**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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**Focus Group Schedule**

**Facilitator/Moderator Introduction and Purpose of Group**

Hello. My name is\_\_\_\_. I’d like to start off by thanking each of you for taking time to participate today. We’ll be here for about an hour and a half.

The reason we’re here today is to gather your opinions about how to culturally adapt MBCT for Chinese international students experiencing loneliness. You have all attended an individual interview about your understandings and experiences of loneliness, and we would like to invite you reflect on that while discussing the questions. You don’t have to share any specific details of your interview with the group though, if you don’t want to. I’m going to lead our discussion today and \_\_\_will assist me (taking notes, registering attendance, monitoring chat, observing non-verbal communication, etc). We will be asking you questions and then encouraging and moderating our discussion. The discussion 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. I would like to reassure you that all information shared will remain confidential.

**Group rules**

The focus group will last no longer than 90 minutes

We're on a first name basis (Participants can choose their own pseudonym before entering the meeting, if they wish)

You don't need to agree with others, but please respect and listen to others (e.g., Avoid interrupting)

The discussion will be recorded, please do not interrupt when others are speaking.

We would like to hear from each of you, but you don’t have to answer every single question

There are no right or wrong answers, just points of view

Feel free to comment on each other’s remarks (stress confidentiality again)

Remind the participants that they need to keep what they hear from others confidential

Can use the chat function

We will discuss in English, but please feel free to clarify your meanings using Chinese when needed.

Let us know if you need a break

If there anything you’d like to add?

Are there any questions?

**Introduction/Ice breaking**

Introduce the facilitators and moderator

Let’s take turns to introduce ourselves to the group (one thing you enjoyed about studying in the UK, and one thing you find challenging).

**Focus Group Questions**

How do you feel about the MBCT course?

Prompts:

How could mindfulness/MBCT help Chinese international students experiencing loneliness? What parts do you think would be most helpful?

Do you have any concerns about this approach? What parts do you think might need to be modified to cater for Chinese international students experiencing loneliness?

According to your understanding, what cultural factors should be considered when delivering MBCT to Chinese international students experiencing loneliness?

Prompts (based on Bernal et al., 1995):

(1) Language

(2) The cultural “match” between teachers and participants

(3) Use of familiar objects, symbols, sayings or idioms of the culture

(4) Teachers’ knowledge about the cultural background

(5) Conceptualization of the presenting problem (i.e., loneliness) and how it is explained to the participants

(6) Goals

(7) Context

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What mode of delivery, do you think, would be most suitable for Chinese international students?

Prompts: Online, In-person, mobile-based (home practice reminder?), blended, etc.

Suppose that the Student Wellbeing Service was offering MBCT specifically for Chinese international students:

Would you/would you recommend others to attend the course? What are the reasons?

What would be the main barriers for Chinese international students to access and benefit from this service?

How could the Student Wellbeing Service reach out to CISs experiencing loneliness and promote MBCT?

Is there anything else you would like to discuss?

**Closing**

Thanks for coming today and sharing your opinions. Your comments have been extremely helpful. Thank you again your time.