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

Participant Number: 3

Pseudonym: Taylor

PSS-10 Score: Moderate Score (≥14)

Interviewer: “In one of our sessions, how have you been since our last session?”

Participant 3, Taylor: “Uhm okay, pretty chill.”

Interviewer: “Okay, where are you from, ma'am, are you from Laguna too?”

Participant 3, Taylor: “Yes.”

Interviewer: “Okay, wait, what have you been busy with lately, ma'am? Exams are over...”

Participant 3, Taylor: “Nothing, exams are over so I'm painting.”

Interviewer: “Prelims, right, ma'am, or mid-term?”

Participant 3, Taylor: “Prelims.”

Interviewer: “Okay, let's revisit your experience, ma'am, before and after our MBAT session. Okay, before our MBAT session, what were the sources of your stress?”

Participant 3, Taylor: “Exams and academic works are the main things, and some org events.”

Interviewer: “Usually, it's all related to academics, right?”

Participant 3, Taylor: “Yes.”

Interviewer: “Uhm. How about family, social, any stress from there?”

Participant 3, Taylor: “Ahm, there's none from family because we're kind of starting to co-exist. With friends, not really, we talk when we have classes and with some of my old friends, so there's not much stress there.”

Interviewer: “Can you describe your stress-related feelings before our MBAT session, related to your sources of stress?”

Participant 3, Taylor: “I felt anxious and very scared because what if I didn't pass or it was too difficult, and anxious or very nervous because I was afraid I might not finish my psychological tests on time. Also, because I wasn't doing well when I was doing the psychological tests. I submitted it late to my groupmates. Not late, I was the last to submit while they were already done, and that made me stressed and I sort of shut down when I'm stressed.”

Interviewer: “What were your thoughts related to your stress before our MBAT session?”

Participant 3, Taylor: “Ahm, mostly "what ifs" and self-loathing thoughts like 'what if you don't finish' or 'Oh my God, your friends are so smart' like that, 'and aren't you ashamed that you're the only one who feels smart' like that and ahm, also because my friend is like really smart and it didn't help that one of my classmates when we were in first year told me "Oh this is the smart group" like that and everyone around you is saying "ah my God, I'm so smart" like that. Sometimes I feel like a poser, we're friends because we like the same things like that and I feel like, ahm, wait, that I don't belong. So there's always pressure there. So when there are power, when there are PTs my groupmates are last to give them and they're already done. Oh my God, there you go.”

Interviewer: “Uh-hmm, go on ma'am.”

Participant 3, Taylor: “Ahm, so that, that's another thought of mine is that those are, those are, what if I don't finish, what if it's not good, what if it doesn't, doesn't up to the prof's standards. Ahm 'cause, yeah, I have a reputation for being a very participative in class so profs tend to have expectations with the people who are participative and so I, I have to meet the standards. So, I always go, "What if it's ugly? What if they don't like it?”

Interviewer: “Hmm, more on it, it's like more on pressure all ma'am, no?”

Participant 3, Taylor: “Yes.”

Interviewer: “Okay, before... yes ma'am?”

Participant 3, Taylor: “But, I think the pressure is from myself. I'm the one putting it. But, they don't outright say...that I should do this or that.:Yeah. Yeah, they don't mention like hey do this, do that, there's nothing...they're very kind, I'm the one feeling shy, I'm the one saying.”

Interviewer: “Uh-hmm... So what do you usually do when you feel that, when you're stressed before we had the MBAT session, what do you do?”

Participant 3, Taylor: “Well, there are two ways, the healthy and non-healthy. The non-healthy way is I shut down, I won't leave the room. I can't get out of bed and I don't talk to a lot of people and then I'm kind of grumpy? Then the healthy way is, I go to the beach to try and calm myself, I paint, or I bake like that. Although, I'm putting it aside. Ahm, it's a healthier way of using my time. Ahm, the healthy way doesn't happen a lot. It tends to happen after exams but it can happen from time to time. There you go.”

Interviewer: “And, do you think that's sufficient to manage your stress?”

Participant 3, Taylor: “Ahm, no. I think, maybe? because so far, it's working but it's only enough for that moment but it's not enough to last for more than a day, more than two weeks like that.”

Interviewer: “It's like, that coping is temporary, right? While you're doing it, that's the only time your stress... like it's reduced...”

Participant 3, Taylor: “Yes.”

Interviewer: “Do you think with those mentioned, like ways to reduce stress, do you think they're sufficient or do they help somehow?”

