

Appendix 3. Focus Group Questions

Welcome everyone. Thank you for your time today to talk about how you felt the Lifestyle Medicine Program went during your hyperbaric treatment. Please keep in mind that everything discussed today stays in this room. Any feedback that you can provide to make this program more successful is appreciated. We are recording your responses on paper. All of your responses will be anonymous.

- Was the lifestyle medicine program a good thing to be included with your hyperbaric treatment? Why?
- What worked well for you in the program?
- What didn't work so well for you?
- If this program was to run again, is there anything you would recommend is done differently?
- Is there anything else you would like to add?

Thank you for your time and expertise in this research trial.