aware of... what that stress really is. I became aware and maybe one thing that really helped me is that I found out what my other classmates are going through. Those who were in the session, one person seemed to suffer from his physical body and then I felt that... other people also have problems, not just me, and others have worse problems that if I were in that situation, I would also have a harder time. That's it. Another thing I learned is that they share, like what Iris said, contentment, that's when I realized, 'ah even though my situation is like this with my family, at least I eat, sleep.'”

Interviewer: “You became aware of your situation and others', right?”

Participant 6, Morgan: “Yes, because what they think seems obvious but I don't think about it until they say it.”

Interviewer: “And did you express yourself in our past sessions? Didn't you...”

Participant 6, Morgan: “Yes, I did express it. I did express it especially... if there are words I don't know the right term for... what to say but I can express it through drawing, for example, I feel isolated and I can't explain the case that was given to me, for example, when the sunset is in the sea like that, I express it in the drawing that while I'm doing it, I also imagine myself going to that situation someday.”

Interviewer: “It's like having a journey, right?”

Participant 6, Morgan: “Yes, it's like that's where my mind and focus go.”

Interviewer: “And can you describe, P6, your stress-related feelings after the treatment?”

Participant 6, Morgan: “So after the treatment, I really cried that night after the third session because the others messaged me... the others in that circle like... we're just here... if you need help just message like that. It feels really good to know that there are people... that I'm not alone, I have friends who are there although I'm a little scared to tap them because I feel like I'm going to be a hindrance because they also have problems. But that's it, it's so refreshing to know that there are people there for you... I really cried.”

Interviewer: “It's like you increased emotional bonding with your friends, right, ma'am?”

Participant 6, Morgan: “Yes.”

Interviewer: “It's like, okay then, they're okay with your batchmates?”

Participant 6, Morgan: “Yes. Actually, I also thought that I might not be able to share if I'm with people I don't know, strangers whose personalities I'm not familiar with, so it's an advantage that I know them, at least I have a background with them.”

Interviewer: “Okay. So, P6, what were your stress-related thoughts after MBAT?”

Participant 6, Morgan: “After that, of course, my stress didn't just disappear right away, but every time I undergo stress or face situations, like here at home, I just think about the things that make me content, things that make me happy that you've assigned to us. That's what I think about. Sometimes, someday, I'll be able to leave here... that's what I think.”

Interviewer: “Uh-hmm... it's like you gained hope.”

Participant 6, Morgan: “Yes, yes. Before, during stressful events, I would drown in sad thoughts, feeling sorry for myself, but after MBAT, I gained awareness that this will end, someday I'll reach that place in my drawing, that's how I feel.”

Interviewer: “Like peace of mind.”

Participant 6, Morgan: “Yes, yes.”

Interviewer: “Okay, after our MBAT session, do you think it helped reduce your stress?”

Participant 6, Morgan: “Yes, I feel like it reduced it in a way that every... every stressful situation now, I have a pause, I have a moment...”

Interviewer: “Uh-hmm...”

Participant 6, Morgan: “... where I stop negative thoughts from continuing. Because of that, one of the impacts it had on me was what you said about facing my problems instead of avoiding them, that's what it did. Now, when I have problems and I'm stressed, I try to face them one by one, not avoid them by binge-watching Netflix or something... that's what I do.”

Interviewer: “Like... yes, yes?”

Participant 6, Morgan: “Like I try to take steps to face them.”

Interviewer: “Like you received guidance on how to continue... how to solve hindrances in life. So, ma'am, do you think MBAT was beneficial in reducing your stress?”

Participant 6, Morgan: “Yes, sir. I think it was beneficial because my self-awareness really increased regarding the causes of stress and things that I didn't see but are there. It gave me a wider perspective on what I have aside from what I see. That's the feeling.”

Interviewer: “Okay, so your understanding of your problems really expanded, right?”

Participant 6, Morgan: “Yes, yes.”

Interviewer: “And did the ways we used in MBAT help you express your feelings and thoughts?”

Participant 6, Morgan: “Yes, because after each session, you asked us to draw something, right? So, the other day when I looked back at those drawings, I thought that my problems felt heavy, but now I see them as lighter...”

Interviewer: “Uh-hmm...”

Participant 6, Morgan: “... compared to how heavy they seemed in my drawing. Now when I see them, I know that there are ways to handle them, that's how I feel.”

