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

Participant Number: 5

Pseudonym: Casey

PSS-10 Score: High Score (≥27)

Interviewer: “How are you, ma'am?”

Participant 5, Casey: “I'm okay.”

Interviewer: “How have you been since our last session?”

Participant 5, Casey: “I'm okay too. Actually, um. I've been really into drawing. I mean, it's just a hobby, not really that good. It's been a long time since I've drawn again. Because of our recent meetings, I feel like I'm getting back into practicing again.”

Interviewer: “But before, ma'am, were you already into drawing?”

Participant 5, Casey: “Yes, and I also paint.”

Interviewer: “Okay. Now, what we'll do, ma'am, let's revisit your experiences before MBAT and after MBAT.”

Participant 5, Casey: “Okay.”

Interviewer: “Alright, let's start, ma'am. What were the sources of your stress before undergoing MBAT? Before our MBAT sessions.”

Participant 5, Casey: “Mostly because of school, it's the heaviest burden because it's all online classes. I feel burned out. Also, I've mentioned before that... I'm in psychology now but in the future, I might not continue if I want to pursue a master's or get licensed because my parents have different plans. They only allowed me to take psychology because I insisted. Why did I choose psychology? Because of my current study situation. It's like I'm losing motivation because I'm thinking, I won't be able to continue after graduation. Why am I making an effort to study... Because it's like... It's difficult because even if I want to continue, the decision isn't entirely mine... There's already a set goal my parents want to happen. Well, it's okay with what they want. I also want... What they want for me. But, now, I'm having second thoughts whether... What... Should I still fix it or should I just be an average student because I'm struggling but I could still be... Wait...”

Interviewer: “Okay, go ahead. About the dog."

Participant 5, Casey: “Yes, it's noisy.”

Interviewer: “Then, ma'am, what course do your parents really want? The first one, what they're saying.”

Participant 5, Casey: “No, actually, nothing. They want... My older sister is a flight attendant, and in her work, they didn't really look at her college degree. When you apply for FFA, as a flight attendant, any course is accepted there. So, um. My sister earns a lot abroad, so my mom wants, after I graduate college, um. To join my sister. Actually, my mom didn't... She didn't want me to go to college anymore. After senior high, she wanted me to apply. Um, because they accept... Um... Crew at CebePac here in the Philippines. She wanted me to apply. But my sister is kind, so she insisted to my mom that I have a degree, at least a college degree. That's why I'm in college now.”

Interviewer: “And in the decision of your parents, do you also want that? Do you also want that profession to pursue?”

Participant 5, Casey: “Honestly, until now, I don't know, since before I wasn't... Um... Decided on what I want to do. Because... It's not like I have no idea what I want to do. I have so many things I want to do... Because... I came from STEM, since senior high, I wanted to be a med tech or take veterinary, then... Um... I also wanted to do engineering, I also wanted to do FA, and I also wanted to do psych. So... I don't... It's like I don't have one thing I'm choosing, for me it's just wherever... I'll be happy. Like that. Now that I'm in psych, I'm actually enjoying it. In what we're studying. Like that. It's just that... It's like I'm losing sight of why I'm studying.”

Interviewer: “Like you still don't know what you'll do after psych?”

Participant 5, Casey: “Yes.”

Interviewer: “It's okay, ma'am, your sources of stress are family and academics, right?”

Participant 5, Casey: “Yes.”

Interviewer: “You shared that in our last session, ma'am. About your family, right?”

Participant 5, Casey: “Yes.”

Interviewer: “Is that the source of stress you couldn't mention before? Along with the other participants?”

Interviewer: “So, ma'am, those feelings you had before MBAT. Like lacking expression. Like you couldn't express them to other people.”

Participant 5, Casey: “Yes, I also don't have an outlet.”

Interviewer: “And you couldn't divert your stressful emotions through your usual mechanisms before.”

Participant 5, Casey: “Yes.”

Interviewer: “Before MBAT, didn't we discuss what you were feeling? What were you thinking before treatment, before MBAT?”

Participant 5, Casey: “I was thinking about my stress?”

Interviewer: “Related to your stress.”

Participant 5, Casey: “Um.. Because.. No.. Honestly, I don't like thinking about it. I'm not the type of person who keeps thinking about problems so what I do.. Um.. When I'm troubled, I don't.. I don't let myself have quiet moments. So, there's always a video playing or music playing. Like that. So I don't think about it. Or I read. I really avoid thinking about it because I know that if I start thinking about it.. If I start worrying, I'll sink deeper. The feeling will get heavier..”

Interviewer: “It's like diversion, really, ma'am, your way. And before MBAT sessions, the usual things you did to reduce stress, you mentioned guitar playing, drawing, painting. What else, ma'am?”

Participant 5, Casey: “Keyboard.”

Interviewer: “Keyboard, do you think that was sufficient to manage your stress? Was it enough?”