Participant 3, Taylor: “Ahm, I think so because I'm the kind of person who can't stay silent because there are too many facts like that so I need to do something. I need to either watch something constantly also playing with something, talk to somebody like that. Ahm, I think it's so helpful a little. My God, wait, sorry, I forgot the question.”

Interviewer: “Ah when? Now?”

Participant 3, Taylor: “Right now.”

Interviewer: “Yes, then what about after we had the MBAT, what possible changes have occurred in your stress perception?”

Participant 3, Taylor: “Ahm, I’m not so hard on myself...”

Interviewer: “Uh-hmm”

Participant 3, Taylor: “that it’s okay, ah, everyone goes through this like that because normally in orgs I’m the person who won’t take a break then they were just like ‘hey I need to take a break. Ahm, I’ll be off social media for a week, can you cover for me? And I go, ‘yeah okay, I’m here, I’d back’. And yesterday there was an event and I didn’t attend. I told them I was taking a break and that was the first time for the whole term that I took a break. There you go.”

Interviewer: “Uh-hmm... Then, what changed in you, like what changed in your stress perception? Did you become more positive?”

Participant 3, Taylor: “Yes, I, I was able to handle myself, like that, be able, like that not to be so hard on it, like that it will pass like that.”

Interviewer: “Like before you were pressured and anxious now you’re like a little breaking away from the usual norms, right?”

Participant 3, Taylor: “Yes, slowly, slowly.”

Interviewer: “Then, can you describe the feeling, feeling you felt after our treatment, the MBAT.”

Participant 3, Taylor: “Ahm, very eye-opener. Well, I already knew my friends have their problems like that but I never knew specifically like that then it helped me ah know how to talk to them because sometimes groping, I’m trying to feel my way on how to approach them, how to talk to them, like that but this, since, uh we were sharing I was listening to them ahm I was able to understand what they want to hear what they need to hear so there you go.”

Interviewer: “Then, like more comfortable you became, right? share?”

Participant 3, Taylor: “Yes.”

Interviewer: “Then, why did you say it was an eye-opener?”

Participant 3, Taylor: “Ahm, well the specific experience of some of my friends, because some I already knew like that then the others I had no clue this is how they experienced felt like that and there so it helped me feel closer to them. Like, I didn’t know how to ask them about it without being uncomfortable then we were able to share it.”

Interviewer: “Then, do you have learnings in the shares of our co-associates in the MBAT?”

Participant 3, Taylor: “Ah, yes, many... like that.”

Interviewer: “What are the examples ma'am?”

Participant 3, Taylor: “Ahm, I think I was able to understand how one of my friends show their love...”

Interviewer: “Uh-hmm.”

Participant 3, Taylor: “like they give ah, they always give gifts then they..., I also understand why they were very hesitant on staying in the organization for the next term and I never understood it but after that I realized yeah, she was kind of ahm overwhelm, she felt like it was too much like that. So, we were able to, like talk it out and have this contract like that if it feels too much, tell the other then, will take over like that.”

Interviewer: “Like more close now, ma'am, your current friends, right? then what are the thoughts after the MBAT? did it enter your mind?”

Participant 3, Taylor: “Ahm, like I like the way they were expressing their emotions through art...”

Interviewer: “Uh-hmm”

Participant 3, Taylor: “because ahm, I like to paint but I’m not good at it so when I see other people they paint and they like whoa so good like that and when they show me the interpretations, it makes the painting more beautiful, it has meaning. Then, ahm, like I just really like how we were able to share in a comfortable manner through art.”

Interviewer: “Like, the stress of sharing became easier with the drawing, ma'am, right?”

Participant 3, Taylor: “Yes.”

Interviewer: “Then, after our MBAT session, do you think your stress was reduced? in feeling or thinking?”

Participant 3, Taylor: “Ahm, yes, I think, yeah, very, very, wait. I was very stiff before like I’m just thinking and my mind stressing through everywhere then after that, uh second session...”

Interviewer: “Uh-hmm”

Participant 3, Taylor: “or third session I was just really, really relax. I was able to ahm, think without overthinking like I can hear myself think there you go. Because there aren’t too many thoughts like ‘what if, what if’ like that.”

Interviewer: “Uh-hmm. It seems like you're no longer thinking about what others will say about what you've shared, you're not thinking about them anymore, right? It seems like you've become more comfortable, right? And which part of our MBAT sessions do you think was beneficial in reducing your stress?”

Participant 3, Taylor: “Ahm, I think the six words, like three negative and three positive. Ah, I really liked the ex..the drawing... and the words they chose, which words I chose, I was able to use some of the positive ways they used and apply it to myself, so it's also sharing. That's it.”