Interviewer: “Okay, at least you kept the materials and you have a reminder of what you said, what you expressed, and how you solved them.”

Participant 6, Morgan: “Yes, and it's surprising that these were my thoughts when you asked about the source of my stress. It was sudden that that was the first thing that came to mind, which I might not have thought of immediately if you hadn't asked, because it was out of nowhere, it amazed me that I could express it through drawing, that's what happened.”

Interviewer: “Like it became a boat, a bridge, it crossed over the difficulty of expressing and you expressed it, right?”

Participant 6, Morgan: “Yes.”

Interviewer: “And from sharing with others, did you learn something from our previous sessions?”

Participant 6, Morgan: “Yes, sir. Yes. What I realized is that my problems are almost the same as someone else's... because after the third session, someone messaged me, saying they feel me. It feels good to know that there are people who... at least I have companions in suffering, it's like I shouldn't dwell on it too much or see it as too heavy when in fact everyone has their own struggles. That's what I really realized, that I'm not alone, not just me in this situation... there are many people in the world who have similar situations.”

Interviewer: “It's like you felt, you felt that, P6, that you're not alone in struggles in life. Okay, when you felt that, when you felt P6, that you're not alone, what came to your mind?”

Participant 6, Morgan: “It's like... it gives strength, it gives strength that I'm not the only one struggling like this, that every person has their own problems. It just gives me strength that if they can handle it, why can't I? Why do they have these problems but still have this perspective? There's one who's about to drop out, unsure if they'll graduate on time, but they can still be thankful or grateful for what they have. It really makes me think that even though I don't have back subjects... I didn't think about being thankful, it's like I just realized that there are things they said that I didn't think about.”

Interviewer: “Uh-hmm. Oh yeah, like that was the biggest thing, like you had shortcomings... it didn't come to your mind, once a participant shared something different, that's when you realized, your 'Aha' moment, right?”

Participant 6, Morgan: “Yes, yes.”

Interviewer: “When you realize... for example, you thought of something and your participant mentioned it... then, in mindfulness, ma'am, what are your experiences with that?”

Participant 6, Morgan: “Which one, sir, the video?”

Interviewer: “Uh-hmm... and in our problem-solving... when you become aware of things.”

Participant 6, Morgan: “Ah okay. In mindfulness, I really reflected. I really reflected on what causes my stress, because for students like me, you don't think about what stresses you out, you just feel the stress naturally... but during the session, I started thinking about... what actually stresses me out, why do I feel this way? That's when I became aware that, with my parents... I became aware that my stressful factors are also piling up at the same time. That's it.”

Interviewer: “When your stress piles up, ma'am, what do you feel and what do you do?”

Participant 6, Morgan: “That's it... my initial step is... I feel very heavy but also very empty at the same time, like I'm confused. I don't know what to do, I don't know how I'll react when everything happens all at once. So, what usually happens is I sleep sometimes or watch something, or I just watch Netflix to occupy my mind because I don't have a venue to share... because I uninstalled my social media and social videos during that time because I wanted to breathe. That's it.”

Interviewer: “And how did our mindfulness activities help you, how did they help you?”

Participant 6, Morgan: “Maybe its major help to me is the awareness and I became conscious of my problems and what I should do and what should my goal be in life despite the stress I'm feeling right now, and I just had a lot of realizations especially when one shares, when she tells me her problem. At the same time, I feel the heaviness too... that's it... that's what happens... you listen to her while she's sharing.”

Interviewer: “And what were those realizations for you, ma'am?”

Participant 6, Morgan: “What I realized there is that there are things I have that they don't. That I don't realize I should be grateful for. Like, for example, one shared that she's adopted, I realized how hard it is for her to move knowing that she's not a blood relative or family, that if I were in that situation, I would think I'm not the one being said, I think what if I'm in the situation with my group. It's just as difficult, it's like I'm being told by my parents that I'm fat, I'm on a diet, it's so hard for me to hear that, even if I just hear them compare me to my siblings, it hurts, how much more to be told that in the morning. That's it.”

Interviewer: “Okay, it seems you really got a lot of realizations from other participants, right? And how about art therapy, how did it help you, at least?”

