**Exploring Chinese international students’ understanding of loneliness to inform cultural adaptation of Mindfulness-based Cognitive Therapy (MBCT): A participatory action research study**

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**Interview Schedule**

[Having obtained written and verbal consent from the participant, ask to turn on recording in Zoom to commence the interview]

Thank you for agreeing to take part in this interview today. In this interview, we will focus on your understanding and experience of loneliness. The interview will be conducted in English, but please feel free to clarify your meanings using Chinese when needed. We appreciate your time and your thoughts in relation to our study. Please at any time ask any questions, and just let me know if you need to take a break. Also, please feel free to skip any questions you don’t wish to answer.

The interview will be audio-recorded and the recording will be encrypted and securely stored on OneDrive-University of Strathclyde. Only members of the research team will have access to the recording, and the recording will be destroyed once the transcription has been checked for accuracy.

***Understanding of Loneliness***

***To begin, we are interested in gaining insight into people’s understandings of what it means to be lonely?***

How do people understand loneliness in Chinese culture?

Prompts: How do your family members/Chinese friends/teachers understand loneliness?

What does loneliness mean to you?

Prompts: How do you understand the difference between “solitude” and “loneliness”?

***The Imagery***

You have been invited to share your thoughts and experiences using images, including your own drawings or photos, magazine images, online images, etc. Have you prepared any image?

Yes -- Could you please tell me about the image?

Prompts:

Meaning of the image (realistic depiction, metaphorical representation, etc.)

Elements of the image (shape, colour, tone, texture, line, perspective, etc.)

How does the image reflect your experience of loneliness?

No – Do you prefer to have a verbal-only interview, or would you like to create an image during the interview? Either way is perfectly fine. If you choose the latter, please feel free to pause the interview at any time to work on the image. -- The artistic quality of the drawing is not important - it is simply a means to capture your understandings and experiences of loneliness.

***Experience of Loneliness***

(Refer back to the image when necessary/appropriate; ask participants to reflect on their experience of studying in the UK while answering the following questions):

How often do you feel lonely (since you started studying in the UK)?

Prompts: when, in what situation, alone or while with other people, any changes over the course of your stay in the UK

What factors contribute to your feelings of loneliness?

Prompts: lifestyle, language difficulties, cultural factors (acculturation difficulties etc.), personal characteristics, characteristics of their immediate circles

How has loneliness affected your student life in the UK?

Prompts: study, health and wellbeing, social life, relationship with family or childhood friends etc.

How do you deal with loneliness? / How effective are those coping strategies?

Prompts: support network, taking part in activities/visiting places, social media, unhelpful coping strategies (e.g., binge-watching TV shows)

How do you feel about talking about your feelings of loneliness?

Prompts: how easy or difficult is it to talk about your feelings of loneliness with friend, family member, teacher, counsellor, health professional

***Support Services***

We are interested in gaining insight into your understandings and experiences of support services available to you within your University.

Are you familiar with the student support services provided by your University?

If the answer is yes: Can you tell me what you know about the student support services? How do you feel about the services? What has been helpful/unhelpful?

What else could your University do to help Chinese international students manage loneliness?

Is there anything else that you think would be helpful to support Chinese international students?

***Closing***

***As we come to the final stage of the interview, it would be useful to reflect on your experiences of using images in the research process.***

How do you feel about the use of imagery in this interview?

From all that we have discussed, is there anything else you would like to discuss?

Thank you kindly for taking the time to take part in this interview. The information we have discussed will remain confidential and it will be anonymised.

Link to debrief

Then thank for time and mention Amazon online voucher to be sent along with thank you letter.