

Supplemental Material S3. Post-intervention questionnaire to establish acceptability.

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What did you think of this programme?

What would you change about the programme and why?

What were your top three favourite songs and why?

Did the amount of time and energy needed to participate in the programme work for you?
(YES/NO please give reasons for your answer)

Did something else in your day/routine/life have to give way so that you could be part of
this programme? (YES/NO please give reasons for your answer)

Did the programme fit in with your family values? (YES/NO please give reasons for your
answer)

Do you understand the purpose of the programme and how it works? (YES/NO please give
reasons for your answer)

Do you think the programme achieved its purpose? (YES/NO please give reasons for your
answer)

Do you feel confident that you can carry on with the programme yourself? (YES/NO
please give reasons for your answer)

Is there anything else you'd like to tell us?
