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

Participant Number: 4

Pseudonym: Jessie

PSS-10 Score: Moderate Score (≥14)

Interviewer: “Okay sir. How are you sir? What's new sir? Since our last session?”

Participant 4, Jessie: “Ah, I'm okay. Um, I guess my thinking about stress has lessened? Like... I don't think about it as much anymore. The thoughts about stress have lessened. That's it.”

Interviewer: “Okay sir, sorry it's a bit bright behind me right now, okay.”

Participant 4, Jessie: “That's okay.”

Interviewer: “Okay. So what we'll do now is revisit your experiences before MBAT and then your experiences after MBAT. What were your sources of stress before we started MBAT? Before you underwent MBAT.”

Participant 4, Jessie: “Actually, most of it was related to academics.”

Interviewer: “Uh-hmm.”

Participant 4, Jessie: “That's really the biggest one but other than that, it's just academic stress.”

Interviewer: “Why is academics the biggest factor of stress for you sir? Why academics?”

Participant 4, Jessie: “Maybe because it's very dragging, especially now during the pandemic and... the fact that the knowledge I'm getting feels underwhelming compared to face-to-face classes makes me think... um... the workload is heavy but I'm questioning whether these works will really be useful... I'm just searching them on the internet to gain more learning. And because of that stress, like what I said, I'm scared, like about graduation. It's scary what might happen to me.”

Interviewer: “It seems like the knowledge you're getting in virtual classes, online classes, is insufficient, right? And what stress-related feelings did you have before our treatment?”

Participant 4, Jessie: “Um... I guess it's like feeling not enough... like I'm not reaching what I need to reach. I feel like I'm doing the bare minimum...”

Interviewer: “Uh-hmm.”

Participant 4, Jessie: “and it still feels insufficient. Like maybe this isn't what I should be doing but I need to put in effort. But like in school, for example, the readings or what... I feel... even if I read them, it's still not enough because I have a lot on my mind, like the pandemic. So it really feels like it's not enough.”

Interviewer: “Is it about the effort, sir, or the heaviness of the classes?”

Participant 4, Jessie: “Maybe it's the effort and then... yeah, it includes the heaviness of the classes.”

Interviewer: “Do you think it's easier now?”

Participant 4, Jessie: “Yes.”

Interviewer: “Is it easier, the virtual classes compared to before, face-to-face?”

Participant 4, Jessie: “If, if you think it's easier... yes, it's easier compared to face-to-face but what I'm getting is compromised because it's so easy that it feels like I'm not learning anything. But with face-to-face classes, it's hard, challenging, but I know I'm achieving the specific goal of that course.”

Interviewer: “It seems like, it's not too challenging when... it seems like it lacks challenge when it's just virtual, right?”

Participant 4, Jessie: “Yes, because it's so easy to get the... like answers in activities, it's very easy to do.”

Interviewer: “Quizzes, right? And how would you describe your stress-related thoughts, what you were thinking before our treatment?”

Participant 4, Jessie: “Um, it's very dragging and it really occupies space in my mind. Sometimes at night, that's all I think about. Even after I've finished doing it, I still think if it was correct or if it was too easy to do, like... like I got it... because I did it, did... some of the sources came from the internet or did I really do it because of my knowledge. That's it.”

Interviewer: “It's like even after the actual... let's call it... event when, for example, you passed the assignment or quiz, ah... it still really enters your mind what the outcome will be. Is it like that?”

Interviewer: “So, before MBAT...”

Participant 4, Jessie: “Yes.”

Interviewer: “Before MBAT, what did you usually do to reduce your stress?”

Participant 4, Jessie: “Huh? It's been a bit choppy... sorry.”

Interviewer: “Okay... so, what ah, then... what did you do before to reduce... before MBAT, what did you do to reduce your stress?”

Participant 4, Jessie: “Actually, that's it, there was nothing.”

Interviewer: “Ah, nothing...”

Participant 4, Jessie: “I just thought about it, just thought about the stress, just thought about it. That's what happened.”