Participant 5, Casey: “Before.. Um.. Like.. Before, it was okay because.. Um.. I could divert my attention, but lately, since I've been stuck at home, I realized.. Because during the early times of quarantine, I could still do it. I could still paint. Like that. With nothing to do, because of that, it's like repetitive, like it's not enough anymore. Maybe that's why I stopped, or maybe I lost interest.”

Interviewer: “It's like you lost something there, like you didn't like it as much. Why do you think so, ma'am?”

Participant 5, Casey: “Because it became repetitive. Um.. And then I also get frustrated because my skills in hobbies hardly improve. So, I lost the idea that I was doing it to be happy. It's like.. It's in my mind.. It's more like.. To become a burden, I want to do well because I'm doing it, not just because I want.. Um.. To be happy or to divert my attention. Like that.”

Interviewer: “To divert it, right? We've had an MBAT session, what possible changes did you notice in your stress perception after our MBAT sessions?”

Participant 5, Casey: “Um.. Before, I used to get annoyed quickly. I used to get easily irritated, like a little.. Little inconveniences in my life made me want to cry right away. Like that. Because you know, it's like my stress was building up and then with a minor inconvenience, I'd cry right away. But after the sessions, because I slowly expressed what was really running through my mind, I had.. I had in my mind.. Um.. To process what was really running through my mind, like it was organized, so it didn't get too heavy. It wasn't too chaotic.”

Interviewer: “It's like you found a way to express your problems and you became aware, right, ma'am?”

Participant 5, Casey: “Yes.”

Interviewer: “And related to stress, what did you feel after treatment? After MBAT?”

Participant 5, Casey: “Um.. Because before, my problems were also with school, like that, with the amount of work. And.. Because the amount of work piled up because I didn't have the motivation to do it. After the sessions, it's like.. There, because my mind cleared a bit, I had a little motivation and energy to finish my tasks, to study for exams. So, there, before the exams.. And then my tasks were done, and all I needed to do was study. So I'm not like before, when I used to cram with tasks and study for exams all at once. Like that, so my stress also.. Um.. It didn't pile up because I did what I needed to do right away.”

Interviewer: “It's like there's clarity, right, ma'am?”

Participant 5, Casey: “Yes.”

Interviewer: “And the things you mentioned.. Like problem-solving during our session. Did it help with your motivation to proceed?”

Participant 5, Casey: “Yes.. Because.. Um.. I always present myself to others as optimistic, that even if something bad happens, I show them that I don't care, that it's okay. Because I also don't want them to see that I have weaknesses like that. Um.. In problem-solving, it's like.. I slowly started to face it.. I need to care because if I just set it aside and say it's okay even if it's not, it won't be resolved. It just piles up, instead of facing it and moving on. It just piles up, so it's not useful to pretend I'm strong even if I'm not.”

Interviewer: “Okay, it's like that, right? Those are the feelings you felt.

Participant 5, Casey: “Yes.”

Interviewer: “And then what came to mind? What were the changes? Can you describe the stress-related thoughts?”

Participant 5, Casey: “Um.. Because.. Wait..”

Participant 5, Casey: “Sorry, someone said there's a person outside.”

Interviewer: “Okay, go ahead.”

Participant 5, Casey: “Wait.”

Participant 5, Casey: “What was the question again?”

Interviewer: “Call this, what were your stress-related thoughts after treatment? What were you thinking after our MBAT?”

Participant 5, Casey: “Um, because after MBAT, it's like, well, there were exams. I still feel stress because, you know, like before, even if I know my tasks are done or there's nothing left to do, at the back of my mind, I still feel like I might be forgetting something or missing something to submit, like that. But now, I feel the stress less, there's still a bit of struggle but it's not as overwhelming because I have a way now to organize that stress or process it properly. It's not just lingering in the back of my mind making me panic when there's actually nothing to panic about.”

Interviewer: “It seems like you've become more mindful of what you can do.”

Participant 5, Casey: “Yes.”

Interviewer: “And after our MBAT sessions, do you think your stress has decreased positively or negatively?”

Participant 5, Casey: “Positively. Because before, my way of dealing with stress was to pile it up, set it aside, distract myself, divert my attention like that. Well, during those times, sure, I diverted my attention and didn't think about it, but in the long run, it became more harmful because my feelings just got heavier since I didn't really resolve them. I used to just turn away from it. Now, my approach is different. It's not just about turning away or piling up anymore. Now I organize it.”

Interviewer: “What are you doing now that, before, you'd just push away or pile up?”

Participant 5, Casey: “Well, I've been encouraged to return to my hobbies. So I'm doing those things again to enjoy myself because now, since the exams are over, I have free time. So I've started singing again, and the songs I sing or the drawings I do aren't depressing anymore.”

Interviewer: “Do you think MBAT has been beneficial in reducing stress?”

