

Supplementary Material

Evaluating the effects of a Therapeutic Day Rehabilitation program and inclusion of gardening in an Australian Rural Community Health Service

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Interview Guide

Questions for semi-structured interviews for clients participating in TDR & TG

Hi. We are conducting short interviews with TDR program participants to find out the effects/benefits of the program and to explore the participants' experience in being involved with it. If you are happy to participate in this evaluation, we would like to take around 30minutes of your time to answer some interview questions. The result of this evaluation will be used to improve how we run the program.

1. Can you tell me what you liked most about this program? Was there anything that you didn't like? *Interviewer note: Explore details*
2. A component of the TDR program is the Grow Hope Garden. What did you like best/least about the therapeutic gardening component of the program? *Interviewer note: Explore details regarding the garden's effect on participant's (a) gardening knowledge, (b) healthy eating habits, (c) social connectedness,*
3. How do you feel you have benefitted from this program?
4. What motivated you to stay involved in the overall program?
5. What motivated you to stay involved in the Grow Hope Garden?
6. Was there anything that prevented you from participating in the overall program?
7. Was there anything that prevented you from participating in the Grow Hope Garden?
8. How do you think the program can be improved?
9. How do you think we can improve the Grow Hope Garden component of the program?
10. Is there anything else that you want to say about the program?