Interviewer: “Uh-hmm. It's like you weren't doing anything, sir, it just entered your mind. You didn't have any coping mechanisms?”

Participant 4, Jessie: “Ah! Maybe watching something... because before... before, like, when I was so stressed, like studying at night because it's very... isn't very technical but just theoretical psychology...”

Interviewer: “Uh-hmm.”

Participant 4, Jessie: “...so you have to really read the materials. So what I did before, because I didn't do it the whole night, I would just read all night but I said maybe... to lessen it maybe I'll put in rest... every... like I won't tire myself out... I'll put in a rest period even 25 minutes in between my late-night study sessions. Like that... then I'll watch YouTube, that's it.”

Interviewer: “Like... sleep then entertainment, right?”

Participant 4, Jessie: “Yes.”

Interviewer: “Do you think that's sufficient enough to manage your stress?”

Participant 4, Jessie: “Hmm... actually no. It's like... it's just coping so it's not really gone.”

Interviewer: “Uh-hmm.”

Participant 4, Jessie: “I still think about it.”

Interviewer: “Okay... the stress itself is still there, right?”

Participant 4, Jessie: “Yes.”

Interviewer: “Ah, from what you mentioned earlier, in what ways did that help you reduce stress? How did it help?”

Participant 4, Jessie: “It helped in a way that for a short period of time my mind was distracted from that stress. Like when I watch, my mind wanders off. Like the shorter amount of time is very important because at least I laugh. Like if I watch a funny video, it's funny, so I laugh. Like 'ah yes!' then you forget about it... then when I go back to my study session after that rest period 'ah yeah I can do it again' even a little. Like I got motivation that 'later I'll have... my energy.'”

Interviewer: “Okay... it's like the stress goes away while you're watching, while you're just in that moment, right?”

Participant 4, Jessie: “Yes.”

Interviewer: “Then, we had an MBAT session, after our MBAT, what are the possible changes in your stress perception? After MBAT.”

Participant 4, Jessie: “MBAT for me, actually was really good... um... um... therapy or session because it's like... before I just thought and then 'okay, let's watch' like that but after MBAT I find ways... it's like the thought of my stress is lessened not because I'm ignoring it. My thoughts on stress are lessened because I kind of pinpointed it and then at that point I pinpointed the stressors and then... I can find ways... like... I can find a solution... to cope or..”

Interviewer: “Uh-hmm.”

Participant 4, Jessie: “like find a solution to those stressors.”

Interviewer: “It's like you had... ah, more, ah, guidance, right?”

Participant 4, Jessie: “Yes.”

Interviewer: “Then, how would you describe your feelings after our MBAT session? Those feelings...”

Participant 4, Jessie: “Oh, in that question, the best answer I can give is I feel more relaxed and like... yeah, stressed but I know that stress so I'm relaxed because how will I tackle it... how will I find a solution. So I'm more relaxed because I know what I'll do to combat that stress.”

Interviewer: “Ah, it's like you had a strategy, right? to reduce the stress... like you had an idea...”

Interviewer: “Then... can you describe the... oh, I'm sorry, my follow-up... before, did you feel... stressed after that, your coping mechanism of watching or resting, after that, you didn't feel... you didn't feel as relaxed?”

Participant 4, Jessie: “Yes, it's just a little and then when I face... like the... like the reading material... on my laptop, there it is again. Like it's just a shorter amount of time that my mind goes away but it's still there... like... when... so like I still need more of the time of entertainment than facing the laptop, so it's like... the point of...”

Interviewer: “There, there. So after MBAT, you felt a bit more relaxed, right? It's like relaxing because you know what to do, you have an idea that you've become mindful of the problems, right?”

Interviewer: “After MBAT, do you feel more relaxed, sir?”

Participant 4, Jessie: “Yes.”

Interviewer: “Then... how would you describe your thoughts after undergoing MBAT? What comes into your mind?”