Participant 5, Casey: “Yes, especially for those interested in or fond of art. Even for those who aren't, because art can take any form. If you're the type who can't communicate feelings through words, maybe you can through art. Because every line, figure, or color you use reflects what you truly feel and think. So if you can't say it, you can express it through art.”

Interviewer: “You're expressing yourself through art. And what have you learned when others share their experiences?”

Participant 5, Casey: “Well, most of the participants are close friends of mine, so because we're friends, we talk a lot. But during MBAT, I realized they have different sides. They express their problems to us sometimes, but it's different when I see deeper layers that they don't usually share. So my learning from those sessions is that no matter how close you are to people or how long you've known them, there are still things they don't tell you or you don't know about them. So it's important to be understanding, open-minded about their behavior, and sometimes reach out to help them if they seek it.”

Interviewer: “It seems like you've developed a deeper emotional connection with other participants.”

Participant 5, Casey: “Yes.”

Interviewer: “And in the mindfulness part of our therapy, what experiences can you share?”

Participant 5, Casey: “Well, before, I used to distract myself with noise, music, videos, like that. But now, in being mindful, sometimes I'll stop whatever I'm doing and just sit quietly. In my mind, I'll arrange my thoughts, focus on my breathing. When I feel irritation building up quickly, because I used to get annoyed easily, I'll stop what I'm doing, calm myself down, and look for ways to handle it instead of putting it at the back of my mind.”

Interviewer: “You've found ways to deal with tensions. And in art therapy, what experience did you like or want to share?”

Participant 5, Casey: “I enjoyed explaining my drawings and seeing the explanations of others' drawings. Because one of my favorite qualities about myself is how I interpret things or my intuition. So when I share my drawings, it's like I'm presenting myself to them in a way they didn't know or see before. And I see the different sides of them too.”

Interviewer: “It became a form of self-expression in a fun way.”

Participant 5, Casey: “Yes.”

Interviewer: “Do you think MBAT is practical for reducing stress, in terms of its practicality?”

Participant 5, Casey: “Yes, because you don't need to be good at drawing or art for it. It's up to you what you draw to express yourself or what colors you use. It's not about how good your drawing is or how others interpret it, because you're the one expressing and interpreting it. So as long as you have paper or materials to draw, it's okay.”

Interviewer: “It seems easy to do.”

Participant 5, Casey: “Yes.”

Interviewer: “And let's say, for acceptance, do you think it's okay to use it to reduce stress?”

Participant 5, Casey: “Yes, especially in cases like mine where I didn't have many ways to express my stress or didn't have anyone to talk to. Or I was embarrassed to approach people. That's where you can express your feelings. So it can reduce your stress.”

Interviewer: “It seems like an easy way to express yourself.”

Participant 5, Casey: “Yes.”

Interviewer: “So, what do you prefer, virtual or face-to-face, for example, in MBAT sessions?”

Participant 5, Casey: “I think I prefer face-to-face because, you know, like this, you only see people's facial expressions, but it's better to see what they're doing or their body language while drawing, you know? In the context of our MBAT, because of the pandemic, it's safer for everyone to do it virtually. But if we go back to how it was before, face-to-face would be better because the experience and interaction are different when you're together in one place.”

Interviewer: “It feels different when there's someone expressing and sharing, right?”

Participant 5, Casey: “Yes.”

Interviewer: “Alright. Our MBAT session was in a group setting, which do you prefer, one-on-one or group?”

Participant 5, Casey: “I prefer the group setting because you can get insights from them. Sometimes, you have the same struggles, so seeing how they process things gives you additional insight. It's also enjoyable to see their drawings and how they explain their feelings.”

Interviewer: “It's like you're getting their outputs, how they express themselves.”

Participant 5, Casey: “Yes.”

Interviewer: “And do you think, in your future encounters with stress, you'll apply what you've learned in our MBAT sessions?”

Participant 5, Casey: “Yes, because so far, I've been applying it now. So, if I continue to do so, I won't stop. It helps me as long as I keep doing it.”

Interviewer: “Okay. Overall, with our MBAT sessions, is there anything you'd like to clarify or ask?”

Participant 5, Casey: “Nothing, it's okay.”

Interviewer: “And regarding your stress, it's not affecting you like before, right? The stressors you had before MBAT, they're not affecting your relationships with your family, school, at home?”

Participant 5, Casey: “It has helped a lot with school. It's a bit challenging with my family, but it's not as heavy as before. Before, I used to have a very pessimistic view of my problems. Now, while problems are still there and challenging, I don't see them as hopeless or unsolvable anymore.”

Interviewer: “It's like you've found hope. Thank you so much for sharing. Is there anything else you'd like to ask or clarify before we finish?”

Participant 5, Casey: “No, nothing else.”

Interviewer: “Alright. Thank you for your time. Take care and good luck with school.”

Participant 5, Casey: “Thank you! Good luck to you too!”

Interviewer: “Thank you! Goodbye!”