

## **Supplemental Material S2. PTG final codebook.**

**Grappling with New Reality:** The struggle that accompanies coming to terms with new life experience and abilities (often comes before acceptance)

**Acceptance:** acceptance of living with aphasia, "new normal"

### **Goals and Effort**

- **Goals** (: Use this code when participants speak about a goal/target/objective that they have (i.e. communication goals, occupational goals, interpersonal goals, etc.)
- **Effort:** Comments that indicate that the participant is actively putting forth effort to meet goals, engage in life, etc. This code will be used when we see evidence of the participant's actions, whereas determination may be used when the participant refers to their character as determined, stubborn, etc. Must be since the onset of aphasia.

**Improvement** - Recognition of improvements or progress specific to communication.

### **Attitudes of Growth**

- **Determination:** This code will be used when the participant refers to their character as determined, stubborn, whereas "effort" will be coded when we see evidence of the participant's actions.
- **Vulnerability:** Code when participants mention that they are more willing to share personal emotions or challenging experiences with others
- **Optimism:** Comments which indicate a positive outlook about the participant's past or present experiences.
- **Hope:** Comments which indicate hopefulness, confidence, and/or optimism about the future.
- **Self-efficacy:** Comments that indicate the client has confidence in themselves and their abilities to perform daily activities, make improvements, or keep moving forward.

**Renegotiating Identity** – Comments that indicate that the participant is/has reflected on their identity pre/post stroke. The participant may feel that their identity is the same regardless of communication ability changes, or they may feel that their identity has changed (they are not like they used to be).

**Personal Strength:** Comments that indicate the participant recognizes that they are stronger than they thought they would be or have grown stronger since the onset of aphasia.

**Greater Empathy** – Comments which indicate that the participant feels greater compassion, empathy, etc. for others (with and without aphasia)

### **New and Strengthened Relationships**

- **New Relationships:** mention of new relationships being formed since the onset of aphasia.
- **Strengthened Connection to Others:** comments that indicate that relationships with others have become stronger since the onset of aphasia.

- **Decreased Connection to Others:** comments that indicate that relationships with others have been strained or become more difficult since the onset of aphasia.
- **Lost Relationships:** The participant shares about relationships that have been lost since the onset of aphasia (not natural causes, like death).

**Accepting Help from Others:** Comments that demonstrate the participant is accepting help from others and/or has learned to accept help from others since the onset of aphasia.

**“I can help others”**

- **Altruism:** The participant mentions either a desire or mentions actions they have taken to care for others.
- **Advocacy:** Advocating for others with aphasia and/or educating about aphasia generally (e.g., public speaking, educating health professionals, educating public, educating those with aphasia, advocating for people with aphasia generally).

**New Perspective**

- **New Perspective:** A changed sense of what is important, new view and/or attitude toward life (can include comments which indicate the PWA sees aphasia as a learning experience).
- **Purpose** – comments indicating that the person finds meaning/purpose/motivation; could include feeling like this is a calling

**“I slowed down”:** Comments that indicate that aphasia has slowed the participant down from their pace and lifestyle pre-stroke. These are not communication strategies, but rather the impact of aphasia on the pace of their life.

**Gratitude:** Expressions of gratitude for circumstances, preserved life, loved ones, etc.

**Humility:** Comments where the participant talks about how their experiences post-onset have been humbling, or they have developed humility

**Spiritual Beliefs, Practices, and Growth**

- **Spirituality:** When the participant expresses spiritual beliefs WITHOUT an indication of spiritual growth or specific participation in spiritual activities
- **Spiritual Participation** – when participants talk about participating in spiritual activities (e.g., reading devotionals, attending mass) without a clear indication of spiritual growth.
- **Spiritual Growth** - Clear indication that the participant has grown spiritually since the onset of and/or because of aphasia