Participant 6, Morgan: “Maybe in art therapy, because somehow I have drawing, I also liked it before, because when I went to college, we didn't really get to draw or use arts because it was more on readings during college. So, it's very refreshing and new to me to be able to draw again, to express, that's it. Because every time I'm really stressed, for example, there's a face-to-face class, that's it. Then, I really drew it on the back, or any scratch paper, I drew a sunset on the beach. Because I feel that at least when you see that, it's so peaceful, you'll somehow feel that peace brought by the drawing, so you can face the stress that's causing it, that's it.”

Interviewer: “It seems like you really want to go to the beach after you've overcome your stress.”

Participant 6, Morgan: “Yes, I'm really like the beach, I hope to be able to go alone, to leave, to breathe, to go to a wider place like that.”

Interviewer: “It seems like you want to go to the beach or you want to go to the beach to be alone there.”

Participant 6, Morgan: “Yes, that's it. And at the same time, I really just want to be alone even if I can't go to the beach or anything because sometimes, sometimes I really go out but the other day I went out because I did something outside like the moments I was alone, I was so happy that I went out. It's like that.”

Interviewer: “It's been several months since you've been locked in your house, right?”

Participant 6, Morgan: “Yes.”

Interviewer: “And because when you had face-to-face, you went to class every day, right?”

Participant 6, Morgan: “Yes, and when it was really face-to-face, it was really beneficial to me because I used it as an escape, so even if sometimes at 3 o'clock I leave and go home at 10 PM. So I go home to just sleep, then wake up and leave again, that's it. I also get away from stress at home. I don't get to interact with them. But during the pandemic, there really was no choice, I really had to... I was so stressed. Actually, I was like that before, really heavy, I was sixty kilograms but now I'm only 47, my weight really dropped when the pandemic hit... but I didn't...”

Interviewer: “You didn't go on a diet?”

Participant 6, Morgan: “No, really, I really lost my appetite for everything, that's it.”

Interviewer: “Hmm... did that start after the pandemic? Those drastic changes in weight?"

Participant 6, Morgan: “Yes, after... during the pandemic, I noticed that when I went out, my pants felt loose. I thought, why are they so loose when they used to fit me well? That's when I really measured myself and weighed in, and I noticed that my weight was decreasing.”

Interviewer: “But did your food intake stay the same?”

Participant 6, Morgan: “No, not really. It's just that I feel like I lose my appetite because here, when you eat, you don't feel like you're eating just for the sake of eating. You eat because you have responsibilities after, things to do later. Sometimes, I just don't feel like eating in the morning because it also affects me. It's also hard for me to eat with them because when we eat, there's so much negativity being talked about, like discussing someone's life. It's very stressful, so I choose not to eat with them sometimes to the point that sometimes I skip meals.”

Interviewer: “It's like you don't dislike eating, you're just avoiding the negative vibes when you eat with them?”

Participant 6, Morgan: “Yes, sometimes when we eat, their conversations can lead to arguments, especially about religion since my mom is very religious. I, on the other hand, don't believe, so she often scolds me. Sometimes when I eat, I eat quickly to avoid talking to them, that's what happens.”

Interviewer: “Back in the pre-pandemic days, you didn't eat with them, right?”

Participant 6, Morgan: “No, I didn't. I used to eat breakfast alone and my lunch and dinner were eaten outside. I'd just come home to sleep...”

Interviewer: “Ah, so you used to enjoy eating back then, right?”

Participant 6, Morgan: “Yes, because my friends made it easier for me.”

Interviewer: “And you didn't lose motivation, right? At the start of the pandemic?”

Participant 6, Morgan: “Ah, no, I didn't. I just used it, enjoyed the process. I didn't lose motivation, I just used the situation as motivation, this situation where I could get away like that.”

Interviewer: “Okay. And in your opinion, ma'am, in terms of the practicality of MBAT, do you think it's okay to use it to reduce stress, psychotherapy?”

Participant 6, Morgan: “Yes, I think it's effective, especially if it's done for a longer period because we only did three sessions, so it's not that, not that it's not... but I feel like it could be more helpful if it's applied for a longer period.”

Interviewer: “More sessions, right?”

Participant 6, Morgan: “Yes.”

Interviewer: “And in your opinion, how many sessions of MBAT would be ideal?”