Interviewer: “Ah, so you took some of the states they mentioned? Like applying it to daily life, okay. What are some examples of what you liked in what other participants shared?”

Participant 3, Taylor: “Wow, I think, I really liked ... I don't know if it's hers but I remember someone, like... friends...”

Interviewer: “Uh-hmm.”

Participant 3, Taylor: “...being able to connect with them, being able to share with them like that. Because I can connect with my friends, but I tend to not put it on a deeper level than just saying 'oh I talked to my friends,' like it has no emotional value. So after that, I realized that I can do the same, that I should talk to them. I should be able to say what I mean, that's it.”

Interviewer: “It's like she had a deeper emotional level in her relationships, right?”

Participant 3, Taylor: “Yes.”

Interviewer: “What else helped you in MBAT to reduce your stress?”

Participant 3, Taylor: “Ahm, painting, I painted again.”

Interviewer: “Ah, you... okay.”

Participant 3, Taylor: “After a year or so because when I was in the dorm at LPU, I had paints like that and I said, because more issues right now when the plan started the pandemic, my parents would stay here for vacation and they said a week so my mom said I should stay here for a week and fly back but the school was cancelled and my plan was to go back so I didn't bring much, I didn't have any painting materials like that, so I left everything behind and I didn't really like using other painting materials because I felt like I was betraying my materials so I couldn't express myself through art for a while until we did MBAT and I thought I should use the materials and so I painted. Yesterday, I painted... that's it.”

Interviewer: “It's like a renewed experience, ma'am, right? Like you returned to your painting session, ma'am. But you used to paint before, right?”

Participant 3, Taylor: “Yes.”

Interviewer: “So where is your place really ma'am, like where do you really live? Not in Laguna, right?”

Participant 3, Taylor: “Ah, we have a house in Laguna and we also have a house in Tagaytay.”

Interviewer: “Ah okay, and now you're only with your sibling there?”

Participant 3, Taylor: “Ahm no, my family is here.”

Interviewer: “Okay, at least you have someone with you, right? And in our mindfulness, what do you prefer, ma'am, virtual or face-to-face?”

Participant 3, Taylor: “Ahm, I think it should be, I think it should be, can it be both?”

Interviewer: “Hmm like... a mix?”

Participant 3, Taylor: “Yes, because I was thinking that there are some people who are very self-conscious about how they look while they're painting or how they look with their body like that. So, they tend to focus too much on insecurities rather than on the drawing. So there, I said both because I think it would be nice to have face-to-face interaction so you can see body language but sometimes, the insecurities of people or social awkwardness can hinder the way they want to express themselves. That's it.”

Interviewer: “Uh-hmm. Okay. What about you, P3, what do you prefer, one-on-one or group?”

Participant 3, Taylor: “Group, so that I don't feel so self-conscious, because I don't like being looked at too much, if I want enough attention, it can go to someone else. That's it.”

Interviewer: “And you really prefer group so that you can also share with other people, right?”

Participant 3, Taylor: “Yes.”

Interviewer: “Okay, and do you have any questions regarding our MBAT sessions, anything you want to clarify?”

Participant 3, Taylor: “Ahm, none. I just really liked the experience, that's it.”

Interviewer: “What experience was that, ma'am?”

Participant 3, Taylor: “Ahm, because I wasn't able to share that part of myself with my friends because normally it's all about school work and there, the sessions were a platform where we could be vulnerable.”

Interviewer: “Uh-hmm.”

Participant 3, Taylor: “and it made the school set, that's it.”

Interviewer: “It's like you had a safe space for a short time, right ma'am?”

Participant 3, Taylor: “Yes.”

Interviewer: “Do you think you'll bring your learnings into your future encounters with stress?”

Participant 3, Taylor: “Yes, I think so because I think it's new ways to deal with my stress.”

Interviewer: “Okay, thank you ma'am for your time. If there's anything you want to clarify related to MBAT...”

Participant 3, Taylor: “hmm... none.”

Interviewer: “Okay, thank you very much ma'am. It looks like you're painting right now, right ma'am?”

Participant 3, Taylor: “Just a little.”

Interviewer: “Alright ma'am, thank you for your time. Thank you.”

Participant 3, Taylor: “Thank you.”

Interviewer: “Good luck with your studies, ma'am.”

Participant 3, Taylor: “Good luck with your research too.”

Interviewer: “Okay, take care ma'am.”

Participant 3, Taylor: “Thank you.”