Participant 4, Jessie: “It's like sir, it's like... it's not as... it's like it's not... not as much... it's not as big the effect... like for me it's like... it's not... like it doesn't pierce through... like it's like I'm more afraid... embarrassed, like that... like I'm more relaxed... I know what to do...”

Interviewer: “Uh-hmm”

Participant 4, Jessie: “...like that.”

Interviewer: “It's like you've become mindful of the situation, right?”

Participant 4, Jessie: “Yes.”

Interviewer: “Then after our MBAT session, do you think it reduced your stress?”

Participant 4, Jessie: “Yeah, definitely. Especially thinking... thinking about stress because it's weird because I pinpointed, I pinpointed, like I named, I named the stresses I feel but when I pinpointed it after MBAT, it's like it lowered even more my thinking, yeah it's like it lowered...”

Interviewer: “Uh-hmm”

Participant 4, Jessie: “Yeah, that's the effect.”

Interviewer: “The effect of stress went down, right? Then... what's the... what's the most beneficial for you... in relation to MBAT, what's the most beneficial for you there?”

Participant 4, Jessie: “The beneficial result?”

Interviewer: “In our sharing, mindfulness, and art therapy, what did you like the most there?”

Participant 4, Jessie: “I think for me it's the, uh, art therapy because in the second activity, in the positive and negative activity...”

Interviewer: “Uh-hmm...”

Participant 4, Jessie: “...the threes, because I really didn't plan that and then while others were explaining and I was looking at the six art pieces and they connected.”

Interviewer: “Uh-hmm”

Participant 4, Jessie: “Like when I said in that session, they connect and what I said in that session, that the negative... to remove the negative, I need the positive so like 'oh that's great, I didn't plan it but that's what happened.'”

Interviewer: “It's like you gained clarity in your emotional state that you feel, when you listed it, it's like it brightened and...”

Participant 4, Jessie: “Yes.”

Interviewer: “Like an Aha moment, right?”

Participant 4, Jessie: “It makes sense, like 'ah that's why, okay I get it now.' Like that.”

Interviewer: “Okay. Then do you think MBAT is beneficial for you in reducing stress?”

Participant 4, Jessie: “Yes, definitely. Especially in mindfulness and especially in art therapy. I never knew that it has it because I'm not good at... drawing, so when I came here, I said 'oh, what do I need to bring to this art therapy, it's nice like abstract, that. And then, in a way, because of that art therapy session, I had mindfulness because of... drawing the, the specific criteria of that session, I had mindfulness in the goals of that per session.”

Interviewer: “It's like that's the most... like you gained problem-solving skills and you pinpointed your problem.”

Participant 4, Jessie: “Yes, in a ways...”

Interviewer: “And in mindfulness, we have a part, your co-participants share... oh... what learning do you get from them?”

Participant 4, Jessie: “Yes, definitely. Because what I loved about sharing is because I also know them, they're also my classmates and some of them are my friends...”

Interviewer: “Uh-hmm...”

Participant 4, Jessie: “So like 'oh I didn't know that's how it is,' because some of them, their facade is very positive, very happy, and then that's where I got that 'oh that's what's happening to them, that's their story... the underlying story behind what they show.' So I became even more sensitive that... 'Oh I should...' that people are really different like 'oh this is what I thought they are,' and then so I really have to be sensitive about other people and their emotions and their feelings.”

Interviewer: “It's like you had an increased emotional connection with them...”

Participant 4, Jessie: “Yes.”

Interviewer: “Like you felt what they felt, right?”

Participant 4, Jessie: “Yes... actually I was really surprised because some of them are really all smiles.”

Interviewer: “Uh-hmm”

Participant 4, Jessie: “So when I heard their story in the sharing part, that's really how people are, very different, very different from each other and you really have no idea. You think you know them, you know them but you don't.”

Interviewer: “So... yeah. You understood them more, right sir?”

Participant 4, Jessie: “Yes.”

Interviewer: “Then, let's tackle mindfulness, right? How was it, sir... in our first session... the one you followed, the video, what was your experience there?”

