**Table 1: Deductive coding Framework (Taken from (**[**Leamy et al., 2011**](#_ENREF_19)**))**

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| **Super ordinate categories** | **Subordinate category** |
| Connectedness | Peer Support and support groupsRelationshipsSupport from others |
| Hope and Optimism | Hope inspiring relationshipsMotivation to changeBelief in the possibility of recoveryPositive thinkingHaving dreams and aspirations |
| Identity | Dimensions of identity |
|  | Rebuilding / redefining a positive sense of identityOvercoming stigma |
| Meaning and purpose | Meaning of mental illness experienceSpirituality (including development of spirituality) |
|  | Quality of lifeMeaningful life and social goals |
|  | Meaningful life and social rolesRebuilding of life |
| Empowerment | Personal responsibility |
|  | Control over life |
|  | Focussing on strengths |

**Table 2 – Sample characteristics of participants (n=48) included in the focus groups**

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| --- | --- |
| Characteristics | Participants  |
| Gender (N, %):FemaleMale | 20 (58%)28 (42%) |
| Age (Mean, SD) | 42.1 (10.4) |
| Ethnicity (n, %):White BritishWhite IrishWhite OtherBlack/ Black British - AfricanBlack/ Black British - CaribbeanBlack OtherAsian / Asian British – IndianAsian / Asian British - PakistaniAsian otherMixed raceOther | 16 (33%)1 (2%)1 (2%)11 (23%)9 (19%)1 (2%)2 (4%)1 (2%)1 (2%)2 (4%)4 (8%) |
| Diagnosis (n, %):Schizophrenia or Schizoaffective disorderBipolar DisorderDepressionAnxietyOtherDid not want to disclose | 19 (40%)8 (16.5%)6 (12.5%)1 (2%)2 (4%)12 (25%) |
| Mental health team type (n, %):CMHTSupport and recoveryEarly intervention serviceAssertive outreachForensicRehabilitationContinuing careOtherDid not want to disclose | 6 (13%)15 (31%)5 (10%)9 (20%)1 (2%)1 (2%)5 (10%)4 (8%)2 (4%) |
| Time in MH services years (mean, SD) | 11.6 (7.0)  |
| NHS trust (n, %):SLAMGloucester Leicester | 27 (56%)10 (21%)11 (23%) |