

Participant engagement data for the *Living Well with Haemodialysis* programme

Table 1. Log of engagement in the programme and evaluation

| Pseudonym | Week 1 | Week 2 | Week 3 | Week 4 | Interview | 4-week follow-up |
|--------------|-----------|-----------|-----------|-----------|-----------|------------------|
| 1. Polly | ✓ | ✓ | ✓ | ✓ | ✗ | ✓ |
| 2. Karen | ✓ | ✓ | ✓ | ✓ | ✗ | ✓ |
| 3. Susan | ✓ | ✓ | ✓ | ✓ | ✗ | ✓ |
| 4. Keith | ✓ | ✓ | ✓ | ✓ | ✗ | ✓ |
| 5. Joan | ✓ | ✗ | ✗ | ✗ | ✗ | ✗ |
| 6. Tracey | ✓ | ✓ | ✗ | ✓ | ✗ | ✗ |
| 7. Carol | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 8. Elizabeth | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 9. Kaur | ✓ | ✓ | ✓ | ✓ | ✗ | ✗ |
| 10. John | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 11. Peter | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 12. Sophie | ✗ | ✗ | ✗ | ✗ | ✗ | ✗ |
| 13. June | ✗ | ✓ | ✓ | ✗ | ✓ | ✓ |
| Total | 11 | 11 | 10 | 10 | 5 | 9 |

Table 2. Frequency of use of the activities explained in the programme (n=9)

| | Not at all | Once | Twice | Three or four | Five or more |
|-------------------------------------|------------|-----------|-----------|---------------|--------------|
| Stepping back and noticing thoughts | 0 | 3 (33.3%) | 3 (33.3%) | 1 (11.1%) | 2 (22.2%) |
| Identifying values | 2 (22.2%) | 2 (22.2%) | 1 (11.1%) | 3 (33.3%) | 1 (11.1%) |
| Flexible perspective taking | 0 | 4 (44.4%) | 2 (22.2%) | 1 (11.1%) | 2 (22.2%) |
| Sitting with difficult feelings | 0 | 0 | 2 (22.2%) | 5 (55.6%) | 2 (22.2%) |
| Mindful breathing | 0 | 0 | 3 (33.3%) | 5 (55.6%) | 1 (11.1%) |
| Mindful activities | 0 | 1 (11.1%) | 4 (44.4%) | 3 (33.3%) | 1 (11.1%) |
| Worry time | 1 (11.1%) | 2 (22.2%) | 1 (11.1%) | 5 (55.6%) | 0 |
| Unhooking from thoughts | 1 (11.1%) | 3 (33.3%) | 3 (33.3%) | 1 (11.1%) | 1 (11.1%) |
| Bold move | 1 (11.1%) | 3 (33.3%) | 3 (33.3%) | 1 (11.1%) | 1 (11.1%) |
| Thought train | 0 | 4 (44.4%) | 4 (44.4%) | 0 | 1 (11.1%) |
| Acceptance and change | 1 (11.1%) | 3 (33.3%) | 3 (33.3%) | 2 (22.2%) | 0 |
| Values-based goals | 0 | 3 (33.3%) | 3 (33.3%) | 1 (11.1%) | 2 (22.2%) |

Table 3. Cumulative frequency of use of activities explained in the programme (n=9)

| | Not at all | At least once | At least twice | At least three times | Five or more |
|-------------------------------------|------------|---------------|----------------|----------------------|--------------|
| Stepping back and noticing thoughts | 0 | 9 (100%) | 6 (66.6%) | 3 (33.3%) | 2 (22.2%) |
| Identifying values | 2 (22.2%) | 7 (77.8%) | 5 (55.6%) | 4 (44.4%) | 1 (11.1%) |
| Flexible perspective taking | 0 | 9 (100%) | 5 (55.6%) | 3 (33.3%) | 2 (22.2%) |
| Sitting with difficult feelings | 0 | 9 (100%) | 9 (100%) | 7 (77.8%) | 2 (22.2%) |
| Mindful breathing | 0 | 9 (100%) | 9 (100%) | 6 (66.7%) | 1 (11.1%) |
| Mindful activities | 0 | 9 (100%) | 8 (88.9%) | 4 (44.4%) | 1 (11.1%) |
| Worry time | 1 (11.1%) | 8 (88.9%) | 6 (66.6%) | 5 (55.6%) | 0 |
| Unhooking from thoughts | 1 (11.1%) | 8 (88.9%) | 5 (55.6%) | 2 (22.2%) | 1 (11.1%) |
| Bold move | 1 (11.1%) | 8 (88.9%) | 5 (55.6%) | 2 (22.2%) | 1 (11.1%) |
| Thought train | 0 | 9 (100%) | 5 (55.6%) | 0 | 1 (11.1%) |
| Acceptance and change | 1 (11.1%) | 8 (88.9%) | 5 (55.6%) | 2 (22.2%) | 0 |
| Values-based goals | 0 | 9 (100%) | 6 (66.6%) | 3 (33.3%) | 2 (22.2%) |

Note on calculation of rate of use of the activities:

For seven activities, all 9 participants who completed the survey engaged at least once. For another four activities, all participants except one engaged at least once. For the remaining activity, all the participants except two engaged at least once. Overall engagement by activity was therefore 63 (7 activities x 9 participants) + 32 (4 activities x 8 participants) + 1 (1 activity x 7 participants) = 102 /108 (12 activities x 9 participants) = 94.4%.

Study report:

Elander, J., Stalker, C., Arborg, M., Kapadi, R., Coyne, E., Taal, M.W., Selby, N. M. & Mitchell, K. (2023). Living Well on Haemodialysis: feasibility and acceptability trial of an Acceptance and Commitment Therapy (ACT) programme for people receiving kidney dialysis. *Journal of Contextual Behavioral Science*, 30, 41-49.

<https://www.sciencedirect.com/science/article/pii/S221214472300100X>

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