Participant 4, Jessie: “ Ah, that's it, I remember that, it's like for example, he said a part that feels light, it feels light because I really put my mind on that body part he said and then it feels light because... like relaxed... and then the body parts become light.”

Interviewer: “Before undergoing that, sir, did you expect that kind of experience afterward?”

Participant 4, Jessie: “No actually, because I said... 'what will be the effect of this because it's just a virtual video?' But maybe because I really put myself into it, into the work, and I took it seriously, that's what I felt.”

Interviewer: “It's like you didn't have any... what do you call it... like walls, like you really immersed yourself in the session, right?”

Participant 4, Jessie: “Yes.”

Interviewer: “Then in terms of practicality, sir, what do you think, practically speaking, can MBAT be used for stress reduction?”

Participant 4, Jessie: “For me, maybe yes, but... it still depends on the person if they will... if they will really put themselves into the therapy because if others don't... if they will not put in their whole self, mind, body, spirit into the therapy, they might not achieve the therapy's goal. But for me, in my case... I felt it, I felt that I achieved the therapy's goal.”

Interviewer: “Even if it's virtual?”

Participant 4, Jessie: “Yes.”

Interviewer: “Then for you, sir, what do you prefer, virtual or face-to-face?”

Participant 4, Jessie: “I think face-to-face is still better but I was shocked in... in this virtual art therapy that... it worked for me even in the slightest possible way.”

Interviewer: “Then why, sir? Why do you prefer face-to-face?”

Participant 4, Jessie: “Maybe because I can see... and the physical bodies of everyone. I see the environment, I'm really in the place of the therapy environment because in virtual, I get confused in my room. So I want to feel the entirety of the therapy environment so I probably prefer face-to-face.”

Interviewer: “So you can see them better, right?”

Participant 4, Jessie: “Yes.”

Interviewer: “Their expressions and all that. Then what do you prefer, sir, one-on-one or group?”

Participant 4, Jessie: “Oh! There, I like the group because like in sharing...”

Interviewer: “Uh-hmm...”

Participant 4, Jessie: “...you gain more knowledge and understanding of the different feelings, experiences, and emotions of your peers or colleagues.”

Interviewer: “Because in one-on-one, what do you think, sir?”

Participant 4, Jessie: “It's okay but I feel... but I really prefer where I hear experiences and you know, like a collective effort where we all work together to achieve the therapy's goal.”

Interviewer: “It's like because you have self-expression, right? Like you put yourself in the shoes of others who have problems.”

Participant 4, Jessie: “Yes.”

Interviewer: “Then do you think, sir, your learnings from MBAT, will you carry them into the future if you encounter other stresses?”

Participant 4, Jessie: “Definitely. Definitely especially in pinpointing and... ah... pinpointing the stress like...”

Interviewer: “Uh-hmm”

Participant 4, Jessie: “...like being aware of the stress not just letting it be. Actually, let's be aware of that stress and do something about it.”

Interviewer: “Like it's your coping style, right?”

Participant 4, Jessie: “Yes.”

Interviewer: “Being mindful and aware. Then... about MBAT overall, do you have any questions, something you want to clarify?”

Participant 4, Jessie: “Actually, right now I don't. I just... ah... I just want to share my experience.”

Interviewer: “Uh-hmm, anything else? Do you want to share anything else regarding your experience with MBAT, like before and after?”

Participant 4, Jessie: “Actually, I've mentioned what I wanted to, that I experienced more, I understood other people more, I became more aware that I need to pinpoint the stress that causes me stress...”

Interviewer: “Okay. Thank you very much, sir, for your time from quantitative to qualitative. Do you have anything else you want to clarify or ask?”

Participant 4, Jessie: “No, I think I'm okay.”

Interviewer: “Okay sir. Thank you very much. Take care, sir.”

Participant 4, Jessie: “Thank you.”

Interviewer: “Take care, thank you. Thank you very much.”

Participant 4, Jessie: “Thank you.”