**Appendix A:**

**Mid-point participant survey**

The following survey was administered following week four of the intervention;

1. What expectations did you have starting the group?
2. Was there anything you were worried about when starting?
3. Rate your level of understanding of anxiety before starting this group *(5-point Likert scale)*
4. What is going well in the group?
5. “I am enjoying the group” (Rate agreement - *5-point Likert scale)*
6. Is there anything you are finding difficult?
7. What could be improved?
8. Is there anything else you would like to feed back to the facilitators at this point?