Participant 6, Morgan: “Um, I think it depends on the needs of the... of the client and the patient. For me, I feel like, for me, although three sessions had an impact on me, I feel like it would have a greater impact if I underwent therapy for a longer period.”

Interviewer: “Like it's better if it's longer, right?”

Participant 6, Morgan: “Yes, yes.”

Interviewer: “And do you think you would accept it as a way to reduce stress, MBAT?”

Participant 6, Morgan: “I think so, especially when, when with others, in a group, by group, that's a big factor for me because at least you hear something outside your respective... that's also sometimes amazing about what you can express. That's the big factor for me, because at least you have someone to listen to outside your respective... sometimes it's also amazing what you can express. That's the big factor for me.”

Interviewer: “You prefer the group rather than one-on-one MBAT session, right?”

Participant 6, Morgan: “Yes, yes.”

Interviewer: “And what do you prefer, P6, virtual or face-to-face?”

Participant 6, Morgan: “Um, I think, since it's therapy, I feel like face-to-face...”

Interviewer: “Uh-huh.”

Participant 6, Morgan: “...because you're more connected in everything, right? I think you're more connected when you're face-to-face because you see their... their movements, how sincere they are, their facial expressions, and there are no interruptions like the connection, the... yeah, that's how it is.”

Interviewer: “Because when, when disconnected, right?”

Participant 6, Morgan: “Yes.”

Interviewer: “And it's also hard to build trust and rapport when it's just online...”

Participant 6, Morgan: “Yes, because you can't really feel them, right?”

Interviewer: “And in your future encounters with stress, do you think you can apply your learnings from our sessions?”

Participant 6, Morgan: “Yes, honestly, yes. I think what I've applied now is that I no longer avoid it.”

Interviewer: “Uh-huh.”

Participant 6, Morgan: “That's what really stuck with me, when you asked me until when will I avoid the problem. That's when I thought, after that, what will avoiding it give me in the long run? Why not face it in the longer term? That session really stuck with me. So now, every time there's stress like that, I don't just sleep on it, I also try to express myself like what happened with my parents, that they're stressful and that I'm tired, like that. It lightened my mood afterwards.”

Interviewer: “Because if you just keep avoiding it... if it really multiplies. And do you want to express your learnings from MBAT in general? Your learnings, observations...”

Participant 6, Morgan: “Um, I think my task in the therapy is to be helpful to groups because I feel like I have a support group, that's what I felt. We all had high stress levels, so we ended up there. So, just the fact that we were there meant that we all had similar stress. So, you can get support from them too, that's the beauty of therapy, and in expressing through drawing, maybe it will be challenging for people who aren't good at drawing. I feel like that would be a disadvantage because we don't know... maybe the beauty of it is just expressing it through colors, coloring, but if, for example, you ask them to draw what they want to happen in the future, maybe people who aren't good at drawing or aren't that creative would find it difficult.”

Interviewer: “They'll just make up for it with their explanation in drawing, right?”

Participant 6, Morgan: “Yes, maybe that's it. Maybe that will also be the highlight, how they explain or express their drawings.”

Interviewer: “Okay, do you have any questions or clarifications about the MBAT session in general?”

Participant 6, Morgan: “Well, sir, there's none really because when I look back on it, I was quite... I cried, sir, not because I was... I really cried on that third night because I felt the support of my peers who were there, it felt like I was very vulnerable that night after I expressed everything. So I feel it's really important to have classmates within the group so that what one says stays there, they won't be ashamed, they know they won't be judged.”

Interviewer: “Did you cry, ma'am, because of the overwhelming support of your peers?”

Participant 6, Morgan: “Yes, that's where I really cried and it was such a relief that at least someone knows my situation.”

Interviewer: “Uh-huh. And do you have anything else you want to ask me about, ma'am, about family or anything?”

Participant 6, Morgan: “Well, I think for now, it's like I'm trying to handle it on my own... like that, I'm finding a way to handle or solve... not that I'm being too... but yeah, I'm also helping myself instead of just avoiding and avoiding... I'm making it like how I'll fix my own problem of avoidance.”

Interviewer: “Okay, well, that's the last question. Thank you very much, P6, for your time, okay?”

Participant 6, Morgan: “Yes, yes.”

Interviewer: “Take care and don't give up, you can do it, you'll get through this.”

Participant 6, Morgan: “Thank you very much.”